

OUR SPECIAL DIET CODING RATIONALE

D DIABETIC

Customers with diabetes are advised to try to maintain normal blood sugar levels and achieve a healthy weight by eating a balanced diet low in fat, salt and sugar. However, there's no reason why they can't still enjoy delicious, wholesome meals. All our soups and main meals are suitable for people with diabetes. If a customer needs to lose weight those in the lower fat and reducing sections of this guide may be the most suitable.

It is not necessary for people with diabetes to have a completely sugar free diet. Moderate amounts of sugar are generally allowed as part of a healthy diet.

We have a wide range of individual diabetic desserts available in foil dishes, many of which are accompanied by diabetic custard. Each individual diabetic dessert contains less than 5g (1 teaspoon) of added sugar, in addition to the natural sugar in fruit or milk. We add sugar only when it improves the texture and flavour, for example, in sponges. We also use artificial sweeteners, aspartame and acesulfame potassium in some desserts including custards and sweet sauces. Diabetic custard, sweetened with an artificial sweetener is available in multi portion and 3 portion packs.

LF LOWER FAT

Fat restrictions may be required for customers who want to lose weight or have a heart condition or high cholesterol. However, since fat is an important source of energy and vitamins, particularly for older or underweight customers with a small appetite, it is wise to ensure any plans for reducing fat intake are both appropriate and necessary.

A lower fat diet comprises around 30-35% of total energy as fat. This equates to less than 70g of fat a day for a woman and 90g of fat a day for a man. To help achieve these targets, our lower fat individual meals and desserts are coded in line with Health of the Nation Guidelines for Hospital Catering and NACC Standards for Community Meals. Individual meals contain less than 15g of fat, while our lower fat individual desserts contain less than 5g of fat. We have used the following criteria to code multi portion products as suitable for lower fat diets:

- Soups with 5g fat or less per portion
- Main course dishes with 8g fat or less per portion
- Accompaniments: all starchy foods cooked without added fat and all vegetables
- Individual dessert items with 5g fat or less per portion.



R REDUCING

Some customers may have been advised to lose weight as part of their medical treatment. In this case a slow, steady loss is appropriate along with a diet lower in fat and sugar. The energy level (calories) will depend on individual circumstances but a sensible weight-reducing diet for women could be between 1000 and 1200 calories a day, with 1500 calories a day for men.

Our individual reducing diet main meals contain less than 320 calories and can help the customer lose weight as part of a low calorie plan. The individual reducing diet desserts provide less than 75 calories.

We have used the following criteria to code multi portion products as suitable for reducing diets:

- Soups with 75 calories or less per portion
- Main course dishes with 200 calories (kcal) or less per portion
- Accompaniment: all starchy foods cooked without added fat and containing 200 calories (kcal) or less per portion
- All vegetables.

Some of our main course dishes containing pasta or potato topping provide less than 400 calories (kcal). These can be coded as reducing if customers are advised on the menu not to select an additional starchy accompaniment.

MS MODERATE SALT

Some salt (or sodium chloride) is important for the flavouring of food. However, high intakes will increase blood pressure, especially in those with heart, kidney or liver problems in whom intakes may need to be restricted. Usual intakes of salt are around 9g per day. A moderate salt restriction will be around 4-6g salt a day. This is equivalent to 1600-2300mg or 70-100mmol sodium per day.

All individual meals in our Moderate Salt range contain less than 2g of salt (800mg of sodium) and individual desserts provide less than 0.8g of salt (300mg of sodium). We have used the following criteria to code multi portion products as suitable for a moderate salt diet:

- Main course dishes with 460mg (20mmol) sodium or less per portion
- Starchy foods and vegetables: all those cooked without added salt
- Desserts with 115mg (5mmol) sodium or less per portion.

Please note: Unnecessarily strict salt restrictions should be avoided unless medically required since older people may have taste impairment and salt enhances the flavour of food. Occasionally some customers may need a more restricted salt intake in which case the customer's dietitian should be consulted to provide more guidance about suitability of dishes for an individual.

