

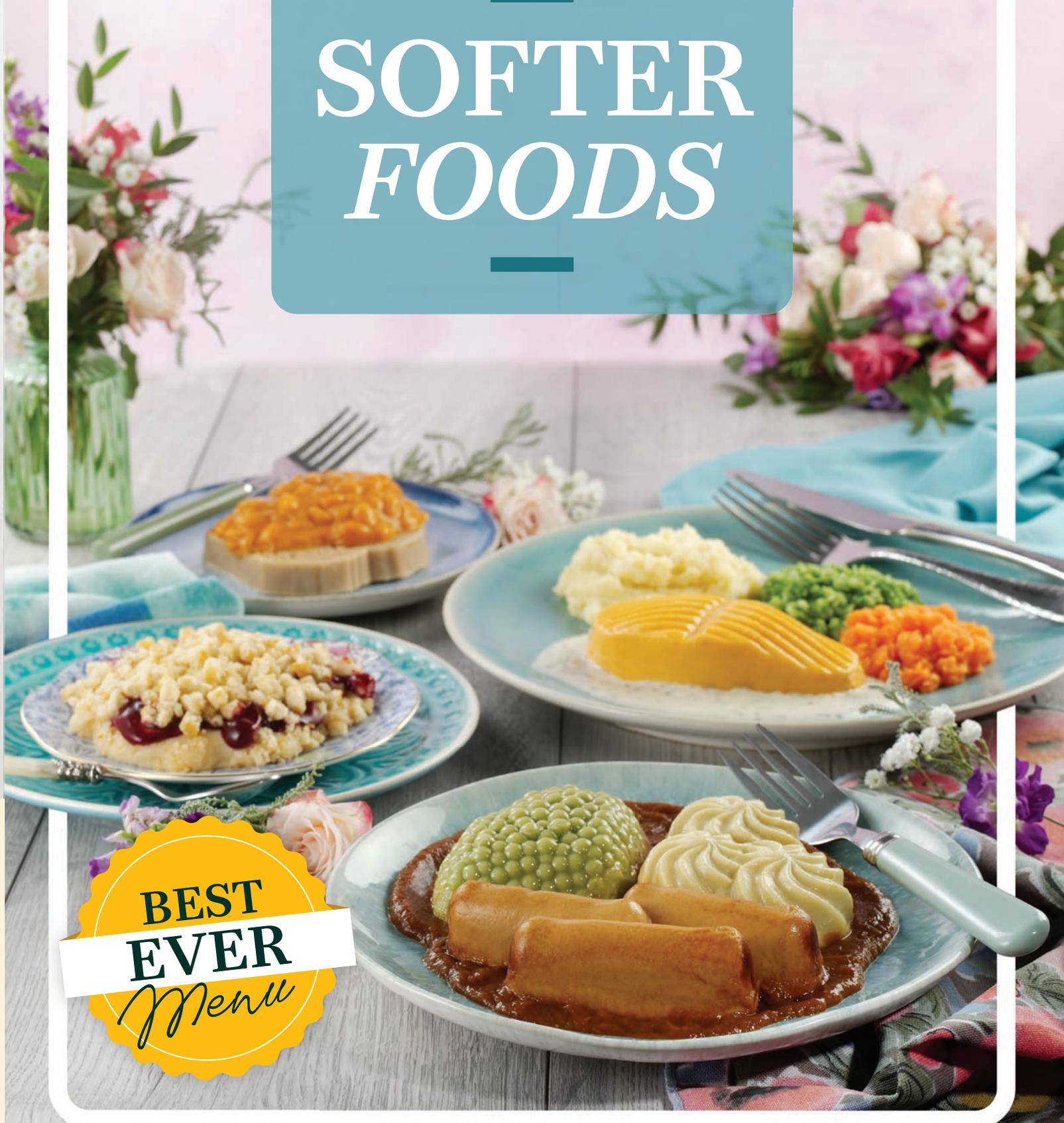
WILTSHIRE

EST. FARM 1991

FOODS

SPRING 2025

# SOFTER FOODS



**BEST  
EVER**  
*Menu*

# Our award-winning menu is now even **BETTER**



At Wiltshire Farm Foods, we are committed to creating **tasty, easy-to-eat dishes** in the **right texture for those with swallowing difficulties**. Our Softer Foods menu is already world-leading, and with exciting improvements to our **Purée** menu, it continues to set the standard and is now the best it's ever been!

Whether it's comforting classics or flavours from around the world, you'll find all your most loved meals from our **Minced** and **Soft & Bite-Sized** menus too. Keep your freezer stocked, then simply pop whatever you fancy straight into the oven or microwave. **Quality ingredients, fantastic flavours, and perfect textures made with care.**



*Jethro Lawrence*  
**DEVELOPMENT CHEF**



## Effortless **MEALS FOR ALL**



### Carefully created

Dine with confidence, safe in the knowledge that each dish is created in line with the latest texture guidance from the NHS.\*



### Brilliantly balanced

Thanks to the input of our expert dietitians, our meals meet a wide range of nutritional needs.



### Unsure which texture is right for you?

Please speak to your healthcare professional who will be able to advise you.

\*iddsi.org

Let's hear it from **OUR CUSTOMERS**

**“** *Wiltshire Foods excels in providing soft foods that prioritise nutrition, taste, and convenience, making them a reliable choice.*

Mr M, Wiltshire Farm Foods Customer

# Three carefully created textures

So many tasty meals to choose from!

**BEST  
EVER**  
*Menu*



**PAGES 8-20**

## Level 4 Purée Meals

These smooth texture dishes are perfectly puréed and filled with flavour.

Try our Purée  
Steak & Mushroom Casserole page 15



**PAGES 21-25**

## Level 5 Minced Meals

Effortless to prepare minced dishes that require minimal chewing.

Try our Minced  
Chicken Curry page 23



**PAGES 26-28**

## Level 6 Soft & Bite-Sized Meals

Enjoy softer textures and small, manageable pieces.

Try our Soft & Bite-Sized  
Beef Hotpot page 28

“The food is delicious with a good selection, reasonably priced, easy to cook and saves me trying to make puréed food when I can spend that time better with Mum.”

Mrs C, Wiltshire Farm Foods Customer

“My partner needs a puréed diet and is thoroughly enjoying the authentic taste of the meals.”

Mrs S, Wiltshire Farm Foods Customer



# Here for you

*Service with a smile*

Sometimes the old-fashioned way is the best way! Being able to call to order – and knowing there’ll be a friendly voice on the end of the line who’ll take the time to chat and help... at Wiltshire Farm Foods, it’s service as standard.

No overseas call centres with long phone queues here - simply call and speak to your lovely local team. Thanks to our additional helpline, there's someone available 24/7. Our website is another easy way to shop and ask questions, with real people manning our handy online chat.

When your meals arrive, your driver is a friendly face you’ll get to know, happy to lend a hand and put your meals away.



*Join our  
community*



Follow us for lots more fun and chat!

**Proud to be rated...**

*Excellent!*

It means everything to know that we’re keeping our customers happy after over 30 years delivering tasty meals. With more than 53,000 reviews now, the verdict is still... EXCELLENT!



Rated EXCELLENT  
at time of writing December 2024.



# How it works

*Simply order when you want - there's no subscription.*

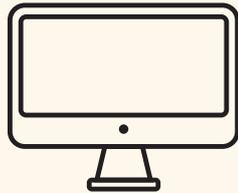


Scan this QR code with your smartphone or tablet to download the app - it's free!

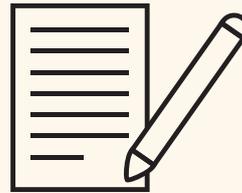
## 1 Choose how you want to order



Call your friendly local team



Go online - it's simple and secure



Order direct with your delivery driver



Use our handy app - it's very easy

Pay on delivery or at time of ordering



## 2

*Select your delivery day*

We'll let you know the delivery days in your area so you can choose.

## 3

*We deliver for FREE\**

Your friendly local driver will even put your food away in the freezer if you wish.

\* In a small number of areas there may be a minimum spend.

## 4

*Cook from Frozen*

Pop straight from the freezer into the microwave or oven. Instructions are on the label.

# Caring for the world around us



It's not just our customers we care deeply for. Our planet is precious and it's our responsibility as a business to take action to protect it.

Our goal is to reduce our carbon footprint all the way down to 'net zero' by 2040, with lots of initiatives in place – and even more in the pipeline!

We're introducing even more solar panels at our Wiltshire Kitchens – and we now have 100 electric delivery vans on the road that you might have seen out and about.



## Packaging perfected

Thanks to the great strides we've made,  
the only packaging left with you is the lid!

### *No meal sleeves*

We did away with cardboard meal sleeves many years ago, putting the environment before looks.

### *Reusing boxes*

We reuse the cardboard boxes we deliver meals in over and over again – then recycle them!

### *Reducing plastic*

All our meal trays are now made from up to 80% recycled material and are fully recyclable!

