

GLANMORE FOODS HOT FOOD MENU - 2021/2022

Meal / Item	INGREDIENT DECLARATION
Roast Chicken, Seasonal Veg, Gravy, Mash	Mash Potato (Rooster Potato, Butter (MILK), Cream (MILK), Salt); Chicken (Chicken, Water, Salt, Emulsifier (E451i)); Carrots; Garden Peas; Gravy (Maltodextrin, potato starch, salt, sugar, flavourings, yeast extract,vegetables (onion powder, tomato puree powder), caramel syrup, palm fat, thickener (guar gum), sunflower oil, sage)
Roast Chicken, Seasonal Veg, Mash (No Gravy)	Mash Potato (Rooster Potato, Butter (MILK), Cream (MILK), Salt); Chicken (Chicken, Water, Salt, Emulsifier (E451i)); Carrots; Garden Peas
Meatballs, Arrabiata Sauce, Carrots Fusilli Pasta	Meatballs (Tomato Sauce (52%) [Tomatoes, Tomato Paste [tomato, Onions, Water, Garlic Puree, Corn flour, Salt, Soya oil, Sugar, Chicken Bouillon [Salt, Potato Starch, Maltodextrin, Dried Yeast Extract, Sugar, Flavouring, Uncured Vegetable Fat (Palm Oil), Flavouring, Chicken Fat, Flavour Enhancer: Disodium 5-Ribonucleotides, Spices, Dried Vegetables, Dried Parsley Extract, Turmeric, Black Pepper, Colour: Ammonia Caramel, Dried Chicken Extract, Acidity Regulator: Citric Acid, Antioxidant: Rosemary Extract], Dried oregano], Meatballs (48%) [Beef, Breadcrumbs (WHEAT), EGG Mix [Liquid EGG, Water, MILK Powder, Salt, Vegetable Bouillon [Salt, Potato Starch, Matodextrin, Dried Yeast Extract, Dried Vegetable (Carrot, Onion, Parsnips, Parsley Root, Leek, Parsley Leaf), Sugar, Flavourings, Uncured Vegetable Fat (Palm Oil)], Flavour Enhancer: Disodium 5-ribonucleotides, Black Pepper, Colour: Ammonia Caramel, Turmeric, Acidity Regulator: Citric Acid, Anticaking Agent (silicon dioxide), Vegetable Oil (Rapeseed)]], Beef Bouillon [Salt, Potato Starch, Maltodextrin, Dried Yeast Extract, Sugar, Flavouring, Uncured Vegetable Fat (Palm Oil), Beef Fat, Flavour Enhancer: Disodium 5-Ribonucleotides, Spices, Dried Onion Concentrate, Colour: Ammonia Caramel, Acidity Regulator: Citric Acid], Cajun spice]); Pasta (Durum semolina (WHEAT), water); Arrabiata Sauce (Water, Tomatoes (33%), Tomato Puree (13%), Onion, Vegetable Bouillon (Salt, Vegetable fat (palm oil), flavour enhancers (monosodium glutamate, disodium 5-ribonucleoties), potato start, sugar, yeast extract, dehydrated vegetables (carrot, onion, parsley, dill), flavourings, refined vegetable oil (rapeseed oil), colour (ammonia caramel), spices, flavouring, maltadextrin, acidity regulator, citric acid), Brown Sugar, Sunflower oil, Basil, Garlic Paste (SULPHITES), Oregano, Chilli Powder; Carrots
Mild Chilli Con Carne, Carrots & Rice	Chilli Con Carne (Beef (33%), Chopped Tomatoes (18.4%), Water, Peppers, Diced Onions, Kidney beans, Tomato Paste (5.9%) [Tomato], Flour (WHEAT), Beef Bouillon [Salt, Potato Starch, Maltodextrin, Dried Yeast Extract, Sugar, Flavouring, Uncured Vegetable Fat (Palm Oil)], Beef Fat 3.3%, Flavour Enhancer: Disodium 5-Ribonucleotides, Spices, Dried Onion Concentrate, Colour: Ammonia Caramel, Acidity Regulator: Citric Acid), Cumin seeds, Chilli powder); Rice (Rice, Water); Garden Peas; Carrots
