

Product List

2021/22



Community Meals



Contents

Individual Portions

Soups	04
Beef Dishes	04
Lamb & Mutton Dishes	05
Poultry Dishes	05
Pork Dishes	06
Fish Dishes	07
Other Meat Dishes	07
Vegetarian Dishes	08
Mixer Packs	08
Hot Desserts	09
Individual Reduced Sugar Desserts	10
Cold Desserts	11
Sandwiches	12
Savoury Pastries	12
Cakes	12

Multi and Twin Portions

Soups	13
Fortified Soups	13
Beef Dishes	14
Pork Dishes	15
Lamb & Mutton Dishes	16
Other Meat Dishes	16
Poultry Dishes	17
Fish Dishes	18
Breakfast Dishes	19
Accompaniments	19
Vegetarian Dishes	20
Vegetables	23
Potatoes and Rice	24
Hot Desserts	25

Special Diet Products

Level 3 Liquidised Soups	28
Level 4 Puréed Sandwiches	28
Level 4 Puréed Meals	29
Level 4 Puréed Hot Desserts	29
Level 4 Puréed Cold Desserts	29
Level 4 Puréed Mixer Packs	30
Level 4 Purée Petite Meals	32
Level 5 Minced & Moist	33
Level 5 Minced & Moist Mixer Packs	33
Level 6 Soft & Bite Sized Meals	34
Level 6 Soft & Bite Sized Desserts	34
Finger Food	34
Allergen-Free Meals	35
Mini Meals Extra	36

Ethnic Individual Meals

Kosher Meals	38
Kosher Desserts	38
Caribbean & West Indian Meals	39
Asian Halal Meals	40
Asian Halal Vegetarian Meals	41

Dietary Codes

Rationale for Dietary Coding:

LF Low Fat

Dietary fat is an important source of energy and vitamins, particularly for older or underweight service users with a small appetite. For this reason it is wise to ensure any plans for reducing fat intake are both appropriate and necessary.

Some service users 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 service users. 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. This is the criteria we have used to highlight these dishes.

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 service users enjoy. 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 per 100g. This is the criteria we have used to highlight these dishes..

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 service users with heart, kidney or liver problems may need a more restricted salt diet in which case the service user's dietitian should be consulted to provide more guidance about suitability of dishes for an individual. To aid this we can provide a complete breakdown of salt content for all our products.

RS Reduced Sugars

Reduced sugars individual desserts contain at least 30% less sugars than normal desserts and equal to, or less than the amount of calories than a standard dessert.

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, 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 portion product range are gluten free.

V Vegetarian

Our range of vegetarian individual and multi portion 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.

VV Vegan

Our vegan meals are made without any animal products, including meat, fish, and their derivatives, and milk and milk derivatives, eggs and animal fats. We do not use honey as an ingredient in any of our vegan dishes.

EC Easy to Chew

Our multiportion range has a number of dishes that are comprised of normal everyday foods, of a soft/tender texture. These products will be well-suited for those who need an easy to chew menu. Easy to Chew criteria is defined by the International Dysphagia Diet Standardisation Initiative (IDDSI), to highlight foods that are most suitable for those requiring food of soft/tender textures. However, these foods are not intended for someone with dysphagia and we have a separate product range for this. Our Easy to Chew dishes have been tested by us, against the criteria as recommended by IDDSI.

Energy Dense

An energy dense diet is useful for service users with a poor appetite, or for those who have lost weight and wish to regain it. All our meals provide useful amounts of calories so clients are encouraged to choose those that most stimulate their appetite. Meals highlighted in our energy dense ranges provide at least 500 calories (kcal) from a main course meal and 300 calories from a complete individual dessert.


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.

Healthier choice

Entrees containing no more than 16g fat, no more than 5g saturated fat and no more than 1.5g salt. For desserts it is desserts containing no more than 5.3g fat, no more than 1.7g saturated fat and no more than 18g total sugars.

Healthy eating for clients with diabetes

People with diabetes, especially when unwell, are encouraged to eat appetising, nourishing food. However, service users with diabetes may be advised to select meals lower in fat or salt or to lose weight. For them the best choice may be from our Healthier Choice  range.

The diet for a service user with diabetes does not need to be sugar free. Moderate amounts of sugar are generally allowed as part of a healthy diet. Often the most suitable desserts are fruit or yogurt but in some cases more substantial desserts may be appropriate.

Low sugar custard, sweetened with an artificial sweetener, is available in multi portions and 3 portion packs. In addition, we have a range of 10 individual desserts that are Reduced Sugars, which are also available as a mixed case of 24.

Allergy Avoidance

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

Individual Portions packed in cases



Soups

Product code	Product	Dietary info.					Pack size	Average weight per unit	Units per case
		LF	LS	GF	V	ED			
256013	Scotch Broth Soup	•			••		Indiv	170g	24
256014	Potato & Leek Soup				•		Indiv	170g	24
256015	Pea & Ham Soup	•		•			Indiv	170g	24
256020	Chunky Vegetable Soup	•		•	•		Indiv	170g	24
256021	Cream of Mushroom Soup			•	•		Indiv	170g	24
256022	Tomato Soup			•	•		Indiv	170g	24
256023	Chicken Soup			•			Indiv	170g	24
256024	Lentil Soup	•		•	••		Indiv	170g	24