### *Driving change*

As founding members of the UK Plastics Pact, we work to improve and increase recycling.



# Not your regular *recycling*



## *Did you know that we have our own meal tray recycling system?*

We were horrified to learn that as little as 39% of plastic meal trays get collected through kerbside recycling. Then nearly half of what's collected is sent abroad where it could get burned, or dumped in landfill!

We couldn't stand the thought of our meal trays ending up this way, so we've created a superior system...

### *Why our system is better*

Return your trays to us instead and we guarantee that **100% of the plastic** will be recycled into new Wiltshire Farm Foods trays.



## *How our recycling scheme works*



### **1 Wash**

Once you've finished your meal, remove the lid and wash your tray. They are dishwasher safe too.



### **2 Collect**

Hand your clean Wiltshire Farm Foods trays to your driver. We are unable to accept black or clear trays.



### **3 Recycle**

100% of your trays will be made into brand-new trays.  
(Not currently operating in Isle of Man.)

*Thanks again for doing your bit - let's keep it going!*

# Purée Meals

From Sausage & Mash to Scrambled Eggs on Toast, find all your favourites in an evenly smooth Level 4 texture.

## Purée Lamb in Mint Gravy

Puréed lamb in a mint gravy. Served with carrots & swede and duchess potatoes.

**7357**

**£6.95** 345g

GF

Each meal contains

Energy 2248 kJ 541 kcal 27%	Fat <b>37g</b> 53%	Saturates <b>5.7g</b> 29%	Sugars <b>6.5g</b> 7%	Salt <b>2.0g</b> 33%
--------------------------------------	--------------------------	---------------------------------	-----------------------------	----------------------------

% of an adult's reference intake



## Puréeed Sticky Toffee Pudding & Custard

A sweet and creamy puréed toffee pudding served with custard.

**7165**

**£1.79** 170g

GF

V

Each dessert contains

Energy 1394 kJ 334 kcal 17%	Fat <b>21g</b> 30%	Saturates <b>7.0g</b> 35%	Sugars <b>22g</b> 24%	Salt <b>0.58g</b> 10%
--------------------------------------	--------------------------	---------------------------------	-----------------------------	-----------------------------

% of an adult's reference intake



## Puréed Hot Bacon Toastie

A traditional British classic made with puréed white bread and bacon.

**7036** £4.15 200g

Each pack contains

Energy 1237 kJ 296 kcal 15%	Fat <b>15g</b> 21%	Saturates <b>3.6g</b> 18%	Sugars <b>2.9g</b> 3%	Salt <b>1.0g</b> 17%
--------------------------------------	--------------------------	---------------------------------	-----------------------------	----------------------------

% of an adult's reference intake



## Purée Beef Chilli

A warming puréed beef chilli in a smoky tomato sauce with kidney beans. Served with rice and sweetcorn.

**7316** £6.79 340g

GF

Each meal contains

Energy 2248 kJ 540 kcal 27%	Fat <b>36g</b> 51%	Saturates <b>4.7g</b> 24%	Sugars <b>9.3g</b> 10%	Salt <b>1.7g</b> 28%
--------------------------------------	--------------------------	---------------------------------	------------------------------	----------------------------

% of an adult's reference intake



Level 4 - Purée Meals



### IMPORTANT:

When heating our puréed dishes, always set your microwave to **HALF POWER**.



IMPROVED

**Purée Chicken in Gravy**

Puréed chicken breast in a chicken gravy. Served with broccoli and duchess potatoes.

**7327** **£6.75** 340g GF

Each meal contains

Energy 2144 kJ 516 kcal 26%	Fat <b>37g</b> 53%	Saturates <b>5.4g</b> 27%	Sugars <b>3.2g</b> 4%	Salt <b>1.8g</b> 30%
--------------------------------------	--------------------------	---------------------------------	-----------------------------	----------------------------

% of an adult's reference intake



**Purée Spaghetti Bolognese**

Puréed beef in a rich tomato and herb sauce. Served on a bed of puréed spaghetti.

**7397** **£6.85** 300g

Each meal contains

Energy 2145 kJ 515 kcal 26%	Fat <b>32g</b> 46%	Saturates <b>9.0g</b> 45%	Sugars <b>10g</b> 11%	Salt <b>1.9g</b> 32%
--------------------------------------	--------------------------	---------------------------------	-----------------------------	----------------------------

% of an adult's reference intake



**Purée Beef Hotpot**

Puréed beef cooked in a rich gravy, topped with puréed sauté potatoes and served with creamy savoy cabbage.



**7307** **£6.95** 275g GF

Each meal contains

Energy 2105 kJ 507 kcal 25%	Fat <b>38g</b> 54%	Saturates <b>6.3g</b> 32%	Sugars <b>4.1g</b> 5%	Salt <b>2.0g</b> 33%
--------------------------------------	--------------------------	---------------------------------	-----------------------------	----------------------------

% of an adult's reference intake

**Purée Chicken Korma**  
Puréed chicken korma served with rice and broccoli.

**7315** **£6.75** 340g GF

Each meal contains

Energy 2247 kJ 541 kcal 27%	Fat <b>39g</b> 56%	Saturates <b>7.3g</b> 37%	Sugars <b>5.6g</b> 6%	Salt <b>1.8g</b> 30%
--------------------------------------	--------------------------	---------------------------------	-----------------------------	----------------------------

% of an adult's reference intake



### Purée Tomato & Basil Pasta

Puréed pasta in a delicious tomato and basil sauce. Served with peas.



**7080**

**£6.39** 275g



Each meal contains

Energy 2087 kJ 502 kcal 25%	Fat <b>35g</b> 50%	Saturates <b>4.2g</b> 21%	Sugars <b>9.5g</b> 11%	Salt <b>1.8g</b> 30%
--------------------------------------	--------------------------	---------------------------------	------------------------------	----------------------------

% of an adult's reference intake

### Purée Cottage Pie

A puréed rich beef filling topped with smooth mashed potato and served with peas.

**7304**

**£6.89** 300g



Each meal contains

Energy 2151 kJ 518 kcal 26%	Fat <b>36g</b> 51%	Saturates <b>4.7g</b> 24%	Sugars <b>5.3g</b> 6%	Salt <b>1.8g</b> 30%
--------------------------------------	--------------------------	---------------------------------	-----------------------------	----------------------------

% of an adult's reference intake



### Purée Sausage & Mash

Puréed pork sausages with mashed potato and peas in a rich onion gravy.

**7359**

**£6.59** 340g



Each meal contains

Energy 2310 kJ 556 kcal 28%	Fat <b>40g</b> 57%	Saturates <b>5.0g</b> 25%	Sugars <b>6.5g</b> 7%	Salt <b>1.9g</b> 32%
--------------------------------------	--------------------------	---------------------------------	-----------------------------	----------------------------

% of an adult's reference intake



### Purée Vegetable & Bean Casserole

A comforting puréed vegetable and bean casserole served with peas and sautéed potatoes.

**7049**

**£6.39** 275g



Each meal contains

Energy 2133 kJ 514 kcal 26%	Fat <b>37g</b> 53%	Saturates <b>3.5g</b> 18%	Sugars <b>5.4g</b> 6%	Salt <b>1.7g</b> 28%
--------------------------------------	--------------------------	---------------------------------	-----------------------------	----------------------------

% of an adult's reference intake



**IMPROVED**

**Purée Chicken & Vegetable Casserole**

Puréed chicken and vegetable casserole in gravy. Served with sauté potatoes and carrots & swede.

**7358** £6.85 340g GF

Each meal contains

Energy 2201 kJ 529 kcal 26%	Fat <b>36g</b> 51%	Saturates <b>4.6g</b> 23%	Sugars <b>8.9g</b> 10%	Salt <b>1.8g</b> 30%
--------------------------------------	--------------------------	---------------------------------	------------------------------	----------------------------

% of an adult's reference intake



**Purée Fish & Chips (Oven Cook Only)**

Tasty puréed white fish in a white sauce served with chips and peas.

**7098** £6.85 275g

Each meal contains

Energy 2111 kJ 508 kcal 25%	Fat <b>35g</b> 50%	Saturates <b>4.4g</b> 22%	Sugars <b>5.6g</b> 6%	Salt <b>1.8g</b> 30%
--------------------------------------	--------------------------	---------------------------------	-----------------------------	----------------------------

% of an adult's reference intake



**Purée Omelette, Chips & Beans**

Tasty puréed cheese omelette served with chips and baked beans.

**7099** £6.59 275g v

Each meal contains

Energy 2148 kJ 516 kcal 26%	Fat <b>36g</b> 51%	Saturates <b>9.8g</b> 49%	Sugars <b>6.0g</b> 7%	Salt <b>1.5g</b> 25%
--------------------------------------	--------------------------	---------------------------------	-----------------------------	----------------------------

% of an adult's reference intake



**Purée Turkey in Gravy**

Puréed turkey in gravy served with sage and onion sauté potatoes and green beans.

