

Moderate Salt



Today, around 1 in 3 adults in the UK have high blood pressure and may benefit from cutting down on salt. Many more can avoid developing the condition in the first place by eating less salt. Guidelines suggest we should reduce our typical average salt intake of 9g a day to 6g a day or less. Studies show that reducing salt in the diet can help lower blood pressure within a few weeks.

At Wiltshire Farm Foods, we're always looking at ways to develop recipes that have reduced salt content, yet still retain the mouth-watering flavour that our customers love.

As a result, most of our meals now have reduced levels of salt, but those main courses featured in our Moderate Salt range contain 2g of salt or less (800mg of sodium), with desserts containing 1.2g of salt or less (485mg of sodium).

Moderate Salt

Chicken, Turkey & Duck	Salt#	Chicken, Turkey & Duck continued	Salt#
549 Roast Chicken Breast with Stuffing D LF R MS 390g	1.3	252 Chicken & Vegetable Pie D MS 440g	1.4
259 Chicken & Vegetable Casserole D LF R MS GF 340g	1.3	541 Lemon & Ginger Chicken D MS 440g	1.6
725 Duck in Orange Sauce D LF R MS GF 365g	0.9	273 Turkey with Stuffing D LF R MS 365g	1.9
264 Chicken Curry with Rice D LF MS GF 360g	1.2	253 Chicken & Root Vegetable Hotpot D LF MS 420g	1.5
257 Chicken Breast D LF R MS GF 350g	1.2	546 Chicken Supreme D MS GF 410g	1.8
263 Honey Mustard Chicken D LF MS 395g	1.4	260 Chicken & Mushroom Pie D MS 400g	1.7
265 Chicken in Tomato & Basil Sauce D LF MS GF 395g	1.8	250 Chicken Chasseur D LF R MS 340g	1.1
256 Chicken in Gravy D LF R MS GF 350g	1.4	251 Chicken a la King D MS GF 380g	1.4
270 Chicken in Red Wine Gravy D LF R MS 360g	1.1	525 Braised Chicken with Lentils D LF R MS 355g	0.9
254 Sweet & Sour Chicken D LF MS GF 390g	1.7	258 Chicken Thigh on the Bone D MS GF 350g	0.9
524 Chicken & Bacon Hotpot D LF MS 410g	1.7	266 Coronation Chicken D LF MS 360g	1.1

*Grams of salt per serving

Beef	Salt#	Beef continued	Salt#
506 Roast Beef & Yorkshire Pudding D LF MS 400g	1.0	218 Beef Bordelaise D LF R MS GF 330g	1.3
208 Cottage Pie D LF R MS GF 340g	1.5	213 Beef & Stout Pie D MS 390g	0.8
234 NEW Beef & Winter Vegetable Casserole D MS 405g	1.8		
507 NEW Cumberland Pie D MS 400g	2.0	Pork	Salt#
211 Steak & Kidney Pie D MS 370g	1.1	518 Roast Pork in Apple Gravy D LF R MS GF 380g	1.6
515 Spaghetti Bolognese D MS 340g	2.0	522 Sweet & Sour Pork D MS GF 410g	1.6
214 Steak & Mushroom Casserole D MS GF 360g	1.2	223 Pork in Gravy D LF R MS GF 340g	1.6
201 Beef with Roast Potatoes D LF R MS 360g	1.4	339 Macaroni Cheese with Smoked Ham D MS 330g	1.5
502 Braised Beef in Rich Sauce D MS 410g	1.6	225 Pork Loin & Stuffing D LF R MS 350g	1.9
202 Beef with Mashed Potato D LF R MS 360g	1.7	325 Sausage Hotpot D LF MS 395g	2.0
209 Savoury Minced Beef D LF R MS GF 350g	1.1	231 Pork, Leek & Mustard Casserole D LF R MS 370g	2.0
207 Beef Hotpot D LF MS GF 340g	0.9	283 Ham in Parsley Sauce D LF R MS GF 350g	1.9
205 Beef Stew & Dumpling D MS 370g	1.7	230 Pork & Root Vegetable Casserole D LF R MS 370g	1.7
513 Beef & Dorset Ale Casserole D MS 400g	1.8	Lamb	Salt#
210 Chilli Con Carne D LF MS GF 360g	1.2	245 Shepherds Pie D LF MS 340g	1.7
215 Beef Bourguignon D MS 390g	1.2	533 Roast Lamb in Mint Gravy D LF R MS 340g	1.2
512 Steak in Red Wine & Mushroom Sauce D MS GF 400g	1.1	324 Liver & Bacon Casserole D R MS 335g	1.4
220 Steak & Mushroom Pie D MS 395g	1.3	247 NEW Lamb, Tomato & Bean Casserole D MS GF 360g	1.7
227 Minced Beef & Onion Pie D MS 390g	1.3	240 Lancashire Hotpot D MS GF 410g	1.4
		241 Irish Stew D MS 360g	1.2

