

Delicious food, made simple

Retail meal list Autumn 2018

apetito

Retail





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Culinary creativity made easy

apetito's new and innovative retail range of delicious and easy to prepare meals allows you to serve your customers with quality meals, generate healthy profits and maintain creativity in the kitchen with minimal fuss.

This new approach to retail catering allows a kitchen to minimise food wastage, simplify stock and supplier management, and even offers labour and cost savings.

The range has been designed with all of this in mind, whilst always focussing on great tasting quality food and still allowing your kitchen staff to stay creative within the kitchen.

As well as being passionate about ensuring fantastic taste; we are also passionate about our commitment to being sustainable. We consider every aspect of our production process to make it is environmentally friendly as possible. On top of this, we ensure all raw material suppliers operate within Ethical Trading Initiatives and source ingredients which guarantee the best quality and cost for customers.

Dietary information

LF Low Fat

Dietary fat is an important source of energy and vitamins, particularly for older or underweight individuals with a small appetite. For this reason it is wise to ensure any plans for reducing fat intake are both appropriate and necessary. Some individuals who are watching their weight or have heart problems may request a low fat diet which will typically contain no more than 70g of fat (20g saturated fat) per day for women, and 90g of fat (no more than 30g saturated fat) per day for men. Many dishes in our range may be suitable for these individuals. A breakdown of calorie or fat content of the meals can be provided on request.

EU regulations for food labelling mean the term “low fat” can only be applied to dishes which provide no more than 3g of fat per 100g so we have highlighted these in this section.

GF Gluten Free

A gluten free diet is essential for people with coeliac disease or 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 to contain no more than 20 parts per million of gluten. At every step, care is taken to ensure these products do not come into contact with other dishes and ingredients containing gluten and our gluten free meals have been tested by our laboratory to ensure they meet the coeliac standards.

Several individual meals, desserts and main courses, starchy accompaniments, vegetables and desserts in the multi plus product range are gluten free.

VN Vegan

Our vegan meals are free from meat, fish and their derivatives. Including gelatine, milk, eggs and honey.

LS Low Salt

Some salt (or sodium chloride) is important for the flavouring of food. However high intakes are linked with high blood pressure. As a result we have worked hard to reduce the salt content across our entire range of meals in recent years whilst retaining the flavour.

EU regulations for food labelling mean the term “low salt” can only be applied to dishes which provide no more than 0.3g of salt (0.12g sodium) per 100g and so we have highlighted these in this section.

V Vegetarian

Our range of vegetarian meals deliver a range of vital nutrients using 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 (using vegetarian rennet) or eggs. In addition some of our ethnic meals are suitable for vegetarians and vegans.

Allergy Avoidance

On request we can supply information for specific food intolerances and allergies. A full declaration of our ingredients found in every product is available via our Nutridata website.

Nut Statement:

From September 2013 *apetito* stopped using peanuts or tree nuts as an ingredient in any of the foods that we prepare in our kitchens. However, we cannot guarantee that our products are 100% free from nuts or nut derivatives. As is the case for all food manufacturers, we must accept that nuts could cross contaminate ingredients at some point in the food chain. Therefore, we will not be labelling our foods as ‘nut free’.

apetito will continue to supply foods that intentionally contain nuts through the use of third party food manufacturers who will produce and label food to our strict specifications. Such foods shall only be handled by *apetito* when fully sealed in their original packaging. For allergens that are intentionally present, please refer to the ingredients in bold on the label for each product.



Product list

Give your kitchen the flexibility to create a wide range of visually appealing meals by combining the following components in a huge amount of different ways.

Whilst we do provide a number of meal suggestions at the back of this product list, we encourage the components to be used as creatively as possible.