**7331** £6.79 340g GF

Each meal contains

Energy 2196 kJ 529 kcal 26%	Fat <b>38g</b> 54%	Saturates <b>5.6g</b> 28%	Sugars <b>3.6g</b> 4%	Salt <b>1.6g</b> 27%
--------------------------------------	--------------------------	---------------------------------	-----------------------------	----------------------------

% of an adult's reference intake



### Purée Chicken Tikka Masala

Puréed chicken in a medium spiced coconut and tomato sauce. Served with rice and creamed spinach.

**7024** £6.75 275g



Each meal contains

Energy 2097 kJ 504 kcal 25%	Fat 35g 50%	Saturates 6.1g 31%	Sugars 4.1g 5%	Salt 1.7g 28%
--------------------------------------	-------------------	--------------------------	----------------------	---------------------

% of an adult's reference intake



### Purée Shepherd's Pie

Puréed savoury lamb with rosemary and thyme topped with mashed potato and served with a puréed carrot & swede mash.

**7314** £6.95 300g



Each meal contains

Energy 2328 kJ 560 kcal 28%	Fat 41g 59%	Saturates 8.2g 41%	Sugars 8.4g 9%	Salt 1.7g 28%
--------------------------------------	-------------------	--------------------------	----------------------	---------------------

% of an adult's reference intake



### Purée Bean Chilli

A warming puréed bean chilli in a smoky tomato sauce. Served with rice and peas.

**7311** £6.55 340g



Each meal contains

Energy 2313 kJ 557 kcal 28%	Fat 39g 56%	Saturates 3.5g 18%	Sugars 9.1g 10%	Salt 1.8g 30%
--------------------------------------	-------------------	--------------------------	-----------------------	---------------------

% of an adult's reference intake



### Purée Vegetarian Sausage & Mash

Puréed vegetarian sausages served with mashed potato and peas in a rich onion gravy.

**7362** £6.55 340g



Each meal contains

Energy 2317 kJ 557 kcal 28%	Fat 38g 54%	Saturates 3.6g 18%	Sugars 7.0g 8%	Salt 1.9g 32%
--------------------------------------	-------------------	--------------------------	----------------------	---------------------

% of an adult's reference intake



**Purée Sweet & Sour Chicken**

Puréed chicken breast, pineapple and red peppers in a sweet and sour sauce. Served with rice and sweetcorn.

**7305** **£6.75** 275g GF

Each meal contains

Energy 2221 kJ 534 kcal 27%	Fat <b>36g</b> 51%	Saturates <b>3.4g</b> 17%	Sugars <b>11g</b> 12%	Salt <b>1.2g</b> 20%
--------------------------------------	--------------------------	---------------------------------	-----------------------------	----------------------------

% of an adult's reference intake



**Purée Steak & Chips (Oven Cook Only)**

A delicious puréed beef grillsteak served with chips and peas.

**7093** **£6.95** 275g

Each meal contains

Energy 2160 kJ 519 kcal 26%	Fat <b>35g</b> 50%	Saturates <b>5.1g</b> 26%	Sugars <b>7.0g</b> 8%	Salt <b>1.9g</b> 32%
--------------------------------------	--------------------------	---------------------------------	-----------------------------	----------------------------

% of an adult's reference intake



**Purée Chicken Chasseur**

A French classic! Puréed chicken with white wine, onions and tarragon served with carrots and duchess potatoes.

**7361** **£6.69** 275g GF

Each meal contains

Energy 2108 kJ 507 kcal 25%	Fat <b>35g</b> 50%	Saturates <b>3.2g</b> 16%	Sugars <b>6.9g</b> 8%	Salt <b>1.6g</b> 27%
--------------------------------------	--------------------------	---------------------------------	-----------------------------	----------------------------

% of an adult's reference intake



**Purée Salmon in Butter Sauce**

Puréed salmon in a delicious butter sauce served with broccoli and sauté potatoes.

**7302** **£6.85** 340g GF

Each meal contains

Energy 2174 kJ 522 kcal 26%	Fat <b>35g</b> 50%	Saturates <b>6.0g</b> 30%	Sugars <b>8.6g</b> 10%	Salt <b>1.6g</b> 27%
--------------------------------------	--------------------------	---------------------------------	------------------------------	----------------------------

% of an adult's reference intake

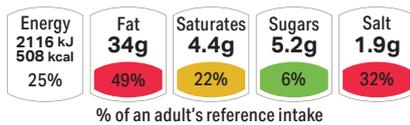


### Purée Sausage, Chips & Beans

Puréed pork sausages served with chips and baked beans.

**7013** £6.65 275g

Each meal contains



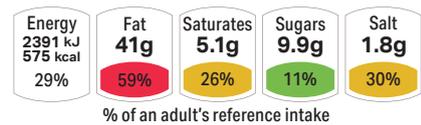
### Purée Pork in Apple Gravy

Puréed pork shoulder in an apple gravy served with red cabbage and sauté potatoes.

**7301** £6.79 340g

GF

Each meal contains



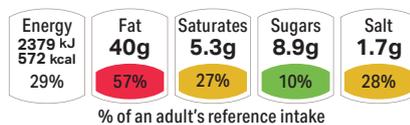
### Purée Steak & Mushroom Casserole

Puréed steak in a mushroom sauce served with sage & onion potatoes and swede & carrots.

**7308** £6.75 340g

GF

Each meal contains



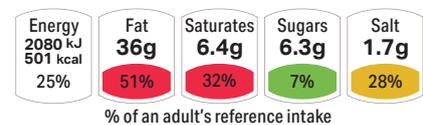
### Purée Lamb Chop

Puréed lamb chop served with creamed savoy cabbage and sauté potatoes.

**7048** £6.89 275g

GF

Each meal contains





**Purée Fish Pie**

Puréed white fish and smoked salmon in a creamy sauce topped with mashed potato and served with peas.

**7303** **£6.89** 300g GF

Each meal contains

Energy 2246 kJ 540 kcal 27%	Fat <b>39g</b> 56%	Saturates <b>4.1g</b> 21%	Sugars <b>6.5g</b> 7%	Salt <b>1.8g</b> 30%
--------------------------------------	--------------------------	---------------------------------	-----------------------------	----------------------------

% of an adult's reference intake



**Purée Cheese & Onion Bake (Oven Cook Only)**

Puréed Cheddar cheese and onion bake served with broccoli and duchess potatoes.

**7012** **£6.45** 275g V

Each meal contains

Energy 2237 kJ 539 kcal 27%	Fat <b>40g</b> 57%	Saturates <b>11g</b> 55%	Sugars <b>6.1g</b> 7%	Salt <b>1.7g</b> 28%
--------------------------------------	--------------------------	--------------------------------	-----------------------------	----------------------------

% of an adult's reference intake



**Purée Macaroni Cheese**

Delicious puréed pasta in a comforting cheese sauce served with broccoli.



**7306** **£6.29** 340g V

Each meal contains

Energy 2136 kJ 514 kcal 26%	Fat <b>36g</b> 51%	Saturates <b>14g</b> 70%	Sugars <b>5.2g</b> 6%	Salt <b>1.9g</b> 32%
--------------------------------------	--------------------------	--------------------------------	-----------------------------	----------------------------

% of an adult's reference intake

**Purée Beef in Gravy**

Puréed beef in a rich beef gravy served with duchess potatoes and green beans.

**7309** **£6.95** 340g GF

Each meal contains

Energy 2216 kJ 533 kcal 27%	Fat <b>38g</b> 54%	Saturates <b>5.6g</b> 28%	Sugars <b>4.1g</b> 5%	Salt <b>1.8g</b> 30%
--------------------------------------	--------------------------	---------------------------------	-----------------------------	----------------------------

% of an adult's reference intake



### Puréed Cheese & Onion Quiche (Oven Cook Only)

A tasty puréed pastry base with a classic cheese and onion filling.

**7039** £3.75 120g v

Each pack contains

Energy 854 kJ 205 kcal 10%	Fat <b>14g</b> 20%	Saturates <b>6.7g</b> 34%	Sugars <b>1.6g</b> 2%	Salt <b>0.73g</b> 12%
-------------------------------------	--------------------------	---------------------------------	-----------------------------	-----------------------------

% of an adult's reference intake



### Puréed Quiche Lorraine (Oven Cook Only)

Puréed quiche, made with smoked streaky bacon, onion and leek, on a tasty puréed pastry base.

**7029** £3.75 120g

Each pack contains

Energy 852 kJ 205 kcal 10%	Fat <b>16g</b> 23%	Saturates <b>7.2g</b> 36%	Sugars <b>1.3g</b> 1%	Salt <b>0.56g</b> 9%
-------------------------------------	--------------------------	---------------------------------	-----------------------------	----------------------------

% of an adult's reference intake

## A trio of tasty toasties

A puréed toasted sandwich makes the perfect quick and easy lunch. Ours are beautifully browned and made with bacon, Cheddar cheese or tuna on puréed white bread.