IF YOU HAVE ANY QUESTIONS REGARDING OUR PRODUCT RANGE, SYSTEMS OR SERVICES, PLEASE CONTACT OUR HELPLINE.

CUSTOMER SERVICES HELPLINE

0870 60 50 293

OUR SPECIAL DIET CODING RATIONALE

GF GLUTEN FREE

A gluten free diet is essential for people with coeliac disease and dermatitis herpetiformis who are intolerant of the protein gluten found in wheat, rye, barley and, for some, in oats. Treating these conditions involves following a strict gluten free diet. To help, we have a variety of gluten free main courses and desserts, prepared following strict criteria from Coeliac UK.

At every step, care is taken to ensure these products do not come into contact with other dishes and ingredients containing gluten. Several individual meals, desserts and main courses, starchy accompaniments, vegetables and desserts in the multi portion product range are gluten free.

V VEGETARIAN

Our range of vegetarian individual and multi portion meals deliver a range of vital nutrients using nuts, beans, pulses, cheese, eggs, and Quorn. Our vegetarian meals are free from meat, fish, and their derivatives, including gelatine, but may contain products such as vegetable fats or oils, milk, vegetarian cheese (rennet free) or eggs. In addition some of our ethnic meals are suitable for vegetarians and vegans.

S SOFT

The multi portion range has a number of dishes which are naturally soft and a minced range available in twin portion packs which require little chewing before swallowing. These dishes are equivalent to those defined as texture category E in the National Descriptors for Texture Modification in Adults (2002). They are moist and can be broken into pieces with a fork. They may be suitable for some customers needing minor texture modification of their diets.

ED ENERGY DENSE

An energy dense diet may be needed for clients with a poor appetite or weight loss. The British Dietetic Association's 'Delivering Nutritional Care Through Food and Beverage Services' (2006) suggests providing around 500 calories (kcal) from an energy dense main course meal.

We have used the following criteria to code multi portion products as energy dense.

- Main course dishes with 350 calories (kcal) or more per portion
- Starchy accompaniments and vegetables – all are suitable in conjunction with an ED main course item
- Desserts with 250 calories (kcal) or more per portion and which can be served with custard or ice cream to provide more than 300 calories (kcal) per serving.

Many dishes in the individual meals and desserts range also meet these criteria.

HEALTHIER CHOICE

Multi portion dishes which meet the criteria for both moderate salt and lower fat are coded as suitable for healthier choice.

ALLERGY AVOIDANCE

On request we can supply information for specific food intolerances or allergies. For example, we have meals in the range free from milk or eggs. Meals and desserts listed as milk free will also be lactose free. These products do not contain any milk or milk derivatives such as butter, caseinates, cheese, cream, lactose, whey, and yogurt. The meals and desserts designated as egg free do not contain any egg, or egg derivatives such as dried egg, egg albumen, egg lecithin.

We **do not** have separate production facilities and so cannot guarantee our products will be totally free from traces of nuts. We use refined coconut oil in some of our meals but our policy is not to classify it as a nut derivative. **NO OTHER NUT OILS ARE USED.**