Main meals – meat and poultry

Product	Product Code	Weight per Bag g	Weight per Block/ Serving g	Items per Bag*	Suggested servings per bag	Diet Coding				
						LF	LS	GF	V	VN
Beef										
Mexican Beef 	304108	2,240	280	8 blocks	8-12			•		
Beef Casserole	304101	2,240	280	8 blocks	8-12			•		
Chunks of Beef Steak in Gravy	304107	2,240	280	8 blocks	8-12			•		
Savoury Minced Beef	305107	2,240	280	8 blocks	8-12			•		
Beef Lasagne	305108	3,200	400	8 blocks	8-12					
Beef Bolognaise	305109	2,880	360	8 blocks	8-12	•		•		
Roast Beef in Gravy	305110	2,480	310	8 blocks	8-10			•		
Chilli Con Carne	305111	2,880	360	8 blocks	8-12					
Pork										
Chinese Pork & Vegetables 	304202	2,240	280	8 blocks	8-10					
Sliced Pork in Gravy	305202	2,480	310	8 blocks	8-10	•		•		
Pork Escalope	305203	960	120	8 units	8			•		
Sausages	304600	1,280	80	32 units	16					
Pork Meatballs	304601	1,500	20	75 units	10-12					
Lamb										
Moroccan Lamb	305303	2,240	280	8 blocks	8-12			•		
Lamb Rogan Josh 	304306	2,240	280	8 blocks	8-12			•		
Poultry										
Chicken Jalfrezi 	304418	2,240	280	8 blocks	8-12		•	•		
Chicken & Black Bean Sauce 	304420	2,240	280	8 blocks	8-12	•				
Chicken & Vegetable Casserole	304410	2,240	280	8 blocks	8-12	•		•		
Chicken & Broccoli in a White Sauce	304413	2,400	300	8 blocks	8-12			•		
Chicken and Ham in a Creamy Sauce	304419	2,240	280	8 blocks	8-12			•		
Chicken Tikka Masala	304405	2,240	280	8 blocks	8-12			•		
Sweet and Sour Chicken	304406	2,240	280	8 blocks	8-10	•		•		
Sliced Turkey in Gravy	304409	2,480	310	8 blocks	8-10			•		
Chicken Korma	304412	2,240	280	8 blocks	8-12			•		
Thai Green Chicken Curry 	304421	2,400	300	8 blocks	8-12					
Chicken Breasts	305410	640	80	8 units	4-8	•	•	•		
Chicken Breast Fillets	305411	1,500	100	100 units	12-15	•	•	•		

* Items come in either block, unit or freeflow format. Where items are unit or freeflow, quantities per bag can vary and are based on weight per bag.

Consistent quality,
healthy profits






Main meals – fish

Product	Product Code	Weight per Bag g	Weight per Block/ Serving g	Items per Bag*	Suggested servings per bag	Diet Coding				
						LF	LS	GF	V	VN
Salmon, Hoki and Smoked Haddock in a Creamy Sauce	304501	2,240	280	8 blocks	8-12			•		
Smoked Haddock & Vegetables in a Cheesy Sauce	304502	2,400	300	8 blocks	8-12			•		
Tuna Pasta Bake	305509	3,200	400	8 blocks	8-12					
Breaded Plaice	305507	1,040	130	8 units	8					
Cod Bites	305508	1,500	150	27 units	8-10	•	•	•		