Chicken and Pasta Bake	Bechamel Sauce (MILK, Water, Cornflour, MUSTARD Powder, Vegetabile Bouillon (Salt, Uncured Vegetable Fat (Palm Oil), Flavour Enhancers (Monosodium Glutamate, Disodium 5-ribonucleotides), Potato Starch, Sugar, Yeast Extract, Dehydrated Vegetables (Carrot, Onion, Parsley, Dill), Flavourings, Refined Vegetable Oil (Rapeseed), Colour (Ammonia Caramel), Spices, Flavourings, Maltodextrin, Acidity Regulator: Citric Acid), Garlic Puree (Rehydrated Garlic, Salt, Citric Acid (E330), Antioxidant: sodium metabisULPHITE (E223)) ; Pasta (Durum semolina (WHEAT), water); Chicken (Chicken Breast, Salt, Starch, Glucose syrup, Stabilisers: (E451, E412), Potato Starch, Natural Chicken Stock (Chicken, Salt), Vinegar); Garden Peas
Tuscan Bean chilli	Tuscan Bean Chilli Sauce (Kidney Beans, Onions, Tomatoes, Peppers, Olive Oil, Cumin, Coriander, Oregano, Garlic Puree (Rehydrated Garlic, Salt, Acidifying: Citric Acid (E330), Antioxidant: Sodium MetabisULPHITE (E223)), Chilli, Salt); ; Rice (Rice, Water); Broccoli
Baked Ham, Beans, Mashed Potato, Gravy	Mash Potato (Rooster Potato, Butter (MILK), Cream (MILK), Salt); Ham (Pork (97%), Salt, Baking Flavour, Sugar, Maltodextrin, Stabilisers (Sodium Di, Tri & Polyphosphate), Antioxidant (Sodium Ascorbate), Hydrolysed Vegetable Protein, Preservative (Sodium Nitrite); Beans (Beans (46%), Tomatoes (33%), Water, Sugar, Salt, Modified Maize Starch, Spirit Vinegar, Onion Powder, Paprika, Flavourings, Rapeseed Oil); Gravy (Maltodextrin, potato starch, salt, sugar, flavourings, yeast extract,vegetables (onion powder, tomato puree powder), caramel syrup, palm fat, thickener (guar gum), sunflower oil, sage)
Baked Ham, Beans, Mashed Potato- No Gravy	Mash Potato (Rooster Potato, Butter (MILK), Cream (MILK), Salt); Ham (Pork (97%), Salt, Baking Flavour, Sugar, Maltodextrin, Stabilisers (Sodium Di, Tri & Polyphosphate), Antioxidant (Sodium Ascorbate), Hydrolysed Vegetable Protein, Preservative (Sodium Nitrite); Beans (Beans (46%), Tomatoes (33%), Water, Sugar, Salt, Modified Maize Starch, Spirit Vinegar, Onion Powder, Paprika, Flavourings, Rapeseed Oil)
Savory Potato Cubes, Chicken Tenders, Mixed veg	Potato Cubes (Potatoes, sunflower oil, Seasoning (rice flour, modified potato starch, salt, Spices (black pepper, paprika), garlic powder, onion powder, maize dextrose, Spice Extract (paprika, sunflower seed oil), raising agents (E500, E450), stabilizer (xanthan gum)); Chicken tenders (Chicken (93%), Potato Starch, Triphosphate, BREADCRUMB: Potato Starch, WHEAT flour (Calcium Carbonate, Iron, Niacin, Thiamin, EGG Albumen Powder, Modified WHEAT Starch, Durum WHEAT Semolina, Dextrose, Salt, Yeast, Raising Agents (E450, E500), Colour (E160)); Garden Peas; Carrots
Chicken Curry, Peppers & Fluffy Rice	Curry Sauce (Water, Onions, Tomato Puree, Cornflour, Brown Sugar, Curry Powder (MUSTARD), mango chutney, vegetable bouillon (Salt, Vetetable fat (palm oil), flavour enhancers (monosodium glutamate, disodium 5-ribonucleoties), potato start, sugar, yeast extract, dehydrated vegetables (carrot, onion, parsley, dill), flavourings, refined vegetable oil (rapeseed oil), colour (ammonia caramel), spices, flavouring, maltadextrin, acidity regulator, citric acid), sunflower oil, Garlic Puree ((Rehydrated Garlic, Salt, Citric Acid (E330), Antioxidant: sodium metabisULPHITE (E223)), Ginger Powder); Rice (Rice, Water); Chicken (Chicken Breast, Salt, Starch, Glucose syrup, Stabilisers: (E451, E412), Potato Starch, Natural Chicken Stock (Chicken, Salt), Vinegar); Peppers