### Puréed Hot Bacon Toastie

**7036** £4.15 200g

Each pack contains

Energy 1237 kJ 296 kcal 15%	Fat <b>15g</b> 21%	Saturates <b>3.6g</b> 18%	Sugars <b>2.9g</b> 3%	Salt <b>1.0g</b> 17%
--------------------------------------	--------------------------	---------------------------------	-----------------------------	----------------------------

% of an adult's reference intake



### Puréed Hot Cheese Toastie

**7038** £4.15 200g v

Each pack contains

Energy 1503 kJ 360 kcal 18%	Fat <b>20g</b> 29%	Saturates <b>5.9g</b> 30%	Sugars <b>8.1g</b> 9%	Salt <b>1.1g</b> 18%
--------------------------------------	--------------------------	---------------------------------	-----------------------------	----------------------------

% of an adult's reference intake



### Puréed Hot Tuna Toastie

**7037** £4.15 200g

Each pack contains

Energy 1464 kJ 351 kcal 18%	Fat <b>21g</b> 30%	Saturates <b>5.0g</b> 25%	Sugars <b>5.8g</b> 6%	Salt <b>0.89g</b> 15%
--------------------------------------	--------------------------	---------------------------------	-----------------------------	-----------------------------

% of an adult's reference intake



### Purée Vegetarian All Day Breakfast

Puréed vegetarian sausages, baked beans and scrambled egg.

**7096** **£6.49** 275g **v**

Each meal contains

Energy 2190 kJ 527 kcal 26%	Fat <b>37g</b> 53%	Saturates <b>4.8g</b> 24%	Sugars <b>5.9g</b> 7%	Salt <b>1.6g</b> 27%
--------------------------------------	--------------------------	---------------------------------	-----------------------------	----------------------------

% of an adult's reference intake



### Puréed Apple & Cinnamon Porridge

A creamy puréed porridge with delicious apple and cinnamon.

**7351** **£2.25** 200g **v**

Each meal contains

Energy 1228 kJ 293 kcal 15%	Fat <b>14g</b> 20%	Saturates <b>4.4g</b> 22%	Sugars <b>17g</b> 19%	Salt <b>0.23g</b> 4%
--------------------------------------	--------------------------	---------------------------------	-----------------------------	----------------------------

% of an adult's reference intake



### Purée All Day Breakfast

A puréed British classic of sausages, baked beans and scrambled egg.

**7094** **£6.59** 275g **GF**

Each meal contains

Energy 2121 kJ 510 kcal 26%	Fat <b>37g</b> 53%	Saturates <b>5.8g</b> 29%	Sugars <b>5.3g</b> 6%	Salt <b>1.8g</b> 30%
--------------------------------------	--------------------------	---------------------------------	-----------------------------	----------------------------

% of an adult's reference intake



### Puréed Beans on Toast

A classic dish of puréed baked beans on toast.

**7020** **£5.19** 175g **v**

Each meal contains

Energy 1176 kJ 282 kcal 14%	Fat <b>16g</b> 23%	Saturates <b>4.9g</b> 25%	Sugars <b>4.3g</b> 5%	Salt <b>0.81g</b> 13%
--------------------------------------	--------------------------	---------------------------------	-----------------------------	-----------------------------

% of an adult's reference intake



### Puréed Scrambled Eggs on Toast

A breakfast favourite of puréed scrambled eggs on toast.

**7021** **£5.39** 175g **v**

Each meal contains

Energy 1147 kJ 276 kcal 14%	Fat <b>19g</b> 27%	Saturates <b>6.2g</b> 31%	Sugars <b>1.3g</b> 1%	Salt <b>1.0g</b> 17%
--------------------------------------	--------------------------	---------------------------------	-----------------------------	----------------------------

% of an adult's reference intake



### Puréed Porridge

Smooth and creamy puréed porridge.

**7350** **£2.09** 200g **v**

Each pack contains

Energy 1279 kJ 306 kcal 15%	Fat <b>16g</b> 23%	Saturates <b>4.9g</b> 25%	Sugars <b>16g</b> 18%	Salt <b>0.24g</b> 4%
--------------------------------------	--------------------------	---------------------------------	-----------------------------	----------------------------

% of an adult's reference intake

# Heavenly hot cakes



## Puréed Hot Chocolate Cake (Oven Cook Only)

A deliciously rich puréed chocolate cake.

**7044** £2.99 120g V

Each pack contains

Energy 1029 kJ 247 kcal 12%	Fat 14g 20%	Saturates 3.4g 17%	Sugars 18g 20%	Salt 0.23g 4%
--------------------------------------	-------------------	--------------------------	----------------------	---------------------

% of an adult's reference intake



## Puréed Hot Apple Cake (Oven Cook Only)

Sweet and fruity apple cake with hints of cinnamon, topped with a layer of puréed apple.

**7045** £2.99 120g V

Each pack contains

Energy 849 kJ 204 kcal 10%	Fat 12g 17%	Saturates 4.6g 23%	Sugars 15g 17%	Salt 0.20g 3%
-------------------------------------	-------------------	--------------------------	----------------------	---------------------

% of an adult's reference intake



## Puréed Lemon Sponge

Puréed lemon flavoured sponge in a lemon sauce.

**7161** £1.79 170g V

Each dessert contains

Energy 1301 kJ 310 kcal 16%	Fat 13g 19%	Saturates 2.5g 13%	Sugars 30g 33%	Salt 0.38g 6%
--------------------------------------	-------------------	--------------------------	----------------------	---------------------

% of an adult's reference intake



## Puréed Bakewell Sponge & Custard

Puréed mixed fruit and almond flavour sponge with custard.

**134** £1.79 155g V

Each dessert contains

Energy 1045 kJ 249 kcal 12%	Fat 11g 16%	Saturates 3.3g 17%	Sugars 22g 24%	Salt 0.49g 8%
--------------------------------------	-------------------	--------------------------	----------------------	---------------------

% of an adult's reference intake



### Puréeed Apple Pie & Custard

Puréeed sweet apple and pastry with custard.

**171** **£1.79** 155g V

Each dessert contains

Energy 937 kJ 224 kcal 11%	Fat <b>11g</b> 16%	Saturates <b>3.0g</b> 15%	Sugars <b>17g</b> 19%	Salt <b>0.33g</b> 5%
-------------------------------------	--------------------------	---------------------------------	-----------------------------	----------------------------

% of an adult's reference intake



### Puréeed Sticky Toffee Pudding & Custard

A sweet and creamy puréeed toffee pudding served with custard.

**7165** **£1.79** 170g GF V

Each dessert contains

Energy 1394 kJ 334 kcal 17%	Fat <b>21g</b> 30%	Saturates <b>7.0g</b> 35%	Sugars <b>22g</b> 24%	Salt <b>0.58g</b> 10%
--------------------------------------	--------------------------	---------------------------------	-----------------------------	-----------------------------

% of an adult's reference intake



### Puréeed Summer Fruit Sponge & Custard

Delicious puréeed blackberries, strawberries, blackcurrants and cherries with sponge. Served with custard.

**7167** **£1.79** 155g GF V

Each dessert contains

Energy 1039 kJ 249 kcal 12%	Fat <b>13g</b> 19%	Saturates <b>3.1g</b> 16%	Sugars <b>18g</b> 20%	Salt <b>0.41g</b> 7%
--------------------------------------	--------------------------	---------------------------------	-----------------------------	----------------------------

% of an adult's reference intake

## Creamy, dreamy desserts



### Puréeed Chocolate Mousse

A fluffy chocolate flavoured mousse. With sugar and sweetener.

**416** **£1.79** 65g GF V

Each dessert contains

Energy 379 kJ 92 kcal 5%	Fat <b>3.8g</b> 5%	Saturates <b>3.2g</b> 16%	Sugars <b>4.5g</b> 5%	Salt <b>0.17g</b> 3%
-----------------------------------	--------------------------	---------------------------------	-----------------------------	----------------------------

% of an adult's reference intake



### Puréeed Strawberry Mousse

A refreshing strawberry flavoured mousse. With sugar and sweetener.

**418** **£1.79** 65g GF V

Each dessert contains

Energy 356 kJ 86 kcal 4%	Fat <b>3.7g</b> 5%	Saturates <b>3.2g</b> 16%	Sugars <b>4.5g</b> 5%	Salt <b>0.08g</b> 1%
-----------------------------------	--------------------------	---------------------------------	-----------------------------	----------------------------

% of an adult's reference intake

# Minced Meals

Curry, casseroles and classic mash-topped pies; these Level 5 dishes are tasty every time.

## Minced Fish Pie

Minced smoked haddock, salmon and white fish in a creamy sauce topped with mashed potato. Served with mashed broccoli and carrots.

**7206** £5.85 440g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2093 kJ 501 kcal	<b>28g</b>	<b>6.1g</b>	<b>7.2g</b>	<b>1.8g</b>
25%	40%	31%	8%	30%

% of an adult's reference intake

## Minced Apple Sponge

Minced plain sponge topped with sweet apple purée.