Moderate Salt

Lamb continued	Salt [#]	Fish continued	Salt [#]
242 Minted Lamb & Dumpling D MS 375g	1.9	691 Breaded Cod with Minted Mushy Peas D MS 325g	1.2
237 Lamb in Gravy D LF R MS GF 340g	1.6	565 Cod in Parsley Sauce D LF R MS 370g	1.0
239 Lamb & Vegetable Casserole D LF R MS GF 330g	0.9	741 Salmon Fillet in Mint Butter Sauce D MS 435g	1.1
535 Honey & Apricot Lamb D MS GF 370g	1.1	570 Plaice Fillet with Spinach & Cheese D MS GF 410g	1.3
530 Moroccan Lamb D MS GF 380g	0.9	660 Hake in Lemon Sauce D LF R MS 340g	1.1
Fish	Salt [#]	314 Fish in Parsley Sauce D LF R MS 370g	1.9
563 Plaice in Breadcrumbs D LF MS 380g	1.3	313 Fish in Butter Sauce D LF R MS GF 360g	1.2
318 Salmon & Broccoli Supreme D LF R MS 370g	1.2	732 Fillet of Trout with Prawns D LF R MS 390g	1.1
304 Breaded Fish & Chips D MS 305g	0.8	Vegetarian	Salt [#]
566 Salmon Fillet in Seafood Sauce D MS 400g	0.7	344 Spanish Omelette D MS GF V 390g	1.3
568 Cod Fillet with Mornay Sauce D MS 400g	1.6	356 Moroccan Three Bean Casserole D LF R MS GF V VG 360g	1.6
312 Fishermans Pie D LF R MS 405g	1.7	551 Macaroni Cheese D MS V 370g	1.2



254 Sweet & Sour Chicken

Did you know?

Salt is essential to the body, but only in very small amounts. Most of us get more than enough from our food already, so try to keep your total intake including from that added at the table or in cooking and naturally in food to less than 6g (or one teaspoon) per day; any more than this can increase the risk of high blood pressure and heart failure.

Vegetarian continued	Salt [#]	Mini Meals continued	Salt [#]
619 Mushroom & Ale Pie D MS V 440g	1.2	053 Chicken in Gravy Mini Meal D LF R MS GF 200g	0.9
357 Cauliflower & Spinach Curry D LF MS V VG 390g	1.5	063 Lambs Liver & Bacon Casserole Mini Meal D LF R MS 200g	1.1
687 Vegetarian Spaghetti Bolognese D LF R MS V 330g	1.6	058 Chicken & Vegetable Casserole Mini Meal D LF R MS 200g	0.9
343 Omelette, Chips & Beans D MS GF V 370g	1.6	074 Minced Beef & Potato Wedges Mini Meal D LF R MS GF 220g	0.9
582 Pasta with Mushroom & Leek Mornay D LF MS V 400g	1.4	054 Fish Mornay Mini Meal D LF R MS 200g	0.8
591 Vegetable Lasagne D MS V 450g	1.4	055 Chicken Curry Mini Meal D LF R MS GF 200g	1.0
697 Pasta with Mushrooms, Broccoli & Smoked Cheddar D LF MS V 340g	1.9	056 Beef Stew Mini Meal D LF R MS GF 210g	1.1
Hearty Meals	Salt [#]	064 Beef Hotpot Mini Meal D LF R MS GF 200g	1.1
124 NEW Hearty Roast Beef with Red Wine Gravy D LF MS GF 510g	1.5	020 Chunky Vegetable Soup D LF R MS GF V 170g	0.8
191 Hearty Lamb Grill Steaks in Mint Gravy D MS 565g	1.8	016 Tomato & Vegetable Soup D LF R MS GF V VG 170g	0.9
178 NEW Hearty Roast Chicken D MS GF 510g	2.0	Breakfast	Salt [#]
190 Hearty Redcurrant & Rosemary Lamb Casserole D MS 520g	1.4	096 NEW Omelette & Beans D LF R MS GF V 180g	1.0
192 Hearty Shrewsbury Mutton Hotpot D MS GF 510g	2.0	022 NEW Porridge MS V 200g	0.4
Mini Meals	Salt [#]	Afternoon Tea	Salt [#]
057 Savoury Minced Beef Mini Meal D LF R MS GF 215g	0.8	780 NEW Chocolate Cake MS V 80g	0.1
089 Chicken & Broccoli Bake Mini Meal D LF R MS GF 210g	1.0	781 NEW Victoria Sandwich MS V 90g	0.4
049 NEW Mutton & Rosemary Hotpot Mini Meal D LF R MS 225g	0.8	408 Strawberry Gateau MS 80g	0.3
050 Sliced Beef Mini Meal D LF R MS GF 200g	0.9	470 Black Forest Gateau MS 70g	0.3
072 NEW Winter Vegetable Hotpot Mini Meal D LF R MS GF V 210g	1.1	464 Mixed Fruit Gateau MS 100g	0.4
		417 Mixed Fruit Tarte MS 130g	0.4