Sausages, Potato Cubes, Beans	Potato Cubes (Potatoes, sunflower oil, Seasoning (rice flour, modified potato starch, salt, Spices (black pepper, paprika), garlic powder, onion powder, maize dextrose, Spice Extract (paprika, sunflower seed oil), raising agents (E500, E450), stabilizer (xanthan gum)); Sausage (Pork (55%), Pork Fat, Water, Rusk (WHEAT flour, salt), Seasoning (salt, rusk, preservative: sodium SULPHITES, spice extracts), Flavour Enhancer: monosodium glutamate, Stabiliser: E450, Antioxidant: E300 & E330, filled into a beef collagen casing, cooked in rapeseed oil; Beans (Beans (46%), Tomatoes (33%), Water, Sugar, Salt, Modified Maize Starch, Spirit Vinegar, Onion Powder, Paprika, Flavourings, Rapeseed Oil)
Vegan Fish Fingers, Beans & Potato Cubes	Potato Cubes (Potatoes, sunflower oil, Seasoning (rice flour, modified potato starch, salt, Spices (black pepper, paprika), garlic powder, onion powder, maize dextrose, Spice Extract (paprika, sunflower seed oil), raising agents (E500, E450), stabilizer (xanthan gum)); Veg fingers (Vegetable Mix (41%) (Sweetcorn, Carrot, Peas), Water, Breadcrumbs (WHEAT Flour, Water, Yeast, Salt), Rapeseed Oil, Dried Potato, WHEAT Flour, Salt, Onion Powder, Starch (Rice, Potato), Turmeric); Beans (Beans (46%), Tomatoes (33%), Water, Sugar, Salt, Modified Maize Starch, Spirit Vinegar, Onion Powder, Paprika, Flavourings, Rapeseed Oil)
Roast Beef, Carrots & Mashed Potato with Gravy	Mash Potato (Rooster Potato, Butter (MILK), Cream (MILK), Salt); Beef (Beef, Water, Salt, Glucose Syrup, Emulsifier (E451), Thickener (E412), Yeast Extract, Potato Starch; Carrots; Gravy (Maltodextrin, potato starch, salt, sugar, flavourings, yeast extract,vegetables (onion powder, tomato puree powder), caramel syrup, palm fat, thickener (guar gum), sunflower oil, sage)
Roast Beef, Carrots & Mashed Potato-No Gravy	Mash Potato (Rooster Potato, Butter (MILK), Cream (MILK), Salt); Beef (Beef, Water, Salt, Glucose Syrup, Emulsifier (E451), Thickener (E412), Yeast Extract, Potato Starch; Carrots
Beef Lasagne, Carrots, Peas	Lasagne (Bolognese Sauce (68.4%) [Chopped Tomatoes (43.4%), Beef mince (29.3%), Water, Diced Onions, Tomato Paste (10.8%), WHEAT flour, Garlic Puree, Salt, Sugar, Mixed herbs dried, Beef Bouillon [Salt, Potato Starch, Maltodextrin, Dried Yeast Extract, Sugar, Flavouring, Uncured Vegetable Fat (Palm Oil), Beef Fat 3.3%, Flavour Enhancer: Disodium 5-Ribonucleotides, Spices, Dried Onion Concentrate, Colour: Ammonia Caramel, Acidity Regulator: Citric Acid]], White Sauce (25.9%) [Water, WHEAT flour, Whole MILK Powder [Whole MILK], Kerrymaid Buttery [Reconstituted Skimmed MILK, Water, Palm Kernel Oil, Palm Oil, Buttermilk Powder (MILK), Butteroil (MILK), Modified Maize Starch, Flavourings (contain MILK), Emulsifiers (E435, E471, E322), Thickener (E415), Acidity Regulator (E331), Salt, Colour (E160a)], Salt, Chicken Bouillon [Salt, Potato Starch, Maltodextrin, Dried Yeast Extract, Sugar, Flavouring, Uncured Vegetable Fat (Palm Oil), Flavouring, Chicken Fat, Flavour Enhancer: Disodium 5-Ribonucleotides, Spices, Dried Vegetables, Dried Parsley Extract, Turmeric, Black Pepper, Colour: Ammonia Caramel, Dried Chicken Extract, Acidity Regulator: Citric Acid, Antioxidant: Rosemary Extract], Corn flour], Lasagne Sheets (6.9%) (WHEAT), Cheese (3.7%) (MILK) [Mild Cheddar, Potato Startch]); Garden Peas; Carrots