Beef Dishes

Product code	Product	Dietary info.					Pack size	Average weight per unit	Units per case
		LF	LS	GF	V	ED			
218201	Beef with Roast Potatoes with peas, carrots, gravy and Yorkshire pudding	•					Indiv	350g	24
218204	Beef Lasagne with carrots and peas						Indiv	321g	24
218205	Beef Stew & Dumpling with mashed potato, cauliflower and green beans						Indiv	350g	24
218208	Cottage Pie with carrots, swede and green beans			•			Indiv	385g	24
218209	Savoury Minced Beef with mashed potato, carrots and swede			•			Indiv	360g	24
218211	Steak & Kidney Pie with mashed potato, swede and carrots		•			•	Indiv	340g	24
218212	Steak & Mushroom Casserole with mashed potato, peas and swede			•			Indiv	310g	24
218213	Beef & Ale Pie with boiled potatoes, carrots and peas		•			•	Indiv	340g	24
218214	Braised Steak with mashed potato and green beans			•			Indiv	320g	24
218218	Creamy Beef Curry with white rice			•			Indiv	315g	24
218220	Corned Beef Hash with cauliflower, green beans and fried diced potato			•			Indiv	365g	24
218221	Beef Hotpot with mashed potato, carrots and green beans		•	•			Indiv	370g	24
218227	Minced Beef & Onion Pie with boiled potatoes, peas and carrots					•	Indiv	360g	24
218310	Chilli Con Carne with rice	•		•			Indiv	310g	24

We have long-standing partnerships with our beef suppliers. 100% of the beef we use in our kitchens at Trowbridge (except for corned beef) is sourced from Farm Assured British and Irish farms.



Individual Portions packed in cases

Product code	Product	Dietary info.					Pack size	Average weight per unit	Units per case
		LF	LS	GF	V	ED			
218239	Lamb & Vegetable Casserole with mashed potato, mashed carrot and green beans			•			Indiv	310g	24
218240	Lancashire Hotpot with carrots and swede			•			Indiv	340g	24
218241	Irish Stew with mashed potato, green beans and swede						Indiv	345g	24
218242	Minted Lamb & Dumpling with mashed potato, mashed carrot and swede						Indiv	369g	24
218245	Shepherds Pie with peas and carrots			•			Indiv	320g	24
218246	Lamb & Potato Curry with white rice and coriander		•	•			Indiv	310g	24
218247	Lamb in Gravy with mashed potato, roast potatoes, carrots and green beans			•			Indiv	370g	24

Product code	Product	Dietary info.					Pack size	Average weight per unit	Units per case
		LF	LS	GF	V	ED			
218250	Chicken Chasseur with diced fried potato, green beans and peas	•		•			Indiv	360g	24
218255	Chicken Breast with roast potatoes, sprouts, cauliflower, peas, carrots, stuffing and gravy	•					Indiv	365g	24
218256	Chicken in Gravy with mashed potatoes, carrots and swede			•			Indiv	340g	24
218260	Chicken & Mushroom Pie with mashed potato, swede, carrots and green beans					•	Indiv	370g	24
218261	Chicken & Vegetable Pie with mashed potato, carrots and peas		•				Indiv	370g	24
218262	Chicken Supreme with fried diced potato, carrots, peas and green beans			•			Indiv	315g	24
218264	Chicken Curry with rice	•		•			Indiv	330g	24
218273	Sliced Turkey with Stuffing with roast potatoes, mashed carrot and parsnip, green beans and gravy	•					Indiv	375g	24
218274	Chicken & Leek Hotpot with green beans and carrots		•	•			Indiv	320g	24
218276	Lemon & Ginger Chicken with vegetable rice			•		•	Indiv	350g	24
218277	Chicken in Red Wine Gravy with fried diced potatoes, sweet potato and carrot mash and carrots	•		•			Indiv	335g	24
218278	Chicken & Bacon Hotpot with peas, cauliflower and carrots	•		•			Indiv	330g	24
218279	Chicken Breast, Cheese & Bacon with boiled potato, green beans and peas			•			Indiv	385g	24
218281	Mediterranean Chicken with fried diced potato, green beans and peas		•	•			Indiv	330g	24
218282	Chicken & Vegetable Casserole with mashed potato, carrots and green beans			•			Indiv	350g	24
218354	Sweet & Sour Chicken with rice, peas and red pepper	•		•			Indiv	330g	24



Pork Dishes

Product code	Product	Dietary info.					Pack size	Average weight per unit	Units per case
		LF	LS	GF	V	ED			
218224	Pork in Gravy with roast and mashed potato, peas and carrots			•			Indiv	340g	24
218225	Pork Loin & Stuffing with mashed potato and creamed cabbage						Indiv	350g	24
218228	Creamy Pork with Peppers in a creamy white wine sauce with vegetable rice		•	•			Indiv	335g	24
218230	Pork & Root Vegetable Casserole with boiled potatoes, cauliflower and green beans			•			Indiv	360g	24
218232	Meatballs & Mushy Peas with onion gravy and chips						Indiv	334g	24
218234	Gammon & Mushroom Pie with mashed potato, carrot, and Romano beans					•	Indiv	390g	24
218286	Ham in Parsley Sauce with mashed potato, carrot, swede and green beans			•			Indiv	370g	24
218321	Sausages in Onion Gravy with mashed potato and baked beans						Indiv	355g	24
218322	Cumberland Sausage in gravy with mashed potato, carrots and swede						Indiv	344g	24
218326	Pork Steakette in onion gravy with mashed potato, carrots and green beans			•			Indiv	340g	24
218329	Sausage Casserole with mashed potato and peas						Indiv	380g	24
218331	Faggots in Onion Gravy with mashed potato, peas and carrots						Indiv	390g	24
218334	Ham & Leek Crumble with mashed potato, cauliflower and peas					•	Indiv	385g	24