MULTI AND TWIN PORTIONS PACKED IN CRATES



SOUPS

PRODUCT CODE	PRODUCT	DIETARY INFORMATION										PACK SIZE	AVERAGE WEIGHT PER UNIT	RECOMMENDED PORTIONS	UNITS PER CRATE
		D	LF	R	MS	GF	V	S	ED						
324647	Minestrone Soup				Multi	1120g	8	15
328647		Twin	420g	3	40										
324648	Scotch Broth				Multi	1120g	8	15
328648		Twin	420g	3	40										
324649	Pea & Ham Soup					Multi	1120g	8	15
328649		Twin	420g	3	40										
324651	Butterbean & Bacon Soup	.					.	.				Multi	1120g	8	15
328651		Twin	420g	3	40										
324652	Chef's Carrot Soup				Multi	1120g	8	15
328652		Twin	420g	3	40										
324655	Mushroom Soup	.					.	.				Multi	1120g	8	15
328655		Twin	420g	3	40										
324656	Tomato Soup	.					.	.				Multi	1120g	8	15
328656		Twin	420g	3	40										
324657	Leek & Potato Soup	.					.	.				Multi	1120g	8	15
328657		Twin	420g	3	40										
324659	Red Lentil Broth				Multi	1120g	8	15
328659		Twin	420g	3	40										
324660	Vegetable & Herb Soup				Multi	1120g	8	15
328660		Twin	420g	3	40										
324661	Chicken Broth					Multi	1120g	8	15
328661		Twin	420g	3	40										
324664	Tomato & Vegetable Soup				Multi	1120g	8	15
328664		Twin	450g	3	40										
324665	Chunky Vegetable Soup				Multi	1120g	8	15
328665		Twin	450g	3	40										



BEEF DISHES

PRODUCT CODE	PRODUCT	DIETARY INFORMATION										PACK SIZE	AVERAGE WEIGHT PER UNIT	RECOMMENDED PORTIONS	UNITS PER CRATE
		D	LF	R	MS	GF	V	S	ED						
324102	Sliced Beef in Gravy	Multi	1360g	10	15
324101	Beef Lasagne	.					.	.				Multi	1600g	8	15
328101		Twin	400g	2	40										
324103	Beef Casserole	.			.	.						Multi	1440g	8	15
328103		Twin	360g	2	40										
324105	Chilli Con Carne	Multi	1360g	8	15
328105		Twin	340g	2	40										
328107	Stewed Steak & Dumplings	.					.	.				Twin	400g	2	40

MULTI AND TWIN PORTIONS PACKED IN CRATES

PRODUCT CODE	PRODUCT	DIETARY INFORMATION										PACK SIZE	AVERAGE WEIGHT PER UNIT	RECOMMENDED PORTIONS	UNITS PER CRATE
		D	LF	R	MS	GF	V	S	ED						

BEEF DISHES CONTINUED

324109	Savoury Minced Beef	•		•	•				•			Multi	1440g	8	15
328109		•		•					•			Twin	360g	2	40
324111	Cottage Pie	•			•				•			Multi	1600g	8	15
328111		•										Twin	400g	2	40
324113	Vienna Steak in Sauce	•								•		Multi	1360g	6	15
328113		•										Twin	440g	2	40
324115	Pasta Bolognese	•	•						•			Multi	1360g	6	15
328115		•										Twin	440g	2	40
328116	Chef's Hungarian Goulash with Herb Dumplings	•			•							Twin	350g	2	40
324132	Chef's Hungarian Goulash	•		•	•							Multi	1160g	8	15
328790	Herb Dumplings	•										Twin	160g	8	40
324118	Chef's Cottage Pie	•			•				•			Multi	1600g	8	15
328118		•										Twin	400g	2	40
324119	Corned Beef Hash	•				•			•			Multi	1500g	6	15
328119		•										Twin	500g	2	40
324125	Baked Minced Steak & Potato Pie	•			•				•			Multi	1544g	8	15
328125		•										Twin	384g	2	40
324128	Baked Chef's Steak & Kidney Pie	•			•				•			Multi	1456g	8	15
328128		•										Twin	364g	2	40
324131	Stewed Steak	•		•								Multi	1440g	8	15
324130	Baked Steak & Mushroom Pie	•			•				•			Multi	1544g	8	15
328130		•										Twin	384g	2	40
324133	Steak Pie with Flaky Pastry Top	•							•			Multi	1300g	6	15
328133		•										Twin	440g	2	40