Chicken Pasta Bake in Tomato Sauce with Broccoli	Arrabiata Sauce (Water, Tomatoes (33%), Tomato Puree (13%), Onion, Vegetable Bouillon (Salt, Vegatable fat (palm oil), flavour enhancers (monosodium glutamate, disodium 5-ribonucleoties), potato start, sugar, yeast extract, dehydrated vegetables (carrot, onion, parsley, dill), flavourings, refined vegetable oil (rapeseed oil), colour (ammonia caramel), spices, flavouring, maltadextrin, acidity regulator, citric acid), Brown Sugar, Sunflower oil, Basil, Garlic Paste (SULPHITES), Oregano, Chilli Powder; Pasta (Durum semolina (WHEAT), water); Chicken (Chicken Breast, Salt, Starch, Glucose syrup, Stabilisers: (E451, E412), Potato Starch, Natural Chicken Stock (Chicken, Salt), Vinegar); Broccoli

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Chicken Tikka Masala, Peppers, Rice	Tikka Masala (water, tomatoes, tomato puree, onion, coconut milk, cornflour, vegetable bouillon (Salt, Uncured Vegetable Fat (Palm oil), (Monosodium Glutamate, Disodium 5-Ribonucleotides), potato starch, sugar, yeast extract, dehydrated vegetables (carrot, onion, parsley leaves, dill), flavourings, refined vegetable oil (rapeseed), colour (ammonia caramel); spices, flavourings, maltodextrin, acidity regulator: citric acid)); Brown Sugar, Sunflower oil, garlic paste (Rehydrated Garlic, Salt, Citric Acid (E330), Antioxidant: sodium metabisULPHITE (E223)), ginger paste (ginger, water, acetic acid (e260), corn oil, xanthum gum, sodium metabisULPHITE (e223), Sodium benzoate)), cumin, coriander, paprika, chilli powder.; Rice (Rice, Water); Chicken (Chicken Breast, Salt, Starch, Glucose syrup, Stabilisers: (E451, E412), Potato Starch, Natural Chicken Stock (Chicken, Salt), Vinegar); Peppers
Meatless Meatballs, Arrabbiata Sauce, Carrots, Fusilli Pasta	Arrabbiata Sauce (Water, Tomatoes (33%), Tomato Puree (13%), Onion, Vegetable Bouillon (Salt, Vegetable fat (palm oil), flavour enhancers (monosodium glutamate, disodium 5-ribonucleotides), potato starch, sugar, yeast extract, dehydrated vegetables (carrot, onion, parsley, dill), flavourings, refined vegetable oil (rapeseed oil), colour (ammonia caramel), spices, flavouring, maltadextrin, acidity regulator, citric acid), Brown Sugar, Sunflower oil, Basil, Garlic Paste (SULPHITES), Oregano, Chilli Powder; Pasta (Durum semolina (WHEAT), water); Meatless Meatballs (Rehydrated Pea Protein (63%), Rapeseed Oil, Red Onion, Apple Fibre, Pea Flour, Natural Flavourings, Stabiliser (Methylcellulose), Tomato Paste, Garlic Powder, Herbs, BARLEY Malt Extract, Black Pepper, Pea Fibre, Wholegrain OAT Flour, Potato Starch, Salt, Antioxidant (Extract of Rosemary), Tomato Powder, Mushroom Powder, Onion Powder); Carrots
Roast Chicken, Gravy, Carrots, Peas & Mashed Potato	Mash Potato (Rooster Potato, Butter (MILK), Cream (MILK), Salt); Chicken (Chicken, Water, Salt, Emulsifier (E451i)); Garden Peas; Carrots; Gravy (Maltodextrin, potato starch, salt, sugar, flavourings, yeast extract, vegetables (onion powder, tomato puree powder), caramel syrup, palm fat, thickener (guar gum), sunflower oil, sage)