*I love creating brand new dishes,
but I also love improving the meals
we already have.*

Phil Rimmer, apetito Head Chef



Individual Portions packed in cases

Fish Dishes

Product code	Product	Dietary info.					Pack size	Average weight per unit	Units per case
		LF	LS	GF	V	ED			
218302	Salmon Supreme with mashed potato, carrots, green beans and peas			•			Indiv	310g	24
218303	Breaded Fish with mashed potato and peas						Indiv	280g	24
218304	Breaded Fish & Chips with peas						Indiv	305g	24
218306	Fisherman's Pie with carrots and green beans			•			Indiv	355g	24
218307	Salmon Crumble with mashed potato and Romano beans					•	Indiv	360g	24
218316	Fish in Butter Sauce with fried diced potatoes, carrots and Romano beans	•	•	•			Indiv	370g	24
218317	Fish in Parsley Sauce with mashed potato, carrots, swede and green beans			•			Indiv	380g	24
218320	Fishcake with Diced Potatoes with peas		•				Indiv	290g	24

Other Meat Dishes

Product code	Product	Dietary info.					Pack size	Average weight per unit	Units per case
		LF	LS	GF	V	ED			
218318	All Day Breakfast with baked beans, hash browns, omelette, sausage and back bacon						Indiv	310g	24
218323	Lambs Liver in Onion Gravy with mashed potato, carrots and swede		•	•			Indiv	350g	24
218328	Haggis with mashed potato and mashed swede						Indiv	350g	24
218336	Vienna Steak with mashed potato, peas and sweetcorn					•	Indiv	390g	24





Vegetarian Dishes

Product code	Product	Dietary info.					Pack size	Average weight per unit	Units per case
		LF	LS	GF	V	ED			
217401	Macaroni Cheese with peas, carrots and sweetcorn				•		Indiv	360g	24
217407	Cauliflower & Broccoli Bake with diced fried potatoes and carrots		•	•	•		Indiv	375g	24
217410	Omelette, Chips & Beans	•		•	•		Indiv	335g	24
217412	Cheesy Vegetable Bake with sauté potatoes, carrots, swede and peas			•	•		Indiv	375g	24
217428	Vegetarian Cottage Pie with carrots, swede and peas				•		Indiv	385g	24
217432	Vegetarian Sausage and Mash with carrot, swede and onion gravy				•		Indiv	370g	24
217436	Vegetarian Sausage Casserole with mashed potato, peas and carrots				•		Indiv	360g	24
217437	Mushroom, Leek & West Country Cheddar Bake with seasoned red cabbage and green beans			•	•		Indiv	350g	24
217442	Cheese & Onion Pie with sweet potato, potato and carrot mash, and green beans				•	•	Indiv	380g	24
217445	Vegetable Lasagne with carrots and green beans				•		Indiv	345g	24
217446	Vegetable Hotpot with peas	•		•	••		Indiv	370g	24
217447	Vegetable Curry with white rice			•	••	•	Indiv	370g	24
217448	Lentil & Vegetable Pie with courgette, butternut squash and carrot		•		••		Indiv	320g	24
217449	Katsu Curry with white rice		•		••		Indiv	310g	24



Mixer Packs

Product code	Product	Dietary info.					Pack size	Average weight per unit	Units per case
		LF	LS	GF	V	ED			
217701	Gluten Free Mixer Pack, includes the following:								24
	Beef Hotpot		•	•			Indiv	370g	4
	Cottage Pie			•			Indiv	385g	4
	Ham in Parsley Sauce			•			Indiv	370g	4
	Lamb & Vegetable Casserole			•			Indiv	310g	4
	Chicken in Gravy			•			Indiv	340g	4
	Pork in Gravy			•			Indiv	340g	4
217741	Vegetarian Mixer Pack, includes the following:								24
	Macaroni Cheese				•		Indiv	360g	4
	Vegetable Hotpot	•		•	••		Indiv	370g	4
	Lentil & Vegetable Pie		•		••		Indiv	320g	4
	Cauliflower & Broccoli Bake		•	•	•		Indiv	375g	4
	Omelette, Chips & Beans	•		•	•		Indiv	335g	4
	Cheese & Onion Pie				•	•	Indiv	380g	4

Individual Portions packed in cases



Hot Desserts

Product code	Product	Dietary info.					Pack size	Average weight per unit	Units per case
		LF	LS	GF	V	ED			

Pies

216401	Apple Pie & Custard		•		•		Indiv	156g	24
216407	Blackcurrant Pie & Custard		•		•		Indiv	143g	24
216409	Summer Fruit Pie & Custard		•		•		Indiv	156g	24
216465	Plum & Cherry Pie with Custard		•		•		Indiv	140g	24

Crumbles

216419	Rhubarb Crumble & Custard		•		•	•	Indiv	155g	24
216424	Apple Crumble & Custard		•		•	•	Indiv	155g	24
216431	Apricot Crumble & Custard		•		•	•	Indiv	170g	24
216434	Summer Fruit Crumble & Custard		•		•	•	Indiv	155g	24
216441	Apple & Blackberry Crumble & Custard		•		•	•	Indiv	165g	24
216473	Plum & Cherry Crumble with White Chocolate Custard		•		•	•	Indiv	135g	24