**7812** £2.05 140g GF V

Each dessert contains

Energy	Fat	Saturates	Sugars	Salt
1207 kJ 288 kcal	<b>13g</b>	<b>4.1g</b>	<b>26g</b>	<b>0.27g</b>
14%	19%	21%	29%	4%

% of an adult's reference intake



### Minced Cottage Pie

A British classic made with minced beef and topped with mashed potato. Served with mashed carrot & swede.

**119** **£5.65** 425g GF

Each meal contains

Energy 1864 kJ 445 kcal 22%	Fat <b>18g</b> 26%	Saturates <b>4.4g</b> 22%	Sugars <b>9.8g</b> 11%	Salt <b>1.8g</b> 30%
--------------------------------------	--------------------------	---------------------------------	------------------------------	----------------------------

% of an adult's reference intake



### Minced Macaroni Cheese

An Italian classic of pasta cooked in cheese sauce. Served with mashed potato, broccoli, carrots & swede.

**112** **£5.19** 410g V

Each meal contains

Energy 1752 kJ 418 kcal 21%	Fat <b>18g</b> 26%	Saturates <b>7.7g</b> 39%	Sugars <b>9.0g</b> 10%	Salt <b>1.5g</b> 25%
--------------------------------------	--------------------------	---------------------------------	------------------------------	----------------------------

% of an adult's reference intake



### Minced Chicken in Rich Gravy

Tender chicken breast in a rich, seasoned gravy. Served with mashed potato, carrots and swede.

**7128** **£5.69** 410g GF

Each meal contains

Energy 1386 kJ 330 kcal 17%	Fat <b>11g</b> 16%	Saturates <b>1.0g</b> 5%	Sugars <b>7.1g</b> 8%	Salt <b>1.4g</b> 23%
--------------------------------------	--------------------------	--------------------------------	-----------------------------	----------------------------

% of an adult's reference intake



### Minced Lamb Stew

A tasty stew with lamb, carrots and seasoning, served with mashed potato, parsnips and Brussels sprouts.

**111** **£5.75** 400g GF

Each meal contains

Energy 1429 kJ 341 kcal 17%	Fat <b>14g</b> 20%	Saturates <b>4.9g</b> 25%	Sugars <b>7.8g</b> 9%	Salt <b>1.4g</b> 23%
--------------------------------------	--------------------------	---------------------------------	-----------------------------	----------------------------

% of an adult's reference intake



### Minced Chicken Curry

Chicken in a mild tomato and onion curry sauce. Served with white rice, broccoli and cauliflower.



### Minced Chicken & Vegetable Casserole

Chicken and vegetable casserole made with carrots, swede and herbs. Served with mashed potato, carrots and Brussels sprouts.

**105** **£5.75** 410g GF

Each meal contains

Energy 2237 kJ 534 kcal 27%	Fat <b>21g</b> 30%	Saturates <b>2.6g</b> 13%	Sugars <b>10g</b> 11%	Salt <b>1.2g</b> 20%
--------------------------------------	--------------------------	---------------------------------	-----------------------------	----------------------------

% of an adult's reference intake

**107** **£5.69** 400g GF

Each meal contains

Energy 2137 kJ 511 kcal 26%	Fat <b>25g</b> 36%	Saturates <b>3.0g</b> 15%	Sugars <b>8.0g</b> 9%	Salt <b>1.3g</b> 22%
--------------------------------------	--------------------------	---------------------------------	-----------------------------	----------------------------

% of an adult's reference intake



### Minced Creamy Chicken Pie

Delicious minced chicken in a creamy sauce topped with mashed potato. Served with carrots and broccoli.

**7202** **£5.85** 425g GF

Each meal contains

Energy 1769 kJ 421 kcal 21%	Fat <b>16g</b> 23%	Saturates <b>4.6g</b> 23%	Sugars <b>10g</b> 11%	Salt <b>1.6g</b> 27%
--------------------------------------	--------------------------	---------------------------------	-----------------------------	----------------------------

% of an adult's reference intake



### Minced Fish in Mornay Sauce

Delicious white fish cooked with Mornay cheese sauce. Served with mashed potato, carrots and broccoli.

**103** **£5.69** 410g GF

Each meal contains

Energy 2138 kJ 513 kcal 26%	Fat <b>30g</b> 43%	Saturates <b>6.8g</b> 34%	Sugars <b>15g</b> 17%	Salt <b>1.7g</b> 28%
--------------------------------------	--------------------------	---------------------------------	-----------------------------	----------------------------

% of an adult's reference intake



### Minced Turkey in Gravy

Succulent turkey breast in a rich, seasoned gravy. Served with mashed potato, carrots and Brussels sprouts.

**7129** **£5.85** 400g GF

Each meal contains

Energy 1404 kJ 335 kcal 17%	Fat 13g 19%	Saturates 1.6g 8%	Sugars 5.0g 6%	Salt 2.0g 33%
--------------------------------------	-------------------	-------------------------	----------------------	---------------------

% of an adult's reference intake



### Minced Salmon in Dill Sauce

Delicious minced salmon in a creamy dill sauce served with mashed potato, broccoli and carrots.

**7212** **£6.49** 370g GF

Each meal contains

Energy 1850 kJ 444 kcal 22%	Fat 26g 37%	Saturates 6.4g 32%	Sugars 9.7g 11%	Salt 1.1g 18%
--------------------------------------	-------------------	--------------------------	-----------------------	---------------------

% of an adult's reference intake

**IMPORTANT**  
When heating our shaped minced dishes, always set your microwave to **HALF POWER**.



### Minced Cheesy Potato Bake

Potatoes, onion and carrots in cheese sauce served with mashed potato, carrots and parsnips.

**117** **£5.69** 400g v

Each meal contains

Energy 1509 kJ 360 kcal 18%	Fat 12g 17%	Saturates 4.8g 24%	Sugars 17g 19%	Salt 1.3g 22%
--------------------------------------	-------------------	--------------------------	----------------------	---------------------

% of an adult's reference intake



### Minced Mediterranean Vegetables

A tempting mix of carrots, courgettes, mushrooms and spinach in a tomato sauce. Served with parsley mashed potato, parsnips and sprouts.

**115** **£5.19** 410g VEGAN

Each meal contains

Energy 1494 kJ 357 kcal 18%	Fat 13g 19%	Saturates 1.2g 6%	Sugars 13g 14%	Salt 1.0g 17%
--------------------------------------	-------------------	-------------------------	----------------------	---------------------

% of an adult's reference intake



### Minced Beef Chilli

A mild minced beef chilli served with smoked tomato rice and cheesy spinach.

**7201** **£5.65** 440g GF

Each meal contains

Energy 2091 kJ 502 kcal 25%	Fat 29g 41%	Saturates 11g 55%	Sugars 11g 12%	Salt 1.7g 28%
--------------------------------------	-------------------	-------------------------	----------------------	---------------------

% of an adult's reference intake



### Minced Pork & Root Vegetable Casserole

Tasty pork casserole made with carrots, swede and onion. Served with mashed potato, cauliflower and Brussels sprouts.

**7108** **£5.79** 400g



Each meal contains

Energy 2106 kJ 505 kcal 25%	Fat <b>25g</b> 36%	Saturates <b>5.2g</b> 26%	Sugars <b>6.9g</b> 8%	Salt <b>1.1g</b> 18%
--------------------------------------	--------------------------	---------------------------------	-----------------------------	----------------------------

% of an adult's reference intake



### Minced Shepherd's Pie

Warming minced mutton in a flavoursome gravy, topped with mashed potato and a side of mixed carrots & swede.

**7205** **£5.79** 475g



Each meal contains

Energy 2089 kJ 502 kcal 25%	Fat <b>31g</b> 44%	Saturates <b>9.0g</b> 45%	Sugars <b>8.6g</b> 10%	Salt <b>2.0g</b> 33%
--------------------------------------	--------------------------	---------------------------------	------------------------------	----------------------------

% of an adult's reference intake



### Minced Pasta Bolognese

Minced pasta and beef in a rich Bolognese sauce. Served with carrots.

**7204** **£5.59** 410g

Each meal contains

Energy 1710 kJ 408 kcal 20%	Fat <b>15g</b> 21%	Saturates <b>4.4g</b> 22%	Sugars <b>13g</b> 14%	Salt <b>1.4g</b> 23%
--------------------------------------	--------------------------	---------------------------------	-----------------------------	----------------------------

% of an adult's reference intake



### Minced Sausages in Onion Gravy

Filling pork in a flavoursome onion and herb gravy. Served with parsley mashed potato, carrots and broccoli.

**109** **£5.75** 400g



Each meal contains

Energy 2127 kJ 511 kcal 26%	Fat <b>30g</b> 43%	Saturates <b>8.8g</b> 44%	Sugars <b>6.0g</b> 7%	Salt <b>1.1g</b> 18%
--------------------------------------	--------------------------	---------------------------------	-----------------------------	----------------------------

% of an adult's reference intake



### Minced Rich Beef Stew

Tender British and Irish beef stew with carrots and swede. Served with mashed potato, broccoli and cauliflower.