Roast Chicken, Carrots, Peas & Mashed Potato- No Gravy	Mash Potato (Rooster Potato, Butter (MILK), Cream (MILK), Salt); Chicken (Chicken, Water, Salt, Emulsifier (E451i)); Garden Peas; Carrots
Beef Bolognaise, Carrots, Fusilli Pasta	Bolognaise (Chopped Tomatoes (43.4%), Beef mince (29.3%), Diced Onions, Water, Tomato Paste (10.8%) [Tomato], WHEAT flour (GLUTEN), Garlic Puree, Salt, Sugar, Mixed herbs dried, Beef Bouillon [Salt, Potato Starch, Maltodextrin, Dried Yeast Extract, Sugar, Flavouring, Uncured Vegetable Fat (Palm Oil), Beef Fat 3.3%, Flavour Enhancer: Disodium 5-Ribonucleotides, Spices, Dried Onion Concentrate, Colour: Ammonia Caramel, Acidity Regulator: Citric Acid]); Pasta (Durum semolina (WHEAT), water); Italian Tomato Sauce (Water, Tomatoes (29%), Tomato Puree, Onions, Lemon Juice (from Concentrate), Modified Starch, Sugar, Rapeseed Oil, Garlic, Salt, Herbs, Spices (contains CELERY), Basil, Tomato Powder); Carrots
Chicken Korma, Peppers & Fluffy Rice	Korma Sauce (Water, Tomatoes (27%), Onion, Coconut Milk, Dessicated Coconut (SULPHUR DIOXIDE), Cornflour, Vegetable Bouillon (Salt, Vegetable fat (palm oil), flavour enhancers (monosodium glutamate, disodium 5-ribonucleotides), potato starch, sugar, yeast extract, dehydrated vegetables (carrot, onion, parsley, dill), flavourings, refined vegetable oil (rapeseed oil), colour (ammonia caramel), spices, flavouring, maltadextrin, acidity regulator, citric acid), Brown Sugar, Sunflower oil, Ginger Paste (SULPHITES), Garlic Paste (SULPHITES), Garam Masla, Cumin, Coriander, Turmeric, Chilli Flakes, Cardamom); Rice (Rice, Water); Chicken (Chicken Breast, Salt, Starch, Glucose syrup, Stabilisers: (E451, E412), Potato Starch, Natural Chicken Stock (Chicken, Salt), Vinegar); Peppers
Beef Casserole- Meat Sauce, Beef, Potato Cubes	Potato Cubes (Potatoes, sunflower oil, Seasoning (rice flour, modified potato starch, salt, Spices (black pepper, paprika), garlic powder, onion powder, maize dextrose, Spice Extract (paprika, sunflower seed oil), raising agents (E500, E450), stabilizer (xanthan gum)); Meat Sauce (Water, carrots, onions, gravy powder (Modified Potato starch, Salt, Flavour enhancers (monosodium glutamate, disodium 5-ribonucleotides), Lactose (MILK), Vegetable Fat (Palm oil), Yeast extract, Sugar, Maltodextrin, Sweet Pepper, Refined Vegetable Oil (Rapeseed), Thickener (Guar gum), Flavourings, Colour (Ammonia Caramel), Anticaking Agent (Silicone Dioxide), Black Pepper, Red Beet Juice Concentrate, Acidity Regulator (Citric Acid), honey, MUSTARD, beef bouillon (Salt, flavour enhancers (monosodium glutamate, disodium 5-ribonucleotides), Vegetable fat (Palm oil), yeast extract, sugar, Maltodextrin, Beef fat, refined vegetable oil (rapeseed oil), flavourings, colour (ammonia caramel), spices, dried onion concentrate, acidity regulator, citric acid)), garlic paste (contains SULPHITES), herbs, sunflower oil); Beef (Beef, Salt, Starch, Dextrose, Stabilisers (Triphosphates), Gelling agent (Carrageenan). Country of origin: Ireland.