Sponges

216411	Orange Sponge with Orange Sauce & Custard				•		Indiv	130g	24
216412	Chocolate Chip Sponge & Chocolate Sauce		•		•		Indiv	135g	24
216415	Sultana Sponge & Custard				•		Indiv	130g	24
216423	Lemon Sponge with Lemon Sauce & Custard				•		Indiv	130g	24
216442	Ginger Sponge & Custard				•		Indiv	130g	24
216451	Lemon Sponge with Summer Fruit & White Chocolate Custard				•		Indiv	145g	24
216469	Jam Sponge & Custard			•	•		Indiv	135g	24
216470	Blackcurrant Sponge with Blackcurrant Compote and Custard			•	•		Indiv	135g	24
216471	Golden Syrup Sponge & Custard			•	•		Indiv	130g	24

Puddings

216410	Baked Fruit Bread Pudding & Custard				•	•	Indiv	160g	24
216426	Bakewell Tart & Custard				•	•	Indiv	142g	24
216432	Spotted Dick & Custard				•		Indiv	140g	24
216443	Treacle Tart & Custard		•		•	•	Indiv	142g	24
216444	Jam Roly Poly & Custard				•		Indiv	135g	24
216447	Bread & Butter Pudding & Custard				•		Indiv	155g	24
216450	Sticky Toffee Pudding with Caramel Sauce				•		Indiv	125g	24

Milk Puddings

216405	Rice Pudding		•	•	•		Indiv	160g	24
216454	Rice Pudding & Apricot	•	•	•	•		Indiv	180g	24
216455	Semolina & Apple	•	•		•		Indiv	180g	24

Cooked Fruit

216430	Stewed Apple & Custard			•	•		Indiv	160g	24
216456	Rice & Stewed Apple	•	•	•	•		Indiv	160g	24



Individual Reduced Sugars Desserts

Product code	Product	Dietary info.						Pack size	Average weight per unit	Units per case
		LF	LS	GF	V	ED	RS			
216901	Apple Pie & Custard		•		•		•	Indiv	150g	24
216903	Blackcurrant Pie & Custard		•		•		•	Indiv	150g	24
216919	Stewed Apple & Custard		•	•	•		•	Indiv	160g	24
216927	Jam Roly Poly & Custard				•		•	Indiv	150g	24
216933	Golden Syrup Sponge & Custard		•		•		•	Indiv	130g	24
216934	Lemon Sponge with Lemon Sauce & Custard		•		•		•	Indiv	130g	24
216935	Sultana Sponge & Custard		•		•		•	Indiv	130g	24
216937	Apple Crumble & Custard		•		•	•	•	Indiv	155g	24
216938	Rhubarb Crumble & Custard		•		•	•	•	Indiv	155g	24
216939	Apple & Blackberry Crumble & Custard		•		•	•	•	Indiv	160g	24

Reduced Sugars Desserts Mixer Packs

217705	Reduced Sugar Desserts Mixer Pack, includes the following:									24
	Apple Pie & Custard		•		•		•	Indiv	150g	3
	Blackcurrant Pie & Custard		•		•		•	Indiv	150g	3
	Stewed Apple & Custard		•	•	•		•	Indiv	160g	2
	Jam Roly Poly & Custard				•		•	Indiv	150g	2
	Golden Syrup Sponge & Custard		•		•		•	Indiv	130g	3
	Lemon Sponge with Lemon Sauce & Custard		•		•		•	Indiv	130g	3
	Sultana Sponge & Custard		•		•		•	Indiv	130g	2
	Apple Crumble & Custard		•		•	•	•	Indiv	155g	3
	Rhubarb Crumble & Custard		•		•	•	•	Indiv	155g	3



216423 Lemon Sponge with Lemon Sauce & Custard

Individual Portions packed in cases



Cold Desserts

Product code	Product	Dietary info.					Pack size	Average weight per unit	Units per case
		LF	LS	GF	V	ED			
292419	Fruit Cocktail	.	.	.	••		Indiv	140g	24
292119	Vanilla Flavoured Ice Cream		.	.	.		Indiv	50g	18
292120	Strawberry Sundae		.	.	.		Indiv	106g	15
292121	Caramel Sundae		.	.	.		Indiv	106g	15
292122	Blackcurrant Cheesecake				.		Indiv	94g	24
292123	Coffee Dessert		.	.	.		Indiv	77g	27
292124	Chocolate Mousse		.	.	.		Indiv	65g	18
292125	Strawberry Mousse		.	.	.		Indiv	65g	18
292126	Strawberry Cheesecake				.		Indiv	94g	24
292127	Raspberry Dessert		.	.	.		Indiv	77g	27
292128	Apricot & Peach Dessert		.	.	.		Indiv	65g	27
292148	Strawberry Trifle		.		.		Indiv	105g	16
292149	Raspberry Trifle		.		.		Indiv	105g	16

292149 Raspberry Trifle





Sandwiches

Product code	Product	Dietary info.					Average weight per unit	Units per case
		LF	LS	GF	V	ED		
255115	Egg Mayonnaise Sandwich				•		150g	20
255116	Tuna Mayonnaise Sandwich						135g	20
255117	Cheese Mayonnaise Sandwich				•		125g	20
255118	Ham Mayonnaise Sandwich						127g	20
255119	Chicken Mayonnaise Sandwich						127g	20



Savoury Pastries

Product code	Product	Dietary info.					Average weight per unit	Units per case
		LF	LS	GF	V	ED		
214100	Steak Slice						175g	26
214101	Chicken & Mushroom Slice						174g	26
214104	Traditional Pasty						195g	22
214105	Potato, Cheese & Onion Pasty				•		115g	36
214106	7" Premium Sausage Roll						135g	48
214107	Bacon & Cheese Turnover						125g	30



