

# Higher Fibre



Dietary fibre is essential for promoting a healthy bowel; that's why dietary professionals often advise people with specific medical conditions to increase their fibre intake.

Every meal from Wiltshire Farm Foods contains dietary fibre. However, if you are on a high fibre diet, we've listed those dishes that provide a particularly good source, with each meal in this range containing 5g or more. When you increase fibre in your diet, it's important to increase your fluid intake too. That's because your body will need additional fluids to enable the extra fibre to work properly.

Chicken, Turkey & Duck	Fibre#	Beef continued	Fibre#
549 Roast Chicken Breast with Stuffing D LF R MS 390g	5.1	512 Steak in Red Wine & Mushroom Sauce D MS GF 400g	5.7
725 Duck in Orange Sauce D LF R MS GF 365g	5.0	220 Steak & Mushroom Pie D MS 395g	5.8
265 Chicken in Tomato & Basil Sauce D LF MS GF 395g	5.2	227 Minced Beef & Onion Pie D MS 390g	5.2
550 Roast Turkey with Gammon D 380g	5.3	213 Beef & Stout Pie D MS 390g	5.2
524 Chicken & Bacon Hotpot D LF MS 410g	5.9	Pork	Fibre#
252 Chicken & Vegetable Pie D MS 440g	5.0	521 Pork & Leek Sausages with Somerset Cider Gravy D 380g	5.9
253 Chicken & Root Vegetable Hotpot D LF MS 420g	5.5	518 Roast Pork in Apple Gravy D LF R MS GF 380g	5.5
279 Chicken Breast in Cheese & Bacon Sauce D GF 415g	5.1	576 Mixed Grill D 400g	8.8
258 Chicken Thigh on the Bone D MS GF 350g	8.9	523 Pork Steakette D GF 450g	5.1
Beef	Fibre#	322 Cumberland Sausages D 380g	5.9
506 Roast Beef & Yorkshire Pudding D LF MS 400g	5.7	232 Meatballs, Chips & Mushy Peas D 360g	7.9
234 <b>NEW</b> Beef & Winter Vegetable Casserole D MS 405g	6.0	321 Sausages in Onion Gravy D 355g	5.6
203 Corned Beef Hash D GF 360g	5.7	068 Bacon, Chips & Beans D LF GF 310g	8.6
508 Lasagne D 465g	6.4	328 Sausage Casserole D 420g	5.9
		223 Pork in Gravy D LF R MS GF 340g	5.6

Pork continued	Fibre#	Vegetarian continued	Fibre#
331 Faggots in Onion Gravy D 390g	6.6	591 Vegetable Lasagne D MS V 450g	5.9
325 Sausage Hotpot D LF MS 395g	6.0	Hearty Meals	Fibre#
Lamb	Fibre#	124 <b>NEW</b> Hearty Roast Beef with Red Wine Gravy D LF MS GF 510g	6.0
245 Shepherds Pie D LF MS 340g	5.6	191 Hearty Lamb Grill Steaks in Mint Gravy D MS 565g	7.5
237 Lamb in Gravy D LF R MS GF 340g	5.6	132 Hearty Pork with Sage Stuffing D 535g	6.7
535 Honey & Apricot Lamb D MS GF 370g	6.7	131 Hearty Cumberland Pinwheel Sausage D 520g	8.3
Fish	Fibre#	175 Hearty Creamy Chicken Potato Topped Pie D LF GF 550g	5.8
563 Plaice in Breadcrumbs D LF MS 380g	7.9	123 Hearty Aberdeen Angus & Ale Pie D LF 540g	8.8
318 Salmon & Broccoli Supreme D LF R MS 370g	5.4	170 Hearty Chicken & Vegetable Casserole D GF 530g	6.4
304 Breaded Fish & Chips D MS 305g	7.8	190 Hearty Redcurrant & Rosemary Lamb Casserole D MS 520g	8.9
312 Fishermans Pie D LF R MS 405g	5.2	121 Hearty Steak & Dorset Ale Hotpot D 550g	5.5
691 Breaded Cod with Minted Mushy Peas D MS 325g	6.1	160 Hearty Minty Lamb Potato Pie D 540g	5.6
741 Salmon Fillet in Mint Butter Sauce D MS 435g	5.0	140 Hearty Ocean Pie D LF GF 520g	5.6
570 Plaice Fillet with Spinach & Cheese D MS GF 410g	5.7	120 Hearty Beef & Vegetable Stew D GF 550g	7.1
Vegetarian	Fibre#	192 Hearty Shrewsbury Mutton Hotpot D MS GF 510g	7.5
344 Spanish Omelette D MS GF V 390g	10.2	130 Hearty Pork, Cider & Apple Casserole D 578g	6.5
686 Vegetarian Cottage Pie D LF R V 415g	7.1	Select	Fibre#
352 Winter Vegetable Hotpot D LF GF V 480g	7.4	657 Vegetable Selection (side order) D R GF V VG 240g	5.8
356 Moroccan Three Bean Casserole D LF R MS GF V VG 360g	8.8	Breakfast	Fibre#
619 Mushroom & Ale Pie D MS V 440g	7.6	096 <b>NEW</b> Omelette & Beans D LF R MS GF V 180g	5.0
687 Vegetarian Spaghetti Bolognese D LF R MS V 330g	5.4	575 All Day Breakfast D 305g	5.4
343 Omelette, Chips & Beans D MS GF V 370g	8.4		

Higher Fibre

Higher Fibre