LAMB DISHES

PRODUCT CODE	PRODUCT	DIETARY INFORMATION										PACK SIZE	AVERAGE WEIGHT PER UNIT	RECOMMENDED PORTIONS	UNITS PER CRATE
		D	LF	R	MS	GF	V	S	ED						
324306	Sliced Lamb in Gravy	•	•	•								Multi	1360g	10	15
324301	Irish Stew	•			•							Multi	1440g	8	15
328301		•										Twin	360g	2	40
324302	Shepherds Pie	•							•			Multi	1600g	8	15
328302		•										Twin	400g	2	40
324303	Lancashire Hotpot	•										Multi	1520g	8	15
328303		•										Twin	380g	2	40
328308	Braised Lamb in Cider with Dumplings	•			•							Twin	380g	2	40
324309	Lamb Casserole	•			•							Multi	1440g	8	15
328309		•										Twin	360g	2	40
324311	Minced Lamb & Vegetable Gratin	•			•				•			Multi	1600g	8	15
328311		•										Twin	400g	2	40

PRODUCT CODE	PRODUCT	DIETARY INFORMATION										PACK SIZE	AVERAGE WEIGHT PER UNIT	RECOMMENDED PORTIONS	UNITS PER CRATE
		D	LF	R	MS	GF	V	S	ED						

LAMB DISHES CONTINUED

324313	Curried Lamb, Potato & Tomato											Multi	1440g	8	15
328313												Twin	360g	2	40
324316	Savoury Minced Lamb											Multi	1360g	8	15
328316												Twin	340g	2	40
324318	Braised Lamb in Cider											Multi	1280g	8	15



POULTRY DISHES

PRODUCT CODE	PRODUCT	DIETARY INFORMATION										PACK SIZE	AVERAGE WEIGHT PER UNIT	RECOMMENDED PORTIONS	UNITS PER CRATE
		D	LF	R	MS	GF	V	S	ED						
324401	Roast Chicken Breasts in Gravy											Multi	1360g	8	15
328401												Twin	340g	2	40
324402	Sliced Turkey in Gravy											Multi	1360g	8	15
328402												Twin	340g	2	40
324406	Chicken & Vegetable Casserole											Multi	1360g	8	15
328406												Twin	340g	2	40
324407	Chicken a la King											Multi	1360g	8	15
328407												Twin	340g	2	40
324409	Chicken & Pasta with Tomatoes & Herbs											Multi	1360g	8	15
328409												Twin	453g	2	40
324410	Sweet & Sour Chicken											Multi	1360g	8	15
328410												Twin	340g	2	40
324411	Chicken Chasseur											Multi	1360g	8	15
328411												Twin	360g	2	40
324412	Chicken & Broccoli Bake											Multi	1360g	8	15
328412												Twin	340g	2	40
324416	Turkey & Ham Hotpot											Multi	1480g	8	15
328416												Twin	370g	2	40
324418	Fricassee of Chicken, Mustard & Tarragon											Multi	1360g	8	15
328418												Twin	340g	2	40
324419	Braised Chicken with Lentils											Multi	1440g	8	15
328419												Twin	360g	2	40
328420	Minced Chicken in Gravy											Twin	360g	2	40
324421	Chicken in Mustard & Coriander Sauce											Multi	1440g	8	15
328421												Twin	360g	2	40
324423	Chef's Chicken Curry											Multi	1360g	8	15
328423												Twin	340g	2	40
324431	Baked Chicken & Ham Pie											Multi	1456g	8	15
328431												Twin	360g	2	40
324432	Baked Chicken & Vegetable Pie											Multi	1544g	8	15
328432												Twin	380g	2	40