Cakes

Product code	Product	Dietary info.					Average weight per unit	Units per case
		LF	LS	GF	V	ED		
293006	Lemon Drizzle Cake				•	•	70g	20
293009	Ginger Drizzle Cake				•		70g	20
293010	Chocolate Cake				•		60g	20
293012	Large Lemon Drizzle Cake				•		203g	10
293013	Large Madeira Cake				•		178g	10
293014	Large Golden Syrup Cake				•		178g	10
293015	Large Country Cake				•		195g	10
293027	Large Ginger Drizzle Cake				•		203g	10
293030	Large Cherry & Almond Cake				•		178g	10



Multi and Twin Portions packed in crates



Soups

Product code	Product	Dietary information						Pack size	Average weight per unit	Recommended portions	Units per crate
		LF	LS	GF	V	EC	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	
324652	Carrot & Coriander Soup		Multi	1120g	8	15
328652		Twin						420g	3	40	
324660	Vegetable & Herb Soup		Multi	1120g	8	15
328660		Twin						420g	3	40	
Nourishing Soups: Multi portion soups containing a minimum 100kcal and 3g protein per portion											
324649	Pea & Ham Soup		Multi	1200g	8	15
328649		Twin						450g	3	40	
324655	Mushroom Soup			Multi	1120g	8	15
328655		Twin						420g	3	40	
324656	Tomato Soup			Multi	1200g	8	15
328656		Twin						450g	3	40	
324657	Leek & Potato Soup			.	.	.		Multi	1120g	8	15
328657		Twin						420g	3	40	
324662	Cream of Chicken Soup			.	.	.		Multi	1200g	8	15
328662		Twin						450g	3	40	
324673	Vegetable Soup			Multi	1200g	8	15
328673		Twin						450g	3	40	
324674	Chicken Broth		Multi	1200g	8	15
328674		Twin						450g	3	40	
324676	Red Lentil Broth	Multi	1120g	8	15
328676		Twin						420g	3	40	
324677	Tomato, Red Pepper & Lentil Soup			Multi	1200g	8	15
328677		Twin						450g	3	40	
Fortified Soups: Individual portion soups containing a minimum 200kcal and 7g protein											
217143	Pea and Ham Soup	.						1	180g	1	30
217144	Chicken Soup			.	.	.		1	180g	1	30
217145	Cheesy Leek & Potato Soup			.	.	.		1	180g	1	30
217162	Tomato & Lentil Soup	1	180g	1	30

.. Indicates meals suitable for a vegan diet.

All multi/twin products are available to order either by individual unit or as a complete crate. A complete crate contains either 15 multi portions or 40 twin portions.



Beef Dishes

Product code	Product	Dietary information							Pack size	Average weight per unit	Recommended portions	Units per crate
		LF	LS	GF	V	EC	ED	•				
324100	Roast Beef in Gravy			•				•	Multi	1260g	8	15
328100		Twin								340g	2	40
324101	Beef Lasagne					•			Multi	1555g	8	15
328101		Twin								388g	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
324112	Minced Beef Hotpot			•		•		•	Multi	1410g	6	15
328112		Twin								470g	2	40
324114	Cottage Pie			•		•		•	Multi	1600g	8	12
328114		Twin								445g	2	40
324115	Beef Bolognese with Pasta	•				•		•	Multi	1360g	6	15
328115		Twin								450g	2	40
324119	Corned Beef Hash			•		•	•		Multi	1500g	6	15
328119		Twin								500g	2	40
324130	Baked Steak & Mushroom Pie							•	Multi	1353g	8	15
328130		Twin								352g	2	40
324133	Steak Pie with Flaky Pastry Top							•	Multi	1300g	6	15
328133		Twin								440g	2	40
324136	Cumberland Pie					•		•	Multi	1600g	8	12
328136		Twin								440g	2	40
324138	Savoury Minced Beef			•		•		•	Multi	1320g	8	15
328138		Twin								330g	2	40
324140	Beef Stroganoff			•				•	Multi	1440g	8	12
328140		Twin								360g	2	40
324144	Beef Stew & Dumplings								Multi	1440g	8	12
328144		Twin								360g	2	40
324145	Suet Topped Steak & Potato Pie							•	Multi	1466g	8	15
328145		Twin								368g	2	40
324146	Beef Bolognese Sauce			•		•		•	Multi	1200g	5	15
328146		Twin								480g	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
		LF	LS	GF	V	EC	ED	●				
324200	Roast Pork in Gravy	•		•				•	Multi	1360g	8	15
328200		Twin								380g	2	40
324201	Sliced Gammon & Pineapple			•					Multi	1080g	8	15
328201		Twin								270g	2	40
324215	Pork in Cider Gravy							•	Multi	1140g	6	15
328215		Twin								380g	2	40
324211	Ham, Leek & Cheddar Tart								Multi	750g	6	15
328211		Twin								250g	2	40
324217	Quiche Lorraine						•	•	Multi	1180g	8	15
328217		Twin								470g	3	40
324225	Pork & Apple Casserole			•		•		•	Multi	1360g	8	15
328225		Twin								340g	2	40
324230	Pork with Sage Stuffing in Gravy			•				•	Multi	1200g	8	15
328230		Twin								300g	2	40
324233	Ham & Leek Crumble							•	Multi	1200g	6	15
328233		Twin								400g	2	40
324113	Vienna Steaks in Sauce						•	•	Multi	1360g	6	15
328113		Twin								450g	2	40
324600	Sausages in Onion Gravy								Multi	1320g	6	15
328600		Twin								440g	2	40
324617	Meatballs in Tomato & Herb Sauce						•	•	Multi	1200g	6	15
328617		Twin								400g	2	40
324620	Pasta Carbonara							•	Multi	1380g	6	15
328620		Twin								460g	2	40
324624	Sausage & Ham Frittata							•	Multi	1230g	6	15
328624		Twin								410g	2	40
324625	Sausage Casserole							•	Multi	1440g	6	15
328625		Twin								480g	2	40