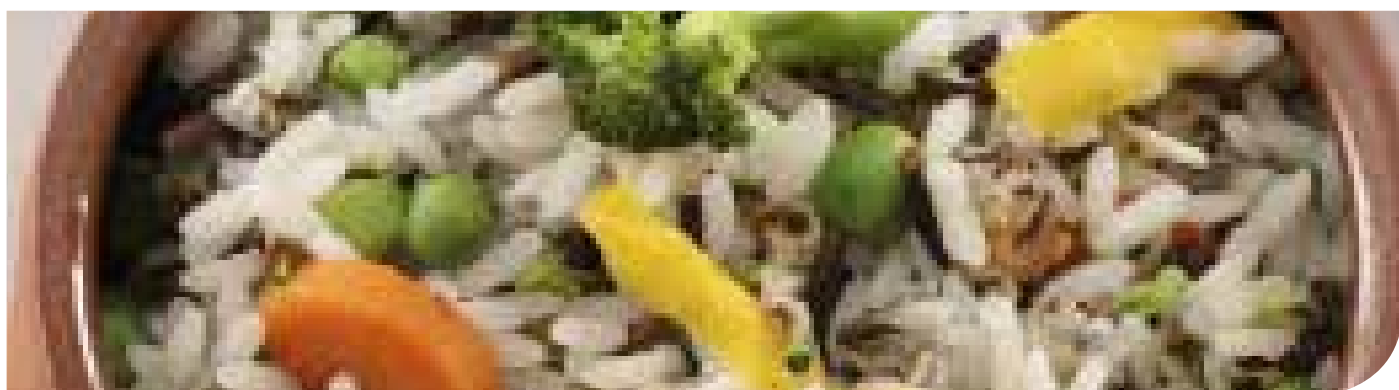
Main meals – vegetarian and vegan

Product	Product Code	Weight per Bag g	Weight per Block/ Serving g	Items per Bag*	Suggested servings per bag	Diet Coding				
						LF	LS	GF	V	VN
Chana Masala 	304715	2,240	280	8 blocks	8-12			•	•	•
Cauliflower & Broccoli Cheese	304701	2,640	330	8 blocks	8-12			•	•	
Mixed Vegetables in a Cheesy Sauce	304713	2,240	280	8 blocks	8-12				•	
Sweet Potato & Bean Chilli	304705	2,880	360	8 blocks	8-12				•	•
Spicy Bean Curry	304706	3,040	380	8 blocks	8-12			•	•	•
Quorn Tikka Masala	304707	2,720	340	8 blocks	8-12			•	•	
Vegetarian Bolognese	304711	2,880	360	8 blocks	8-12	•			•	
Vegetarian Sausage Casserole	304712	2,880	360	8 blocks	8-12				•	
Vegetable Lasagne	305711	3,240	405	8 blocks	8-12				•	
Vegetarian Sausages	304708	1,600	100	32 units	16				•	
Macaroni & Cheese 	304718	2,240	280	8 blocks	8-12				•	



Sides


Product	Product Code	Weight per Bag g	Weight per Block/ Serving g	Items per Bag*	Suggested servings per bag	Diet Coding				
						LF	LS	GF	V	VN
Accompaniments										
Yorkshire Puddings	304790	450	18	24 units	25				•	
Pork Lemon & Herb Stuffing	304792	960	30	32 units	16-32					
Vegetables										
Mashed Root Vegetables	304756	1,920	240	8 blocks	10-12	•	•	•	•	•
Broccoli	305764	1,500	125	freeflow	10-12	•	•	•	•	•
Peas	305765	1,500	125	freeflow	10-12	•	•	•	•	•
Cauliflower	305766	1,500	125	freeflow	10-12	•	•	•	•	•
Carrot Tips	305768	1,500	125	freeflow	10-12	•	•	•	•	•
Sliced Carrots	305769	1,500	125	freeflow	10-12	•	•	•	•	•
Sweetcorn	305770	1,500	125	freeflow	10-12	•	•	•	•	•
Green Beans	305771	1,500	125	freeflow	10-12	•	•	•	•	•
Organic Vegetable Mix	305772	1,500	125	freeflow	10-12	•	•	•	•	•
Mixed Vegetables	305773	1,500	125	freeflow	10-12	•	•	•	•	•
Cabbage	305775	1,500	125	freeflow	10-12	•	•	•	•	•
Potatoes										
Mashed Potato	305757	2,400	125	freeflow	15-20			•	•	
Saute Potatoes	305763	1,500	125	freeflow	10-12		•	•	•	•
Roast Potatoes	305776	1,500	125	freeflow	10-12		•	•	•	•
Potato Wedges	305781	1,500	125	freeflow	10-12		•	•	•	•
Small Potatoes	305783	1,500	125	freeflow	10-12	•	•	•	•	•
Spicy Herb Potatoes	305784	1,500	125	freeflow	10-12	•	•	•	•	•
Rice and Pasta										
Spaghetti	305787	1,600	200	8 blocks	8-10		•		•	•
Penne Pasta	305759	1,500	100	freeflow	10-12		•		•	•
Basmati Rice	305762	1,500	125	freeflow	10-12	•	•	•	•	•
Vegetable Rice	305785	1,500	125	freeflow	10-12	•	•	•	•	•



* Items come in either block, unit or freeflow format. Where items are unit or freeflow, quantities per bag can vary and are based on weight per bag.



Sauces and toppings

Product	Product Code	Weight per Bag g	Weight per Block/ Serving g	Items per Bag*	Suggested servings per bag	Diet Coding				
						LF	LS	GF	V	VN
Sauces										
Tomato & Chorizo Sauce 	304602	2,000	250	8 blocks	8-12	•		•		
Tomato & Herb Sauce	304752	2,000	250	8 blocks	8-12	•		•	•	
Carbonara Sauce 	304758	2,000	250	8 blocks	8-12			•		
Jerk Sauce 	304759	2,000	250	8 blocks	8-12	•			•	•
Chicken Gravy	305794	1,920	240	8 blocks	8-12	•		•		
Cheese Sauce	305795	1,920	240	8 blocks	8-12				•	
Onion Gravy	305797	1,920	240	8 blocks	8-12	•		•	•	
Toppings										
Mashed Potato Pie Tops	305786	1,200	150	8 blocks	8			•	•	•
Cheese Crumble	305798	1,500	50	freeflow	24				•	
Saute Potatoes	305763	1,500	100	freeflow	18		•	•	•	•
Puff Pastry Pie Tops	304791	570	190	3 units	18				•	•