MULTI AND TWIN PORTIONS PACKED IN CRATES



PORK DISHES

PRODUCT CODE	PRODUCT	DIETARY INFORMATION										PACK SIZE	AVERAGE WEIGHT PER UNIT	RECOMMENDED PORTIONS	UNITS PER CRATE
		D	LF	R	MS	GF	V	S	ED						
324210	Sliced Pork in Gravy						Multi	1360g	10	15
324201	Sliced Ham & Pineapple						Multi	1070g	8	15
328201		Twin											270g	2	40
324202	Ham & Leek Crumble	.								.		Multi	1200g	6	15
328202		Twin											400g	2	40
324204	Potato Topped Bacon Pie	.				.		.				Multi	1600g	8	15
328204		Twin											400g	2	40
324206	Pork Steaklette in Pepper Sauce	.										Multi	1360g	8	15
328206		Twin											340g	2	40
324216	Pork & Apple Casserole	Multi	1360g	8	15
328216		Twin											340g	2	40
324220	Minced Pork in Gravy		Multi	1440g	8	15
328220		Twin											360g	2	40
328221	Minced Ham in Sauce	.						.				Twin	360g	2	40
324600	Sausages in Onion Gravy	.						.				Multi	1360g	6	15
328600		Twin											440g	2	40
324601	Sausage Casserole	.										Multi	1440g	8	15
328601		Twin											360g	2	40
324605	Sausages in Gravy	.										Multi	1360g	8	15
324608	Bacon, Leek & Mushroom Pasta Bake	.						.				Multi	1360g	8	15
328608		Twin											340g	2	40



OTHER MEAT DISHES

PRODUCT CODE	PRODUCT	DIETARY INFORMATION										PACK SIZE	AVERAGE WEIGHT PER UNIT	RECOMMENDED PORTIONS	UNITS PER CRATE
		D	LF	R	MS	GF	V	S	ED						
324113	Vienna Steaks in Rich Sauce	.								.		Multi	1360g	6	15
328113		Twin											440g	2	40
324604	Meatballs in Tomato Sauce	.										Multi	1600g	8	15
328604		Twin											400g	2	40
324611	Liver & Bacon	.		.								Multi	1360g	8	15
328611		Twin											360g	2	40
324614	Haggis	.										Multi	690g	6	15
328614		Twin											230g	2	40
328615	Haggis Layer Pie	.										Twin	500g	2	40



FISH DISHES

PRODUCT CODE	PRODUCT	DIETARY INFORMATION										PACK SIZE	AVERAGE WEIGHT PER UNIT	RECOMMENDED PORTIONS	UNITS PER CRATE
		D	LF	R	MS	GF	V	S	ED						
324500	Cod in Parsley Sauce	Multi	1360g	8	15	
328500		Twin	360g	2	40	
324501	Cod in Butter Sauce	Multi	1360g	8	15	
328501		Twin	340g	2	40	
324503	Fish Pie	Multi	1600g	8	15	
328503		Twin	470g	2	40	
324504	Salmon & Broccoli Bake	Multi	1360g	8	15	
328504		Twin	340g	2	40	
324505	Breaded Cod	Multi	600g	6	15	
328505		Twin	200g	2	40	
324507	Battered Fish	Multi	480g	4	15	
324508	Tuna & Pasta Bake	Multi	1410g	6	15	
328508		Twin	470g	2	40	
324512	Salmon and Dill, Potato Bake	Multi	1600g	8	15	
328512		Twin	400g	2	40	
324521	Cod with Mushroom & Leek Sauce	Multi	1200g	6	15	
328521		Twin	380g	2	40	
324523	Cod in Cheese Sauce	Multi	1160g	8	15	
328523		Twin	290g	2	40	
324524	Smoked Haddock in Cheese Sauce	Multi	1050g	6	15	
328524		Twin	350g	2	40	



BREAKFAST DISHES

PRODUCT CODE	PRODUCT	DIETARY INFORMATION										PACK SIZE	AVERAGE WEIGHT PER UNIT	RECOMMENDED PORTIONS	UNITS PER CRATE
		D	LF	R	MS	GF	V	S	ED						
324606	Cooked Bacon & Mushrooms	Multi	540g	6	15	
324607	Cooked Sausages	Multi	480g	6	15	
324680	Porridge	Multi	1200g	8	15	
324720	Scrambled Eggs	Multi	960g	8	15	
328720		Twin	240g	2	40	
324721	Omelettes (Breakfast)	Multi	576g	12	15	