**7125** **£5.89** 400g



Each meal contains

Energy 1396 kJ 333 kcal 17%	Fat <b>14g</b> 20%	Saturates <b>4.5g</b> 23%	Sugars <b>6.0g</b> 7%	Salt <b>1.5g</b> 25%
--------------------------------------	--------------------------	---------------------------------	-----------------------------	----------------------------

% of an adult's reference intake

# Soft & Bite-Sized Meals

With a mix of different textures within each meal, all suitable for a Level 6 diet, there's lots of variety to enjoy.



## Soft & Bite-Sized Macaroni Cheese

Pasta in a cheese sauce. Served with a vibrant root vegetable ratatouille.

**7341** £5.49 355g v

Each meal contains

Energy 2280 kJ 547 kcal 27%	Fat <b>34g</b> 49%	Saturates <b>15g</b> 75%	Sugars <b>14g</b> 16%	Salt <b>1.8g</b> 30%
--------------------------------------	--------------------------	--------------------------------	-----------------------------	----------------------------

% of an adult's reference intake

## Soft & Bite-Sized Bakewell Sponge

Puréed almond flavour sponge and summer fruit purée topped with sponge pieces.

**7824** £2.09 150g v

Each dessert contains

Energy 1532 kJ 364 kcal 18%	Fat <b>13g</b> 19%	Saturates <b>6.3g</b> 32%	Sugars <b>37g</b> 41%	Salt <b>0.53g</b> 9%
--------------------------------------	--------------------------	---------------------------------	-----------------------------	----------------------------

% of an adult's reference intake

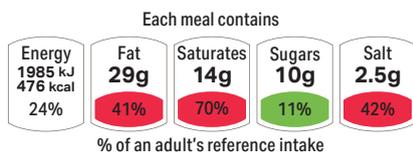




### Soft & Bite-Sized Sausages in Onion Gravy

Diced pork sausage in onion gravy. Served with Cheddar cheese mashed potato and carrots tumbled in honey.

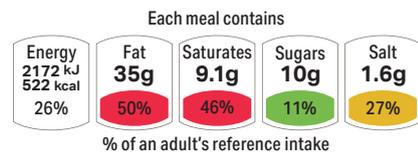
**7346** £5.95 420g



### Soft & Bite-Sized Cheese and Onion Pie

Tasty cheese and onion topped with mashed potato. Served with mashed broccoli, carrots & swede.

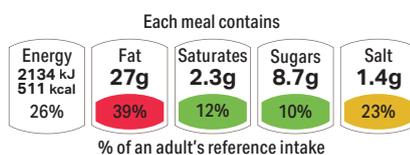
**7317** £5.65 450g



### Soft & Bite-Sized Fish Pie

A tempting fish pie with smoked haddock and white fish, topped with mashed potato. Served with carrots.

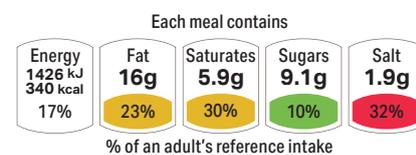
**7312** £5.95 460g



### Soft & Bite-Sized Chicken in a Creamy Mushroom Sauce

Chicken\* in a creamy mushroom sauce, served with cheesy garlic potatoes, butternut squash and root vegetable mash.

**7349** £5.99 360g



\* Please refer to page 31



### Soft & Bite-Sized Ham in Parsley Sauce

Smokey flavoured ham\* in a parsley sauce. Served with extra buttery mashed potato and diced swede & carrots.

**7343** £5.95 395g (GF)

Each meal contains

Energy 1546 kJ 370 kcal 19%	Fat <b>20g</b> 29%	Saturates <b>9.3g</b> 47%	Sugars <b>9.3g</b> 10%	Salt <b>1.7g</b> 28%
--------------------------------------	--------------------------	---------------------------------	------------------------------	----------------------------

% of an adult's reference intake



### Soft & Bite-Sized Cottage Pie

Classic cottage pie with minced beef, topped with mashed potato. Served with carrots and mashed swede.

**7310** £5.79 440g (GF)

Each meal contains

Energy 1778 kJ 423 kcal 21%	Fat <b>14g</b> 20%	Saturates <b>3.0g</b> 15%	Sugars <b>12g</b> 13%	Salt <b>1.8g</b> 30%
--------------------------------------	--------------------------	---------------------------------	-----------------------------	----------------------------

% of an adult's reference intake



### Soft & Bite-Sized Shepherd's Pie

Warming minced mutton in a flavoursome gravy, topped with fluffy mashed potato and a side of mixed herby root vegetables.

**7348** £5.89 430g (GF)

Each meal contains

Energy 1771 kJ 425 kcal 21%	Fat <b>24g</b> 34%	Saturates <b>9.2g</b> 46%	Sugars <b>7.7g</b> 9%	Salt <b>1.7g</b> 28%
--------------------------------------	--------------------------	---------------------------------	-----------------------------	----------------------------

% of an adult's reference intake



### Soft & Bite-Sized Beef Hotpot

Delicious minced beef cooked in a rich gravy, topped with garlic, parsley and thyme potatoes with a side of cheesy puréed spinach.

**7344** £5.95 410g (GF)

Each meal contains

Energy 2192 kJ 525 kcal 26%	Fat <b>31g</b> 44%	Saturates <b>10g</b> 50%	Sugars <b>8.5g</b> 9%	Salt <b>1.9g</b> 32%
--------------------------------------	--------------------------	--------------------------------	-----------------------------	----------------------------

% of an adult's reference intake



### Soft & Bite-Sized Chicken in Gravy

Tasty chicken\* in a rich gravy, with sage and onion potatoes. Served with a cauliflower and broccoli cheese purée and diced carrots.

**7342** £5.95 365g (GF)

Each meal contains

Energy 1471 kJ 352 kcal 18%	Fat <b>19g</b> 27%	Saturates <b>3.6g</b> 18%	Sugars <b>5.6g</b> 6%	Salt <b>2.1g</b> 35%
--------------------------------------	--------------------------	---------------------------------	-----------------------------	----------------------------

% of an adult's reference intake

\* Please refer to page 31

# Nutritional information

Typical nutritional information per portion

CODE	DESCRIPTION	PAGE NO.	Weight		Energy		Fat		Saturates		Sugars		Salt		Carbs	Fibre	Protein	Pot(K <sup>+</sup> ) mg
			g		kcal	%	g	%	g	%	g	%	g	%				
<b>Purée Meals LEVEL 4 (Brochure pages 08-16)</b>																		
7357	Purée Lamb in Mint Gravy	GF	8	345g	541	27	37	53	5.7	29	6.5	7	2.0	33	28	6.6	20	677
7316	Purée Beef Chilli	GF	9	340g	540	27	36	51	4.7	24	9.3	10	1.7	28	29	7.5	21	715
7327	Purée Chicken in Gravy	GF	10	340g	516	26	37	53	5.4	27	3.2	4	1.8	30	21	6.3	23	668
7397	Purée Spaghetti Bolognese		10	300g	515	26	32	46	9.0	45	10	11	1.9	32	31	4.3	23	749
7307	Purée Beef Hotpot	GF	10	275g	507	25	38	54	6.3	32	4.1	5	2.0	33	18	4.7	20	638
7315	Purée Chicken Korma	GF	10	340g	541	27	39	56	7.3	37	5.6	6	1.8	30	22	6.5	21	543
7080	Purée Tomato & Basil Pasta	TV	11	275g	502	25	35	50	4.2	21	9.5	11	1.8	30	28	6.9	15	571
7304	Purée Cottage Pie	GF	11	300g	518	26	36	51	4.7	24	5.3	6	1.8	30	23	6.7	21	709
7359	Purée Sausage & Mash	GF	11	340g	556	28	40	57	5.0	25	6.5	7	1.9	32	24	7.1	21	567
7049	Purée Vegetable & Bean Casserole	GF TV	11	275g	514	26	37	53	3.5	18	5.4	6	1.7	28	24	10	16	459
7358	Purée Chicken & Vegetable Casserole	GF	12	340g	529	26	36	51	4.6	23	8.9	10	1.8	30	27	7.3	21	787
7098	Purée Fish & Chips (Oven Cook Only)		12	275g	508	25	35	50	4.4	22	5.6	6	1.8	30	24	5.6	21	619
7099	Purée Omelette, Chips & Beans	V	12	275g	516	26	36	51	9.8	49	6.0	7	1.5	25	29	3.7	18	588
7331	Purée Turkey in Gravy	GF	12	340g	529	26	38	54	5.6	28	3.6	4	1.6	27	21	6.5	22	662
7024	Purée Chicken Tikka Masala	GF	13	275g	504	25	35	50	6.1	31	4.1	5	1.7	28	24	4.9	21	536
7314	Purée Shepherd's Pie	GF	13	300g	560	28	41	59	8.2	41	8.4	9	1.7	28	24	6.7	21	640
7311	Purée Bean Chilli	GF TV	13	340g	557	28	39	56	3.5	18	9.1	10	1.8	30	29	11	16	620
7362	Purée Vegetarian Sausage & Mash	TV	13	340g	557	28	38	54	3.6	18	7.0	8	1.9	32	32	7.5	18	424
7305	Purée Sweet & Sour Chicken	GF	14	275g	534	27	36	51	3.4	17	11	12	1.2	20	27	5.6	21	473
7093	Purée Steak & Chips (Oven Cook Only)		14	275g	519	26	35	50	5.1	26	7.0	8	1.9	32	26	5.8	21	745
7361	Purée Chicken Chasseur	GF	14	275g	507	25	35	50	3.2	16	6.9	8	1.6	27	23	7.5	20	656
7302	Purée Salmon in Butter Sauce	GF	14	340g	522	26	35	50	6.0	30	8.6	10	1.6	27	27	6.0	21	712
7013	Purée Sausage, Chips & Beans		15	275g	508	25	34	49	4.4	22	5.2	6	1.9	32	26	4.2	22	620
7301	Purée Pork in Apple Gravy	GF	15	340g	575	29	41	59	5.1	26	9.9	11	1.8	30	27	5.9	21	599
7308	Purée Steak & Mushroom Casserole	GF	15	340g	572	29	40	57	5.3	27	8.9	10	1.7	28	29	7.9	21	805
7048	Purée Lamb Chop	GF	15	275g	501	25	36	51	6.4	32	6.3	7	1.7	28	20	7.7	20	565
7303	Purée Fish Pie	GF	16	300g	540	27	39	56	4.1	21	6.5	7	1.8	30	23	6.5	22	561
7012	Purée Cheese & Onion Bake (Oven Cook Only)	V	16	275g	539	27	40	57	11	55	6.1	7	1.7	28	23	7.2	18	495
7306	Purée Macaroni Cheese	V	16	340g	514	26	36	51	14	70	5.2	6	1.9	32	24	4.4	21	291
7309	Purée Beef in Gravy	GF	16	340g	533	27	38	54	5.6	28	4.1	5	1.8	30	23	6.4	21	834