*Grams of salt per serving

Hot Desserts	Salt [#]	Hot Desserts continued	Salt [#]
800 Apple Pie & Custard MS V 155g	0.3	813 Raspberry & Apple Crumble & Custard MS V 155g	0.3
791 NEW Eve's Pudding MS V 105g	0.7	787 NEW Bramley Apple & Blackberry Crumble MS V 120g	0.3
839 Apple & Blackberry Crumble & Custard MS V 165g	0.3	802 Blackcurrant Pie & Custard MS V 143g	0.2
830 Rice Pudding MS GF V 160g	0.2	822 Jam Sponge & Custard MS V 145g	0.6
790 NEW Luxury Plum & Morello Cherry Crumble MS V 120g	0.2	844 Blackberry Sponge & Custard MS V 150g	0.5
819 Syrup Sponge & Custard MS V 135g	0.6	814 Apricot Crumble & Custard MS V 170g	0.3
794 NEW Luxury Stem Ginger Pudding MS V 120g	1.2	786 NEW Golden Syrup Sponge MS V 120g	1.2
851 Bakewell Tart & Custard N MS V 140g	0.5	806 NEW Portion of Custard MS V 120g	0.4
788 NEW West Country Bread & Butter Pudding MS V 120g	0.2	825 Ginger Sponge & Custard MS V 135g	0.6
792 NEW Bramley Apple & Timperley Rhubarb Crumble MS V 120g	0.4	866 Sticky Toffee Pudding & Custard MS V 160g	0.8
842 West Country Clotted Cream Rice Pudding MS GF V 160g	0.5	783 NEW Lemon Sponge MS V 120g	1.0
824 Lemon Sponge, Lemon Sauce & Custard MS V 135g	0.6	796 NEW Luxury Bakewell Tart N MS V 65g	0.5
793 NEW Luxury Sticky Toffee Pudding MS V 120g	1.2	833 Semolina Pudding with Dutch Apple LF MS V 180g	0.2
811 Apple Crumble & Custard MS V 155g	0.3	789 NEW Luxury Gooseberry & Elderflower Crumble MS V 120g	0.1
795 NEW Luxury Bramley Apple & Blackberry Pie MS V 125g	0.4	841 Stewed Apple & Rice LF MS GF V 160g	0.1
852 Spotted Dick & Custard MS V 140g	0.6	812 Plum Crumble & Custard MS V 165g	0.3
785 NEW Raspberry Jam Sponge MS V 120g	1.0	931 Rice Pudding* D LF MS GF V 160g	0.2
810 Rhubarb Crumble & Custard* MS V 155g	0.3	903 Cherry Pie & Custard* D MS V 140g	0.2
823 Sultana Sponge & Custard MS V 135g	0.6	923 Date & Ginger Sponge & Custard* N D MS V 135g	0.7

Hot Desserts continued	Salt [#]	Cold Desserts continued	Salt [#]
900 Apple Pie & Custard* D MS V 150g	0.2	487 Tiramisu MS V 90g	0.1
956 Apricot Pudding & Custard* D MS V 155g	0.7	435 Choc Ices (pack of 8) MS GF V 39g	0.1
941 Mixed Fruit & Custard* D LF R MS GF V 140g	0.2	444 Italian Lemon Mousse MS V 80g	0.1
902 Rhubarb Pie & Custard* D MS V 150g	0.3	499 Strawberry Mousse* D LF MS GF 65g	0.1
922 Banana Pudding & Custard* D MS V 140g	0.7	497 Chocolate Mousse* D LF R MS GF 65g	0.1
920 Date Sponge & Custard* D LF MS V 135g	0.7	463 Luxury Crème Caramel MS GF V 120g	0.1
905 Sultana Pie & Custard* D MS V 160g	0.3	424 Strawberry Sundae MS GF V 105g	0.2
933 Rice Pudding with Apple* D LF MS GF V 140g	0.1	434 Caramel Sundae MS GF V 105g	0.2
Cold Desserts	Salt [#]	468 Mixed Fruit Trifle MS V 105g	0.2
447 Strawberry Flavoured Ice Cream MS GF V 120ml	0.2	482 Coffee Dessert MS GF 75g	0.1
421 Vanilla Flavour Ice Cream* D LF MS GF V 50g	0.1	471 Raspberry Trifle MS V 105g	0.2
456 Clotted Cream Ice Cream MS GF V 120ml	0.1	480 Apricot & Peach Dessert* D LF MS GF 75g	0.1
446 Chocolate Ice Cream LF MS GF V 120ml	0.1	467 Strawberry Trifle MS V 105g	0.2
440 Chocolate Profiteroles MS V 90g	0.2	465 Strawberry Cheesecake MS V 90g	0.3
419 Fruit Cocktail* D LF R MS GF V VG 140g	0.1	466 Blackcurrant Cheesecake MS V 90g	0.3



"The choice of meals is wonderful and I've recommended them to many friends over the years. I always make sure my freezer is well stocked up! The service has always been excellent too."

Mrs Marion Powell
South Wales