ACCOMPANIMENTS

PRODUCT CODE	PRODUCT	DIETARY INFORMATION										PACK SIZE	AVERAGE WEIGHT PER UNIT	RECOMMENDED PORTIONS	UNITS PER CRATE
		D	LF	R	MS	GF	V	S	ED						
324773	Yorkshire Puddings	Multi	120g	8	15	
324774	Stuffing Balls	Multi	464g	16	15	
324777	Gravy	Multi	1000g	10	15	
328777		Twin	375g	3	40	
328790	Herb Dumplings	Twin	160g	8	40	

MULTI AND TWIN PORTIONS PACKED IN CRATES



VEGETARIAN DISHES

PRODUCT CODE	PRODUCT	DIETARY INFORMATION									PACK SIZE	AVERAGE WEIGHT PER UNIT	RECOMMENDED PORTIONS	UNITS PER CRATE
		D	LF	R	MS	GF	V	S	ED					
324701	Cauliflower Cheese										Multi	1360g	6	15
328701											Twin	440g	2	40
324702	Vegetable Quiche										Multi	1360g	8	15
328702											Twin	340g	2	40
324703	Vegetable Lasagne										Multi	1380g	6	15
328703											Twin	460g	2	40
324704	Vegetable Crumble										Multi	1360g	6	15
328704											Twin	440g	2	40
324705	Curried Vegetables										Multi	1590g	6	15
328705											Twin	530g	2	40
324706	Vegetarian Chilli										Multi	1590g	6	15
328706											Twin	530g	2	40
324709	Vegetarian Sausages in Gravy										Multi	1360g	6	15
328709											Twin	440g	2	40
324710	Cheese Flan										Multi	1360g	8	15
328710											Twin	340g	2	40
324711	Macaroni Cheese										Multi	1360g	6	15
328711											Twin	440g	2	40
324713	Potato, Cheese & Leek Bake										Multi	1300g	6	15
328713											Twin	440g	2	40
324715	Cauliflower & Broccoli Pasta										Multi	1320g	6	15
328715											Twin	440g	2	40
324716	Chef's Vegetable & Bean Cottage Pie										Multi	1590g	6	15
328716											Twin	530g	2	40
324718	Cauliflower in Very Cheesy Sauce										Multi	1320g	6	15
328718											Twin	440g	2	40
324719	Tomato, Onion, Gruyère & Basil Quiche										Multi	1020g	6	15
328719											Twin	340g	2	40
324722	Cheese & Tomato Omelettes										Multi	600g	5	15
328722											Twin	240g	2	40
324723	Plain Omelettes										Multi	600g	6	15
328723											Twin	200g	2	40
324724	Potato Topped Vegetable Pie										Multi	1600g	8	15
328724											Twin	405g	2	40
324725	Pasta Shells in Cheese Sauce										Multi	1200g	6	15
328725											Twin	400g	2	40
324726	Pasta, Mushroom & Leek Mornay										Multi	1360g	6	15
328726											Twin	440g	2	40
324727	Vegetable & Potato Gratin										Multi	1360g	6	15
328727											Twin	440g	2	40
328729	Glazed Nut Roast										Twin	470g	2	40
324730	Cheese & Mushroom Omelettes										Multi	600g	5	15
328730											Twin	240g	2	40

PRODUCT CODE	PRODUCT	DIETARY INFORMATION									PACK SIZE	AVERAGE WEIGHT PER UNIT	RECOMMENDED PORTIONS	UNITS PER CRATE
		D	LF	R	MS	GF	V	S	ED					

VEGETARIAN DISHES CONTINUED

324731	Bean Goulash				Multi	1560g	6	15
328731		Twin										520g	2	40
324734	Baked Leek, Cheese & Egg Pie	.					.		.		Multi	1158g	6	15
328734		Twin										380g	2	40
324735	Baked Vegetable Pie	.					.		.		Multi	1544g	8	15
328735		Twin				.		.	.			380g	2	40
324737	Broccoli & Herb Quiche		Multi	1360g	8	15
328737		Twin										340g	2	40
324741	Pasta Provençale				Multi	1240g	6	15
328741		Twin										410g	2	40