Lamb & Mutton Dishes

Product code	Product	Dietary information							Pack size	Average weight per unit	Recommended portions	Units per crate
		LF	LS	GF	V	EC	ED	●				
324300	Roast Lamb in Gravy								Multi	1360g	8	15
328300									Twin	340g	2	40
324301	Irish Stew								Multi	1440g	8	15
328301									Twin	360g	2	40
324303	Lancashire Hotpot								Multi	1520g	8	15
328303									Twin	380g	2	40
324305	Lamb Grill Steaks in Minted Gravy								Multi	1360g	8	15
328305									Twin	340g	2	40
324312	Shepherds Pie								Multi	1600g	8	12
328312									Twin	450g	2	40
324313	Curried Lamb, Potato & Tomato								Multi	1440g	8	15
328313									Twin	360g	2	40
324314	Lamb Casserole								Multi	1440g	8	12
328314									Twin	360g	2	40
324320	Lamb & Mint Pie								Multi	1516g	8	12
328320									Twin	383g	2	40



Other Meat Dishes

Product code	Product	Dietary information							Pack size	Average weight per unit	Recommended portions	Units per crate
		LF	LS	GF	V	EC	ED	●				
324610	Faggots in Onion Gravy								Multi	1140g	6	15
328610									Twin	380g	2	40
324622	Liver & Bacon in Gravy								Multi	1500g	8	12
328622									Twin	375g	2	40
324614	Haggis								Multi	690g	6	15
328614									Twin	230g	2	40

324622 Liver & Bacon Gravy



Multi and Twin Portions packed in crates



Poultry Dishes

Product code	Product	Dietary information							Pack size	Average weight per unit	Recommended portions	Units per crate
		LF	LS	GF	V	EC	ED					
324402	Sliced Turkey in Gravy	•		•				•	Multi	1360g	8	15
328402		Twin								340g	2	40
324410	Sweet & Sour Chicken	•		•				•	Multi	1360g	8	15
328410		Twin								340g	2	40
324411	Chicken Chasseur	•		•				•	Multi	1360g	8	15
328411		Twin								340g	2	40
324423	Chicken Curry			•		•		•	Multi	1360g	8	15
328423		Twin								340g	2	40
324426	Roast Chicken Breasts in Gravy	•		•				•	Multi	1200g	6	15
328426		Twin								400g	2	40
324429	Chicken & Vegetable Casserole	•		•				•	Multi	1400g	8	15
328429		Twin								355g	2	40
324433	Chicken, Cheese & Bacon Bake			•			•		Multi	1600g	8	12
328433		Twin								400g	2	40
324434	Potato Topped Chicken Pie			•		•	•		Multi	1600g	8	12
328434		Twin								400g	2	40
324437	Chicken & Ham Pie with Flaky Pastry Top							•	Multi	1428g	8	15
328437		Twin								335g	2	40
324440	Chicken Goujons					•			Multi	702g	6	15
328440		Twin								234g	2	40
324443	Chicken Breast in Creamy Mushroom Sauce	•		•				•	Multi	1260g	6	15
328443		Twin								420g	2	40
324445	Sliced Chicken in Gravy	•		•				•	Multi	1360g	8	12
328445		Twin								340g	2	40
324447	Chicken Breast in Tomato & Basil Sauce	•		•				•	Multi	1120g	6	15
328447		Twin								375g	2	40
324448	Chicken Kiev								Multi	480g	6	15
328448		Twin								160g	2	40
324449	Chicken Korma			•					Multi	1200g	8	15
328449		Twin								300g	2	40
324450	Baked Chicken & Vegetable Pie						•		Multi	1463g	8	15
328450		Twin								335g	2	40
324452	Chicken & Pasta with Tomatoes & Herbs	•						•	Multi	1360g	6	15
328452		Twin								454g	2	40



Poultry Dishes

Product code	Product	Dietary information							Pack size	Average weight per unit	Recommended portions	Units per crate
		LF	LS	GF	V	EC	ED	●				
324453	Chicken & Sweetcorn Bake							•	Multi	1350g	6	15
328453		Twin								450g	2	40
324454	Coronation Chicken			•		•		•	Multi	1360g	8	15
328454		Twin								340g	2	40
324455	Chicken & Chorizo Paella			•				•	Multi	1005g	6	15
328455		Twin								335g	2	40
324456	Chicken Tikka Masala			•				•	Multi	1310g	8	15
328456		Twin								327g	2	40