Cakes

Product	Product Code	Pack Size	Average weight per unit	Units per case	Diet Coding					
					LF	LS	GF	V	VN	
Cakes										
Lemon Drizzle Cake	293006	Indiv	70g	20				•		
Ginger Drizzle Cake	293009	Indiv	70g	20				•		
Chocolate Cake	293010	Indiv	60g	20				•		
Large Lemon Drizzle Cake	293012	3 portions	203g	10				•		
Large Madeira Cake	293013	3 portions	178g	10				•		
Large Golden Syrup Cake	293014	3 portions	178g	10				•		
Large Country Cake	293015	3 portions	195g	10				•		
Large Ginger Drizzle Cake	293027	3 portions	203g	10				•		
Large Cherry & Almond Cake	293028	3 portions	178g	10				•		
Large Coffee Cake	293029	3 portions	178g	10				•		

* Items come in either block, unit or freeflow format. Where items are unit or freeflow, quantities per bag can vary and are based on weight per bag.



Desserts

Product	Product Code	Pack Size	Average weight per unit	Suggested servings per tray	Diet Coding				
					LF	LS	GF	V	VN
Pies									
Apple Pie	324859	Multi	1126g	6		•		•	
Plum & Cherry Pie	324844	Multi	1126g	6		•		•	
Mixed fruit pie	324808	Multi	1126g	6		•		•	
Crumbles									
Rhubarb Crumble	324813	Multi	1120g	6		•		•	•
Summer Fruit Crumble	324827	Multi	1120g	6		•		•	•
Apricot Crumble	324831	Multi	1120g	6		•		•	•
Apple Crumble	324801	Multi	1120g	6		•		•	
Sponges									
Apple Sponge	324805	Multi	775g	6				•	
Syrup Sponge	324811	Multi	775g	6				•	
Lemon Sponge	324812	Multi	775g	6				•	
Jam Sponge	324818	Multi	775g	6				•	
Chocolate Chip Sponge	324806	Multi	595g	6				•	
Chocolate Chip Sponge with Salted Caramel Sauce	324864	Multi	940g	6				•	
Sultana Sponge	324828	Multi	595g	6				•	
Pineapple Sponge	324851	Multi	757g	8		•		•	
Puddings									
Bakewell Tart	324823	Multi	900g	6				•	
Bread & Butter Pudding	324800	Multi	1240g	6		•		•	
Raspberry Pudding	324835	Multi	775g	6				•	
Sticky Toffee Pudding	324840	Multi	920g	6				•	
Spotted Dick	324816	Multi	700g	6				•	
Somerset Apple Cake	324842	Multi	900g	6				•	
Custards									
Custard	324870	Multi	1200g	8-10			•	•	
Low Sugar Custard	324873	Multi	1200g	8-10		•	•	•	
Milk Puddings									
Tapioca	324826	Multi	1120g	6		•	•	•	
Clotted Cream Rice Pudding	324839	Multi	1120g	6		•	•	•	
Semolina	324833	Multi	1120g	6	•	•		•	
Rice Pudding with Sultanas	324832	Multi	1120g	6		•	•	•	
Rice Pudding	324824	Multi	1120g	6		•	•	•	
Rice Pudding with Nutmeg	324825	Multi	1120g	6		•	•	•	
Cooked fruit									
Cooked Apricots	324861	Multi	1200g	6	•	•	•	•	•
Cooked Summer Fruits	324862	Multi	1200g	6	•	•	•	•	•
Stewed Apple	324863	Multi	1200g	6	•	•	•	•	•

Meal suggestions

The components within the range can be used in a huge number of ways. However if you need a spark of inspiration or simply want to know how to make a well-loved classic; the following list of meal suggestions is a great place to start.



How it works

Kitchen staff thrive on creating the meals they serve, and maintaining that flair is what our new retail range is all about. We've just simplified the process using our new component system:

1. Decide what meals to prepare
2. Combine the components, following the recipe to create delicious restaurant quality meals
3. Garnish the meals and serve them straight from the oven
4. Serve to meet you customers needs: plated meal for a sit-down service or hot-box for an on-the-go food solution



Fancy a change? Simply combine our components in different ways to create new and delicious meals that your customers will enjoy every time.