<b>Purée Snacks, Sandwiches &amp; Breakfasts LEVEL 4 (Brochure pages 17-18)</b>																		
7039	Purée Cheese & Onion Quiche (Oven Cook Only)	V	17	120g	205	10	14	20	6.7	34	1.6	2	0.73	12	11	1.9	7.3	102
7029	Purée Quiche Lorraine (Oven Cook Only)		17	120g	205	10	16	23	7.2	36	1.3	1	0.56	9	9.0	1.2	6.5	196
7036	Purée Hot Bacon Toastie		17	200g	296	15	15	21	3.6	18	2.9	3	1.0	17	26	6.9	11	234
7038	Purée Hot Cheese Toastie	V	17	200g	360	18	20	29	5.9	30	8.1	9	1.1	18	28	7.8	12	299
7037	Purée Hot Tuna Toastie		17	200g	351	18	21	30	5.0	25	5.8	6	0.89	15	27	6.9	11	241
7096	Purée Vegetarian All Day Breakfast	V	18	275g	527	26	37	53	4.8	24	5.9	7	1.6	27	28	4.0	18	360
7351	Purée Apple & Cinnamon Porridge	V	18	200g	293	15	14	20	4.4	22	17	19	0.23	4	35	2.6	5.5	333
7094	Purée All Day Breakfast	GF	18	275g	510	26	37	53	5.8	29	5.3	6	1.8	30	20	3.7	24	425
7020	Purée Beans on Toast	V	18	175g	282	14	16	23	4.9	25	4.3	5	0.81	13	25	3.5	8.7	256
7021	Purée Scrambled Eggs on Toast	V	18	175g	276	14	19	27	6.2	31	1.3	1	1.0	17	15	3.6	8.6	112
7350	Purée Porridge	V	18	200g	306	15	16	23	4.9	25	16	18	0.24	4	34	2.5	6.1	340

# Nutritional information

(continued)

Typical nutritional information per portion

CODE	DESCRIPTION	PAGE NO.	Weight	Energy	Fat		Saturates		Sugars		Salt		Carbs	Fibre	Protein	Pot(K <sup>+</sup> )
			g	kcal %	g %	g %	g %	g %	g %	g %	g %	g	g	g	mg	

## Purée Cakes & Desserts LEVEL 4 (Brochure pages 19-20)

7044	Purée Hot Chocolate Cake (Oven Cook Only)	V	19	120g	247	12	14	20	3.4	17	18	20	0.23	4	26	3.0	2.5	110
7045	Purée Hot Apple Cake (Oven Cook Only)	V	19	120g	204	10	12	17	4.6	23	15	17	0.20	3	21	3.0	1.2	73
7161	Purée Lemon Sponge	V	19	170g	310	16	13	19	2.5	13	30	33	0.38	6	43	<0.5	5.2	293
134	Purée Bakewell Sponge & Custard	V	19	155g	249	12	11	16	3.3	17	22	24	0.49	8	33	0.7	3.3	218
171	Purée Apple Pie & Custard	V	20	155g	224	11	11	16	3.0	15	17	19	0.33	5	28	1.0	2.1	165
7165	Purée Sticky Toffee Pudding & Custard	GF V	20	170g	334	17	21	30	7.0	35	22	24	0.58	10	32	3.9	3.0	208
7167	Purée Summer Fruit Sponge & Custard	GF V	20	155g	249	12	13	19	3.1	16	18	20	0.41	7	28	3.6	3.2	187
416	Purée Chocolate Mousse	GF V	20	65g	92	5	3.8	5	3.2	16	4.5	5	0.17	3	4.7	13	3.0	222
418	Purée Strawberry Mousse	GF V	20	65g	86	4	3.7	5	3.2	16	4.5	5	0.08	1	4.5	13	2.3	103

## Minced Meals LEVEL 5 (Brochure pages 21-25)

7206	Minced Fish Pie	GF	21	440g	501	25	28	40	6.1	31	7.2	8	1.8	30	37	4.9	23	1031
119	Minced Cottage Pie	GF	22	425g	445	22	18	26	4.4	22	9.8	11	1.8	30	46	7.7	20	875
112	Minced Macaroni Cheese	V	22	410g	418	21	18	26	7.7	39	9.0	10	1.5	25	44	4.7	17	636
7128	Minced Chicken in Rich Gravy	GF	22	410g	330	17	11	16	1.0	5	7.1	8	1.4	23	28	6.6	27	853
111	Minced Lamb Stew	GF	22	400g	341	17	14	20	4.9	25	7.8	9	1.4	23	32	10	18	1070
105	Minced Chicken Curry	GF	23	410g	534	27	21	30	2.6	13	10	11	1.2	20	55	10	26	974
107	Minced Chicken & Vegetable Casserole	GF	23	400g	511	26	25	36	3.0	15	8.0	9	1.3	22	43	8.9	24	914
7202	Minced Creamy Chicken Pie	GF	23	425g	421	21	16	23	4.6	23	10	11	1.6	27	43	4.9	24	1028
103	Minced Fish in Mornay Sauce	GF	23	410g	513	26	30	43	6.8	34	15	17	1.7	28	35	7.5	22	934
7129	Minced Turkey in Gravy	GF	24	400g	335	17	13	19	1.6	8	5.0	6	2.0	33	26	7.7	25	998
7212	Minced Salmon in Dill Sauce	GF	24	370g	444	22	26	37	6.4	32	9.7	11	1.1	18	29	5.4	21	874
117	Minced Cheesy Potato Bake	V	24	400g	360	18	12	17	4.8	24	17	19	1.3	22	44	8.4	15	1018
115	Minced Mediterranean Vegetables	V	24	410g	357	18	13	19	1.2	6	13	14	1.0	17	38	9.9	17	1282
7201	Minced Beef Chilli	GF	24	440g	502	25	29	41	11	55	11	12	1.7	28	30	8.4	26	1125
7108	Minced Pork & Root Vegetable Casserole	GF	25	400g	505	25	25	36	5.2	26	6.9	8	1.1	18	44	8.8	21	1109
7205	Minced Shepherd's Pie	GF	25	475g	502	25	31	44	9.0	45	8.6	10	2.0	33	31	7.8	20	934
7204	Minced Pasta Bolognese		25	410g	408	20	15	21	4.4	22	13	14	1.4	23	40	6.1	25	944
109	Minced Sausages in Onion Gravy	GF	25	400g	511	26	30	43	8.8	44	6.0	7	1.1	18	34	9.4	21	917
7125	Minced Rich Beef Stew	GF	25	400g	333	17	14	20	4.5	23	6.0	7	1.5	25	24	7.0	24	995
7812	Minced Apple Sponge	GF V	21	140g	288	14	13	19	4.1	21	26	29	0.27	4	37	0.5	5.1	239