Meatless Sausages, Carrot, Parsnip, Potato Cubes	Potato Cubes (Potatoes, sunflower oil, Seasoning (rice flour, modified potato starch, salt, Spices (black pepper, paprika), garlic powder, onion powder, maize dextrose, Spice Extract (paprika, sunflower seed oil), raising agents (E500, E450), stabilizer (xanthan gum)); Meatless sausage (Rehydrated Pea Protein (63%), Onion, Rapeseed Oil, Apple Fibre, Pea Flour, Stabiliser (Methylcellulose), Sunflower Oil, Pea Fibre, Salt, Potato Starch, Onion Powder, Sugar, Spices, Maltodextrin, Natural Flavouring, BARLEY Malt Extract, Mushroom Powder, Sage, Mushroom Extract); Carrots; Parsnips
Turkey Breast, Carrot & Parsnip, Mashed Potato & Gravy	Mash Potato (Rooster Potato, Butter (MILK), Cream (MILK), Salt); Turkey (Turkey Breast, Salt, Starch, Dextrose, MILK Protein, Gelling Agent (Carrageenan), Preservative (Vinegar), Stabilisers (Triphosphate, Polyphosphate), Yeast Extract); Carrots; Parsnips; Gravy (Maltodextrin, potato starch, salt, sugar, flavourings, yeast extract, vegetables (onion powder, tomato puree powder), caramel syrup, palm fat, thickener (guar gum), sunflower oil, sage)
Turkey Breast, Carrot & Parsnip, Mashed Potato -No Gravy	Mash Potato (Rooster Potato, Butter (MILK), Cream (MILK), Salt); Turkey (Turkey Breast, Salt, Starch, Dextrose, MILK Protein, Gelling Agent (Carrageenan), Preservative (Vinegar), Stabilisers (Triphosphate, Polyphosphate), Yeast Extract); Carrots; Parsnips
Fish Fingers, Beans & Potato Cubes	Potato Cubes (Potatoes, sunflower oil, Seasoning (rice flour, modified potato starch, salt, Spices (black pepper, paprika), garlic powder, onion powder, maize dextrose, Spice Extract (paprika, sunflower seed oil), raising agents (E500, E450), stabilizer (xanthan gum)); Fish fingers (60% atlantic COD (Gadus morhua), WHEAT flour, rapeseed oil, yeast, salt, water, dextrose, maize flour, raising agent (E500ii), stabilizer (E466ii)); Beans (Beans (46%), Tomatoes (33%), Water, Sugar, Salt, Modified Maize Starch, Spirit Vinegar, Onion Powder, Paprika, Flavourings, Rapeseed Oil)
Beef Lasagne, Carrots, Peas	Lasagne (Bolognese Sauce (68.4%) [Chopped Tomatoes (43.4%), Beef mince (29.3%), Water, Diced Onions, Tomato Paste (10.8%), WHEAT flour, Garlic Puree, Salt, Sugar, Mixed herbs dried, Beef Bouillon [Salt, Potato Starch, Maltodextrin, Dried Yeast Extract, Sugar, Flavouring, Uncured Vegetable Fat (Palm Oil), Beef Fat 3.3%, Flavour Enhancer: Disodium 5-Ribonucleotides, Spices, Dried Onion Concentrate, Colour: Ammonia Caramel, Acidity Regulator: Citric Acid]], White Sauce (25.9%) [Water, WHEAT flour, Whole MILK Powder [Whole MILK], Kerrymaid Buttery [Reconstituted Skimmed MILK, Water, Palm Kernel Oil, Palm Oil, Buttermilk Powder (MILK), Butteroil (MILK), Modified Maize Starch, Flavourings (contain MILK), Emulsifiers (E435, E471, E322), Thickener (E415), Acidity Regulator (E331), Salt, Colour (E160a)], Salt, Chicken Bouillon [Salt, Potato Starch, Maltodextrin, Dried Yeast Extract, Sugar, Flavouring, Uncured Vegetable Fat (Palm Oil), Flavouring, Chicken Fat, Flavour Enhancer: Disodium 5-Ribonucleotides, Spices, Dried Vegetables, Dried Parsley Extract, Turmeric, Black Pepper, Colour: Ammonia Caramel, Dried Chicken Extract, Acidity Regulator: Citric Acid, Antioxidant: Rosemary Extract], Corn flour], Lasagne Sheets (6.9%) (WHEAT), Cheese (3.7%) (MILK) [Mild Cheddar, Potato Starch]); Carrots; Garden Peas