Fish Dishes

Product code	Product	Dietary information							Pack size	Average weight per unit	Recommended portions	Units per crate
		LF	LS	GF	V	EC	ED	●				
324504	Salmon & Broccoli Bake					•		•	Multi	1360g	8	15
328504		Twin								340g	2	40
324505	Breaded Cod							•	Multi	570g	6	15
328505		Twin								190g	2	40
324506	Fish Cakes					•		•	Multi	768g	8	15
328506		Twin								192g	2	40
324508	Tuna Pasta Bake					•		•	Multi	1410g	6	15
328508		Twin								470g	2	40
324513	Salmon Crumble					•	•	•	Multi	1360g	8	15
328513		Twin								340g	2	40
324514	Salmon in Provençale Sauce			•		•		•	Multi	1280g	8	15
328514		Twin								320g	2	40
324518	Smoked Haddock Omelette					•	•	•	Multi	1000g	4	15
324523	Fish in Cheese Sauce			•		•		•	Multi	1200g	8	15
328523		Twin								310g	2	40
324527	Cod in Parsley Sauce	•		•		•		•	Multi	1170g	6	15
328527		Twin								390g	2	40
324528	Fish Goujons					•		•	Multi	560g	5	15
328528		Twin								224g	2	40
324529	Fish Pie			•		•		•	Multi	1600g	8	12
328529		Twin								400g	2	40
324530	Breaded Fish							•	Multi	480g	4	15
324532	Smoked Haddock & Spinach Crumble					•	•	•	Multi	1120g	6	15
328532		Twin								372g	2	40
324533	Battered Fish							•	Multi	455g	4	15

All multi/twin products are available to order either by individual unit or as a complete crate. A complete crate contains either 15 multi portions or 40 twin portions.

Multi and Twin Portions packed in crates



Breakfast

Product code	Product	Dietary information							Pack size	Average weight per unit	Recommended portions	Units per crate
		LF	LS	GF	V	EC	ED	●				
324607	Cooked Sausages								Multi	468g	6	15
324615	Cooked Bacon			•					Multi	320g	8	15
324680	Porridge	•	•		••	•			Multi	1200g	8	15
324681	Creamy Porridge		•		•	•			Multi	1200g	8	15
324720	Scrambled Eggs			•	•	•			Multi	960g	8	15
328720	Scrambled Eggs			•	•	•			Twin	240g	2	40



Accompaniments

Product code	Product	Dietary information							Pack size	Average weight per unit	Recommended portions	Units per crate
		LF	LS	GF	V	EC	ED	●				
255100	Yorkshire Puddings				•				Bag	450g	25	4*
324777	Gravy			•	••	•			Multi	1000g	10	15
328777				•	•	•			Twin	375g	3	40
328792	Sage & Onion Stuffing	•			•	•			Twin	480g	8	40

*Please note our 2.5 inch Yorkshire Puddings (255100) are sold as 25 Yorkshire Puddings per bag, 4 bags in a case.



•• Indicates meals suitable for a vegan diet.

All multi/twin products are available to order either by individual unit or as a complete crate. A complete crate contains either 15 multi portions or 40 twin portions.



Vegetarian Dishes

Product code	Product	Dietary information						Pack size	Average weight per unit	Recommended portions	Units per crate
		LF	LS	GF	V	EC	ED				
324701	Cauliflower Cheese			•	•	•		Multi	1360g	6	15
328701		Twin							440g	2	40
324703	Vegetable Lasagne				•			Multi	1452g	6	15
328703		Twin							484g	2	40
324704	Vegetable Crumble				•		•	Multi	1360g	6	15
328704		Twin							453g	2	40
324708	Vegetarian Cottage Pie			•	•	•		Multi	1530g	6	15
328708		Twin							510g	2	40
324711	Macaroni Cheese				•			Multi	1360g	6	15
328711		Twin							453g	2	40
324713	Potato, Cheese & Leek Bake			•	•	•	•	Multi	1350g	6	15
328713		Twin							450g	2	40
324715	Cauliflower & Broccoli Pasta				•	•		Multi	1320g	6	15
328715		Twin							440g	2	40
324735	Baked Vegetable Pie				•		•	Multi	1457g	8	15
328735		Twin							364g	2	40
324741	Penne Pasta in Tomato & Basil Sauce	•	•		••	•	•	Multi	1350g	6	15
328741		Twin							450g	2	40
324742	Cheese & Onion Pie				•	•	•	Multi	1306g	8	15
328742		Twin							378g	2	40
324743	Vegetarian Tikka Masala			•	•	•	•	Multi	1500g	6	15
328743		Twin							500g	2	40
324906	Moroccan Bean Casserole	•	•	•	••		•	Multi	1590g	6	12
328906		Twin							530g	2	40
324907	Vegetarian Sausage Casserole				•			Multi	1320g	6	12
328907		Twin							440g	2	40
324917	Creamy Vegetable Cheese Bake			•	•	•	•	Multi	1500g	6	12
328917		Twin							500g	2	40
324921	Chana Masala			•	••		•	Multi	1500g	6	12
328921		Twin							500g	2	40
324927	Vegetarian Hotpot	•		•	•		•	Multi	1440g	6	12
328927		Twin							480g	2	40
324933	Asparagus, Pea & Mint Quiche				•		•	Multi	1180g	8	15
328933		Twin							450g	3	40
324934	Cheese & Onion Quiche				•		•	Multi	1180g	8	15
328934		Twin							450g	3	40
324935	Vegetable Quiche				•		•	Multi	1180g	8	15
328935		Twin							450g	3	40

Multi and Twin Portions packed in crates



Vegetarian Dishes (continued)