Meal suggestions

Dish Title	Main Component	Sauce				Topping				Pasta	
		Tomato & Herb Sauce	Chicken Gravy	Cheese Sauce	Onion Gravy	Saute Potatoes	Puff Pastry Pie Top	Mash Potato Pie Top	Cheese Crumble	Penne Pasta	Spaghetti
Beef											
Beef Casserole	Beef casserole										
Beef Hotpot	Beef casserole					•					
Beef Pie	Beef casserole						•				
Potato Topped Beef Pie	Beef casserole							•			
Cumberland Pie	Beef casserole							•	•		
Beef Steak in Gravy	Chunks of beef steak in gravy										
Chunky Steak Hotpot	Chunks of beef steak in gravy					•					
Chunky Steak Pie	Chunks of beef steak in gravy						•				
Savoury Minced Beef	Savoury minced beef										
Savoury Minced Beef hotpot	Savoury minced beef					•					
Savoury Minced Beef pie	Savoury minced beef						•				
Cottage Pie	Savoury minced beef							•			
Savoury Minced Beef Cumberland Pie	Savoury minced beef							•	•		
Beef Lasagne	Beef lasagne										
Chilli Con Carne	Chilli con carne										
Beef Spaghetti Bolognese	Beef bolognese										•
Roast Beef in Gravy	Roast beef in gravy										
Lamb											
Moroccan Lamb	Moroccan lamb										
Pork											
Pork Escalope	Pork escalope										
Pork Escalope in Gravy	Pork escalope		•								
Pork Escalope in Tomato and Herb Sauce	Pork escalope	•									
Pork Meatballs	Pork meatballs										
Pork Meatballs in Tomato and Herb Sauce	Pork meatballs	•									
Pork Meatballs in Onion Gravy	Pork meatballs				•						
Sliced Pork in Gravy	Sliced pork in gravy										
Sausages in Onion Gravy	Sausages in onion gravy				•						

Meal suggestions

Dish Title	Main Component	Sauce				Topping				Pasta	
		Tomato & Herb Sauce	Chicken Gravy	Cheese Sauce	Onion Gravy	Saute Potatoes	Puff Pastry Pie Top	Mash Potato Pie Top	Cheese Crumble	Penne Pasta	Spaghetti
Fish											
Smoked Haddock & Vegetables in Cheesy Sauce	Smoked haddock & vegetables in cheesy sauce										
Smoked Haddock & Vegetable Hotpot	Smoked haddock & vegetables in cheesy sauce					•					
Smoked Haddock & Vegetable Pie	Smoked haddock & vegetables in cheesy sauce						•				
Potato Topped Smoked Haddock & Vegetable Pie	Smoked haddock & vegetables in cheesy sauce							•			
Crunchy Potato Topped Smoked Haddock & Vegetable Pie	Smoked haddock & vegetables in cheesy sauce							•	•		
Smoked Haddock & Vegetable Crumble	Smoked haddock & vegetables in cheesy sauce								•		
Smoked Haddock & Vegetable Penne Pasta Bake	Smoked haddock & vegetables in cheesy sauce									•	
Salmon, Hoki & Smoked Haddock in Creamy Sauce	Salmon, hoki & smoked haddock in creamy sauce										
Salmon, Hoki & Smoked Haddock Hotpot	Salmon, hoki & smoked haddock in creamy sauce					•					
Salmon, Hoki & Smoked Haddock Pie	Salmon, hoki & smoked haddock in creamy sauce						•				
Potato Topped Salmon, Hoki & Smoked Haddock Pie	Salmon, hoki & smoked haddock in creamy sauce							•			
Crunchy Potato Topped Salmon, Hoki & Smoked Haddock Pie	Salmon, hoki & smoked haddock in creamy sauce							•	•		
Salmon, Hoki & Smoked Haddock Crumble	Salmon, hoki & smoked haddock in creamy sauce								•		
Salmon, Hoki & Smoked Haddock Spiral Pasta Bake	Salmon, hoki & smoked haddock in creamy sauce										
Tuna Pasta Bake	Tuna pasta bake										
Breaded Plaice	Breaded plaice										
Cod Bites in Cheese Sauce	Cod bites			•							
Cod Bites in Tomato and Herb Sauce	Cod bites	•									



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