POTATOES AND RICE

PRODUCT CODE	PRODUCT	DIETARY INFORMATION									PACK SIZE	AVERAGE WEIGHT PER UNIT	RECOMMENDED PORTIONS	UNITS PER CRATE
		D	LF	R	MS	GF	V	S	ED					
324751	Roast Potatoes				Multi	900g	8	15
328751		Twin										225g	2	40
324752	Boiled Potatoes				Multi	800g	8	15
328752		Twin										200g	2	40
324753	Oven Chips				Multi	680g	6	15
328753		Twin						180g	2	40
324754	Croquette Potatoes				Multi	600g	8	15
328754		Twin										150g	2	40
324765	White Rice				Multi	720g	6	15
328765		Twin										240g	2	40
324766	Lyonnais Potatoes				Multi	1200g	8	15
328766		Twin										300g	2	40
324767	Mustard Mash				Multi	960g	8	15
328767		Twin										240g	2	40
324778	Jacket Potato Halves	Multi	660g	8	15
328778		Twin										160g	2	40
324779	Vegetable Rice				Multi	800g	8	15
328779		Twin										200g	2	40
324780	Traditional Roast Potatoes				Multi	880g	8	15
328780		Twin										220g	2	40
324787	Mashed Potato				Multi	1200g	12	15
328781		Twin										200g	2	40
324783	Spring Onion Mash				Multi	960g	8	15
328748		Twin										240g	2	40
324789	Potato Wedges				Multi	800g	8	15
328789		Twin										200g	2	40

MULTI AND TWIN PORTIONS PACKED IN CRATES



VEGETABLES

PRODUCT CODE	PRODUCT	DIETARY INFORMATION										PACK SIZE	AVERAGE WEIGHT PER UNIT	RECOMMENDED PORTIONS	UNITS PER CRATE
		D	LF	R	MS	GF	V	S	ED						
324740	Broccoli											Multi	500g	6	15
328740												Twin	160g	2	40
324756	Peas											Multi	800g	8	15
328756												Twin	240g	3	40
324757	Cabbage											Multi	800g	8	15
328757												Twin	240g	3	40
324758	Cauliflower											Multi	600g	8	15
328758												Twin	220g	3	40
324759	Brussel Sprouts											Multi	800g	8	15
328759												Twin	240g	3	40
324760	Carrot Tips											Multi	800g	8	15
328760												Twin	240g	3	40
324761	Cut Green Beans											Multi	640g	8	15
328761												Twin	240g	3	40
324762	Mixed Vegetables											Multi	640g	8	15
328762												Twin	240g	3	40
324763	Mushy Peas											Multi	1200g	12	15
328763												Twin	300g	3	40
324764	Sliced Carrots											Multi	640g	8	15
328764												Twin	240g	3	40
324769	Baked Beans											Multi	1200g	12	15
328769												Twin	300g	3	40
324770	Vegetable Medley											Multi	800g	8	15
328770												Twin	240g	3	40
324771	Mashed Swede											Multi	800g	8	15
328771												Twin	300g	3	40
324775	Sweetcorn											Multi	800g	8	15
328775												Twin	240g	3	40
324791	Mashed Root Vegetables											Multi	800g	8	15
328791												Twin	200g	2	40



HOT DESSERTS

PRODUCT CODE	PRODUCT	DIETARY INFORMATION										PACK SIZE	AVERAGE WEIGHT PER UNIT	RECOMMENDED PORTIONS	UNITS PER CRATE
		D	LF	R	MS	GF	V	S	ED						

PIES

324808	Mixed Fruit Pie											Multi	1120g	8	15
328808												Twin	420g	3	40
324809	Cherry Pie											Multi	1120g	8	15
328809												Twin	420g	3	40
324853	Blackcurrant Pie											Multi	1120g	8	15

