

vegetarian diet

While vegetarianism is becoming an increasingly popular and healthy lifestyle choice, it's essential the diet still includes suitable levels of the nutrients that you would have obtained from meat and fish, such as protein and iron.

At Wiltshire Farm Foods, our range of vegetarian meals delivers these vital nutrients using nuts, beans, pulses, cheese and eggs. Our vegetarian meals are free from meat, fish, and their derivatives, including gelatine, but may contain products such as milk, vegetarian cheese or eggs.

What's more, some of our ethnic meals are suitable for vegetarians and vegans – please see section on Ethnic Meals on page 22.

Meals suitable for a vegetarian diet

Vegetarian

352	Winter Vegetable Hotpot
343	Omelette, Chips & Beans
588	Cauliflower Cheese & Broccoli Bake
551	Macaroni Cheese
341	Cheesy Vegetable Bake
344	Spanish Omelette
597	Vegetable Cottage Pie
582	Pasta with Mushroom & Leek Mornay
340	Vegetable Curry
591	Vegetable Lasagne
348	Mushroom Quiche
585	Vegetable Pasta
697	Pasta with Mushrooms, Broccoli & Smoked Cheddar
574	Mixed Pepper Quiche
351	Vegetable Pasta Bake
020	Chunky Vegetable Soup

Vegetarian continued

016	Tomato & Vegetable Soup
696	Pepper, Tomato & Brie Tart [†]

Mini Meals

060	Macaroni Cheese Mini Meal
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Select Range

673	Garlic & Herb Sauté Potatoes
656	West Country Cheddar Mash
634	Cauliflower & Broccoli Cheese
657	Vegetable Selection
638	Vegetable Rice

Hot Desserts

ALL of our hot desserts are suitable for vegetarians

Diabetic Hot Desserts

ALL of our diabetic hot desserts are suitable for vegetarians

Did you know..?

Eggs are a source of high-quality protein which is essential for the repair of cells and also contain selenium for healthy immune and thyroid function.

591 Vegetable Lasagne



Cold Desserts

- 463 Luxury Crème Caramel
- 440 Profiteroles with Chocolate Sauce
- 466 Blackcurrant Cheesecake
- 471 Raspberry Trifle
- 467 Strawberry Trifle
- 419 Fruit Cocktail
- 468 Mixed Fruit Trifle
- 417 Mixed Fruit Tarte
- 484 Custard Tarte
- 475 Summer Fruits Cheesecake
- 427 Almond Bakewell Tarte
- 415 Strawberry Tarte
- 458 Lemon Tarte
- 418 Banoffee Pie
- 442 Apricot & Almond Tarte
- 412 Chocolate Cheesecake
- 406 Pecan Pie
- 424 Strawberry Sundae
- 434 Caramel Sundae
- 456 Clotted Cream Ice Cream
- 453 Succulent Strawberry Ice Cream
- 455 Cointreau & Orange Ice Cream
- 452 Toffee Fudge Fiasco Ice Cream
- 421 Vanilla Ice Cream

Cold Desserts continued

- 420 Chocolate Covered Ice Cream (pack of 2)
- 433 Blackcurrant Sorbet
- 435 Choc Ices (pack of 10)
- 465 Strawberry Cheesecake†

Meals suitable for a vegan diet

Vegan

- 597 Vegetable Cottage Pie
- 340 Vegetable Curry
- 016 Tomato & Vegetable Soup
- 673 Garlic & Herb Sauté Potatoes
- 657 Vegetable Selection
- 638 Vegetable Rice
- 889 Luxury Apple & Blackberry Crumble
- 419 Fruit Cocktail

†From participating outlets only.