## Soft & Bite-Sized Meals LEVEL 6 (Brochure pages 26-28)

7341	Soft & Bite-Sized Macaroni Cheese	V	26	355g	547	27	34	49	15	75	14	16	1.8	30	35	2.8	24	765
7346	Soft & Bite-Sized Sausages in Onion Gravy		27	420g	476	24	29	41	14	70	10	11	2.5	42	35	4.7	16	759
7317	Soft & Bite-Sized Cheese and Onion Pie	V	27	450g	522	26	35	50	9.1	46	10	11	1.6	27	33	7.9	16	776
7312	Soft & Bite-Sized Fish Pie	GF	27	460g	511	26	27	39	2.3	12	8.7	10	1.4	23	43	5.9	21	1017
7349	Soft & Bite-Sized Chicken in a Creamy Mushroom Sauce	GF	27	360g	340	17	16	23	5.9	30	9.1	10	1.9	32	27	3.3	21	901
7343	Soft & Bite-Sized Ham in Parsley Sauce	GF	28	395g	370	19	20	29	9.3	47	9.3	10	1.7	28	30	4.7	16	776
7310	Soft & Bite-Sized Cottage Pie	GF	28	440g	423	21	14	20	3.0	15	12	13	1.8	30	54	7.7	17	810
7348	Soft & Bite-Sized Shepherd's Pie	GF	28	430g	425	21	24	34	9.2	46	7.7	9	1.7	28	30	7.0	17	1011
7344	Soft & Bite-Sized Beef Hotpot	GF	28	410g	525	26	31	44	10	50	8.5	9	1.9	32	32	3.6	27	1124
7342	Soft & Bite-Sized Chicken in Gravy	GF	28	365g	352	18	19	27	3.6	18	5.6	6	2.1	35	26	3.6	18	812
7824	Soft & Bite-Sized Bakewell Sponge	V	26	150g	364	18	13	19	6.3	32	37	41	0.53	9	55	0.8	6.8	245

# Important information

## Our Recipes

Please note that recipes or suppliers may change from time to time if we cannot obtain the quality or quantity of ingredients we need, or to improve flavour. We therefore advise that you always refer to the label on your chosen dish, as this will show all the ingredients and indicate any allergens used in that specific recipe. While every effort is made to minimise changes, more than one recipe could be available at the same time. Ingredients and cooking instructions for our meals can also be found on our website or by contacting your local team.

## Our Meals

Our talented team of chefs create all our meal recipes in Trowbridge, Wiltshire. We source our ingredients from a range of carefully approved suppliers in the UK, Europe and worldwide.

All our main meals, mini meals and many of our snacks and desserts featured in this brochure are made by us and frozen for freshness in Wiltshire. Some of our desserts, snacks, puréed and minced meals are produced for us by suppliers in the UK and Europe.

## Ensuring Tenderness

\* We only buy our meat & fish from carefully selected suppliers who we work closely with to make sure we choose the right cuts for the recipe we are cooking.

In a small number of our meals (only those showing a star in the description) we use selected cuts of formed meat or fish to ensure your meal is as tender as possible.

Formed meat and fish are high quality ingredients; formed meat is made by binding together large individual pieces of meat into a regular shape and then slicing. Formed fish combines individual pieces of fish into regular portions.

## Definitions

### Free From

We work hard to ensure the relevant ingredients are not detectable, or if legal limits have been set that they are never exceeded e.g. gluten. We carry out scientific tests to make sure these strict standards are maintained.

### Made Without

This term shows that an ingredient is not deliberately used in a recipe. We take care to avoid any accidental inclusion, but very small amounts could be present, meaning they may not be suitable for someone living with a food allergy.

### May Contain

This highlights foods where a specific and unavoidable risk of accidental contamination has been identified i.e. where a supplier has told us that it's a possibility.

## Wiltshire Farm Foods Privacy Notice

It is important to us that you know how we will use the information that you provide to us, from when you make that first enquiry and then become a valued customer. We take data protection very seriously and value the privacy of our customers.

Please read the key points from our Privacy Notice, which can be found on our website [wiltshirefarmfoods.com](http://wiltshirefarmfoods.com) or by contacting your local outlet.

- Wiltshire Farm Foods (a division of apetito Ltd) deliver delicious meals and desserts through a network of outlets operated by ourselves and our franchise partners. We will only disclose the necessary information with your local outlet so that they can provide services to you
- If you provide information about someone else to us, it is your responsibility to ensure that the individual is happy for you to share their information with us. For example, a relative or loved one
- We will only process your information in compliance with the law, and will delete it when required to do so
- We will never sell or share your information to a third party
- We may contact you by post, telephone or email to make sure you are happy with our service and also with offers. You can change your contact preferences anytime or update your details either by speaking to your local outlet, contacting us through our website [wiltshirefarmfoods.com](http://wiltshirefarmfoods.com) or by calling us on 0800 066 2587
- To provide our service, we use trusted partners who have access to our data under strict conditions of confidentiality and security, for example to post your brochure

Wiltshire Farm Foods is a division of apetito Ltd which is registered as a data controller with the Information Commissioner's Office. Our registration number is Z5944325. You can contact our data protection officer at [dpo@apetito.co.uk](mailto:dpo@apetito.co.uk) with any concerns or queries you may have regarding your data, or to notify us that you no longer wish to receive marketing from us. You also have the right to make a complaint to the Information Commissioner's Office if you are unhappy with how we have handled your personal data.

**100%**  
**SATISFACTION**  
**GUARANTEED**

## Satisfaction Guaranteed

**Terms and conditions: our satisfaction guarantee applies to all meals purchased from Wiltshire Farm Foods. To request a replacement please contact your local team or tell your delivery driver.**

You must provide us with the film lid for the meal that is being replaced (at the time the replacement meal is delivered), otherwise we reserve the right to withhold the replacement meal. This guarantee is subject to fair use and we reserve the right to withhold replacement meals. We may amend the terms of this guarantee from time to time – please visit our website for the most up to date position.

# Spoiled for choice?

## Try one of our Menu Packs

**QUOTE**  
**PS32**  
when you order

Level 4



7314 Purée Shepherd's Pie

### Purée Menu Pack Only £59.44

- |                                       |   |
|---------------------------------------|---|
| <b>7327</b> Purée Chicken in Gravy    | <b>171</b> Puréed Apple Pie & Custard                 |
| <b>7306</b> Purée Macaroni Cheese     | <b>7161</b> Puréed Lemon Sponge                       |
| <b>7314</b> Purée Shepherd's Pie      | <b>134</b> Puréed Bakewell Sponge & Custard           |
| <b>7316</b> Purée Beef Chilli         | <b>7165</b> Puréed GF Sticky Toffee Pudding & Custard |
| <b>7359</b> Purée Sausage & Mash      | <b>7167</b> Puréed Summer Fruit Sponge with Custard   |
| <b>7301</b> Purée Pork in Apple Gravy | <b>418</b> Puréed Strawberry Mousse                   |
| <b>7315</b> Purée Chicken Korma       | <b>416</b> Puréed Chocolate Mousse                    |

### Minced Menu Pack Only £39.93

- 105** Minced Chicken Curry
- 119** Minced Cottage Pie
- 103** Minced Fish in Mornay Sauce
- 7128** Minced Chicken in Rich Gravy
- 109** Minced Sausages in Onion Gravy
- 111** Minced Lamb Stew
- 7201** Minced Beef Chilli

**QUOTE**  
**MD32**  
when you order



119 Minced Cottage Pie

Level 5

Level 6



7346 Soft & Bite-Sized Sausages in Onion Gravy

### Soft & Bite-Sized Menu Pack Only £41.13

- 7342** Soft & Bite-Sized Chicken in Gravy
- 7310** Soft & Bite-Sized Cottage Pie
- 7346** Soft & Bite-Sized Sausages in Onion Gravy
- 7348** Soft & Bite-Sized Shepherd's Pie
- 7344** Soft & Bite-Sized Beef Hotpot
- 7312** Soft & Bite-Sized Fish Pie
- 7317** Soft & Bite-Sized Cheese and Onion Pie

**QUOTE**  
**SB32**  
when you order

## CALL YOUR LOCAL TEAM TO ORDER

wiltshirefarmfoods.com

We accept: Cash Cheque   

Head office: Wiltshire Farm Foods, Canal Road, Trowbridge, Wiltshire, BA14 8RJ. Email: [info@wiltshirefarmfoods.com](mailto:info@wiltshirefarmfoods.com)

Wiltshire Farm Foods is a trademark of apetito Ltd. All items detailed are subject to availability and may change. Always check the label for definitive product information. Meals shown are serving suggestions only. Prices valid from 22nd January 2025. We reserve the right to change prices from time to time. We will notify customers in advance of any price changes accordingly and when they will take effect. Information correct at the time of print.