PRODUCT CODE	PRODUCT	DIETARY INFORMATION								PACK SIZE	AVERAGE WEIGHT PER UNIT	RECOMMENDED PORTIONS	UNITS PER CRATE
		D	LF	R	MS	GF	V	S	ED				

PIES CONTINUED

324854	Raspberry & Apple Pie									Multi	1120g	8	15
328854										Twin	420g	3	40
324859	Apple Pie									Multi	1120g	8	15
328859										Twin	420g	3	40

CRUMBLES

324801	Apple Crumble									Multi	1200g	8	15
328801										Twin	450g	3	40
324810	Plum Crumble									Multi	1120g	8	15
328810										Twin	420g	3	40
324813	Rhubarb Crumble									Multi	1120g	8	15
328813										Twin	450g	3	40
324827	Summer Fruit Crumble									Multi	1120g	8	15
328827										Twin	420g	3	40
324831	Apricot Crumble									Multi	1120g	8	15
328831										Twin	420g	3	40

SPONGES

324805	Apple Sponge									Multi	860g	8	15
328805										Twin	320g	3	40
324806	Chocolate Chip Sponge									Multi	700g	8	15
328806										Twin	260g	3	40
324811	Syrup Sponge									Multi	860g	8	15
328811										Twin	320g	3	40
324812	Lemon Flavoured Sponge									Multi	860g	8	15
328812										Twin	320g	3	40
324818	Jam Sponge									Multi	860g	8	15
328818										Twin	320g	3	40
324821	Ginger Sponge									Multi	520g	8	15
324828	Sultana Sponge									Multi	680g	8	15
328828										Twin	250g	3	40
324829	Marble Sponge									Multi	520g	8	15

PUDDINGS

324800	Bread & Butter Pudding with Marmalade									Multi	1240g	8	15
328800										Twin	460g	3	40
324815	Apple Cake									Multi	990g	8	15
328815										Twin	370g	3	40
324816	Spotted Dick									Multi	700g	8	15
328816										Twin	270g	3	40
324823	Bakewell Tart (Nut Free)									Multi	1170g	8	15
328823										Twin	450g	3	40
324835	Steamed Raspberry Pudding									Multi	800g	8	15
328835										Twin	300g	3	40
324840	Sticky Toffee Pudding									Multi	920g	8	15
328840										Twin	340g	3	40
324855	Treacle Tart									Multi	1120g	8	15
326002	Carrot Cake									Multi	480g	8	28

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		D	LF	R	MS	GF	V	S	ED					

MILK PUDDINGS

324824	Rice Pudding										Multi	1120g	8	15
328824			•		•	•	•	•	•	•	Twin	420g	3	40
324825	Rice Pudding & Nutmeg										Multi	1120g	8	15
328825			•		•	•	•	•	•	•	Twin	420g	3	40
324826	Tapioca										Multi	1120g	8	15
328826			•		•	•	•	•	•	•	Twin	420g	3	40
324832	Rice Pudding & Sultanas										Multi	1120g	8	15
328832			•		•	•	•	•	•	•	Twin	420g	3	40
324833	Semolina Pudding										Multi	1120g	8	15
328833			•		•		•	•	•	•	Twin	420g	3	40
324838	Butterscotch Rice Pudding										Multi	1120g	8	15
328838			•		•	•	•	•	•	•	Twin	420g	3	40

COOKED FRUIT

324861	Cooked Apricots		•		•	•	•	•	•	•	Multi	1200g	8	15
324862	Cooked Summer Fruits		•		•	•	•	•	•	•	Multi	1200g	8	15
324863	Stewed Apple		•		•	•	•	•	•	•	Multi	1200g	8	15

CUSTARD

324870	Custard										Multi	1200g	8	15
328870							•	•	•	•	Twin	450g	3	40
324873	Diabetic Custard	•	•								Multi	1200g	8	15
328873						•	•	•	•	•	Twin	450g	3	40