Chicken Curry, Peppers & Fluffy Rice	Curry Sauce (Water, Onions, Tomato Puree, Cornflour, Brown Sugar, Curry Powder (MUSTARD), mango chutney, vegetable bouillon (Salt, Vegetable fat (palm oil), flavour enhancers (monosodium glutamate, disodium 5-ribonucleotides), potato starch, sugar, yeast extract, dehydrated vegetables (carrot, onion, parsley, dill), flavourings, refined vegetable oil (rapeseed oil), colour (ammonia caramel), spices, flavouring, maltadextrin, acidity regulator, citric acid), sunflower oil, Garlic Puree ((Rehydrated Garlic, Salt, Citric Acid (E330), Antioxidant: sodium metabisULPHITE (E223)), Ginger Powder); Rice (Rice, Water); Chicken (Chicken Breast, Salt, Starch, Glucose syrup, Stabilisers: (E451, E412), Potato Starch, Natural Chicken Stock (Chicken, Salt), Vinegar); Peppers
Potato, Cauliflower & Spinach Curry	Moroccan Sauce (water, tomatoes (33%), tomato puree (13%), onion, sweet mango chutney (sugar syrup, mango, salt, ginger, chilli powder, garlic, acetic acid); vegetable bouillon (salt, uncured vegetable fat (palm oil), flavour enhancers (monosodium glutamate, disodium 5-ribonucleotides); potato starch, sugar, yeast extract, dehydrated vegetables (carrot, onion, parsley leaves, dill), flavourings, refined vegetable oil (rapeseed), colour (ammonia caramel); spices, flavourings, maltodextrin, acidity regulator: citric acid)); brown sugar, sunflower oil, garlic & ginger pastes (SULPHITES), cumin, coriander, fennel, turmeric, paprika, chilli powder, garlic paste; rehydrated garlic, salt, citric acid (e330), antioxidant: sodium metabisULPHITE (e223), ginger paste; ginger 78.5%, water, acidifying: acetic acid (e260), corn oil, stabilizer; xanthum gum and preservative sodium metabisULPHITE (e223).; Cauliflower; Potato Cubes (Potatoes, sunflower oil, Seasoning (rice flour, modified potato starch, salt, Spices (black pepper, paprika), garlic powder, onion powder, maize dextrose, Spice Extract (paprika, sunflower seed oil), raising agents (E500, E450), stabilizer (xanthan gum)); Chopped spinach (100%)
Cottage Pie	Mash Potato (Rooster Potato, Butter (MILK), Cream (MILK), Salt); Shephards Pie Mix (Water, Beef mince (25.8%), Carrots, Peas, Onions, WHEAT flour (GLUTEN), Tomato puree, Salt, Beef Bouillon [Salt, Potato Starch, Maltodextrin, Dried Yeast Extract, Sugar, Flavouring, Uncured Vegetable Fat (Palm Oil), Beef Fat 3.3%, Flavour Enhancer: Disodium 5-Ribonucleotides, Spices, Dried Onion Concentrate, Colour: Ammonia Caramel, Acidity Regulator: Citric Acid], Brown sauce (WHEAT), Gravy Browning)