Product code	Product	Dietary information							Pack size	Average weight per unit	Recommended portions	Units per crate
		LF	LS	GF	V	EC	ED	●				
324936	Cheese & Tomato Omelettes			•	•	•			Multi	440g	4	12
328936		Twin								110g	1	40
324937	Plain Omelettes			•	•	•			Multi	380g	4	12
328937		Twin								95g	1	40
324938	Cheese & Mushrooms Omelettes			•	•	•		•	Multi	440g	4	12
328938		Twin								110g	1	40
324943	Bean Chilli	•		•	••			•	Multi	1590g	6	12
328943		Twin								530g	2	40
324944	Cauliflower, Spinach & Lentil Curry	•		•	••			•	Multi	1356g	6	15
328944		Twin								452g	2	40
324945	Tomato, Lentil & Sweet Potato Crumble				••			•	Multi	1440g	6	12
328945		Twin								480g	2	40
324946	Vegetable and Coconut Curry			•	••	•		•	Multi	1440g	6	12
328946		Twin								480g	3	40
324947	Lentil & Vegetable Flaky Topped Pie				••			•	Multi	1500g	6	12
328947		Twin								500g	2	40
324948	Lentil Bolognese			•	••	•		•	Multi	1200g	5	12
328948		Twin								480g	2	40
324950	Butternut Squash Risotto				•	•		•	Multi	1500g	6	15
328950		Twin								500g	2	40
324951	Katsu Curry				••	•		•	Multi	1440g	6	15
328951		Twin								480g	2	40
324952	BBQ Mexican Bean and Jackfruit	•		•	••			•	Multi	1470g	6	15
328952		Twin								490g	2	40
324953	Meat Free Mushroom & Chicken Style Pie				••			•	Multi	1416g	6	15
328953		Twin								463g	2	40
324954	Beetroot & Feta Frittata			•	•			•	Multi	1200g	6	15
328954		Twin								400g	2	40
324955	Thai Red Curry				••			•	Multi	1260g	6	15
328955		Twin								420g	2	40
324956	Vegetable Gratin	•			••			•	Multi	1500g	6	15
328956		Twin								500g	2	40
324957	Fajita Style Tempeh			•	••			•	Multi	1410g	6	15
328957		Twin								470g	2	40
324960	Sweet Potato & Butternut Squash Crumble				•			•	Multi	1200g	12	15
328960		Twin								300g	3	40

•• Indicates meals suitable for a vegan diet.

All multi/twin products are available to order either by individual unit or as a complete crate. A complete crate contains either 15 multi portions or 40 twin portions.



Multi and Twin Portions packed in crates



Vegetable Accompaniments

Product code	Product	Dietary information						Pack size	Average weight per unit	Recommended portions	Units per crate
		LF	LS	GF	V	EC	ED				
324740	Broccoli							Multi	480g	6	15
328740		Twin	•	•	•	••	•	•	160g	2	40
324756	Peas							Multi	720g	8	15
328756		Twin	•	•	•	••	•	•	270g	3	40
324757	Cabbage							Multi	720g	8	15
328757		Twin	•	•	•	••	•	•	270g	3	40
324758	Cauliflower							Multi	600g	8	15
328758		Twin	•	•	•	••	•	•	225g	3	40
324759	Brussels Sprouts							Multi	720g	8	15
328759		Twin	•	•	•	••	•	•	270g	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
324768	Minted Summer Vegetables							Multi	720g	8	15
328768		Twin	•	•	•	••	•	•	270g	3	40
324769	Baked Beans							Multi	1200g	12	15
328769		Twin	•	•	•	••	•	•	300g	3	40
324770	Vegetable Medley							Multi	720g	8	15
328770		Twin	•	•	•	••	•	•	270g	3	40
324771	Mashed Swede							Multi	800g	8	15
328771		Twin	•	•	•	••	•	•	300g	3	40
324772	Red Cabbage with Apple & Port							Multi	720g	8	15
328772		Twin	•	•	•	•	•	•	270g	3	40
324775	Sweetcorn							Multi	720g	8	15
328775		Twin	•	•	•	••	•	•	270g	3	40
324791	Mashed Root Vegetables							Multi	800g	8	15
328791		Twin	•	•	•	••	•	•	200g	2	40
324920	Broccoli (large florets)	•	•	•	••	•	•	Multi	480g	6	15
324931	Carrots with Parsley Butter	•	•	•	•	•	•	Multi	680g	8	15
324942	Mediterranean Veg with Pecorino Cheese and Basil	•	•	•	•	•	•	Multi	520g	6	15
324949	Root Vegetable Mix	•	•	•	•	•	•	Multi	640g	8	15
324959	Courgette, Carrot & Asparagus with Parsley Butter							Multi	680g	8	15
328959		Twin	•	•	•	•	•	•	260g	3	40
324961	Ratatouille							Multi	1260g	14	15
328961		Twin	•	•	•	••	•	•	360g	4	40



Potatoes & Rice Accompaniments

Product code	Product	Dietary information							Pack size	Average weight per unit	Recommended portions	Units per crate
		LF	LS	GF	V	EC	ED	●				
324745	Sauté Potatoes		•	•	••				Multi	600g	6	15
328745		Twin								200g	2	40
324746	West Country Cheddar Mash			•	•	•			Multi	1200g	12	15
328746		Twin								400g	4	40
324751	Roast Potatoes	•	•	•	••				Multi	904g	8	15
328751		Twin								225g	2	40
324752	Boiled Potatoes	•	•	•	••	•			Multi	800g	8	15
328752		Twin								200g	2	40
324753	Oven Chips		•	•	••				Multi	600g	6	15
328753		Twin								200g	2	40
324754	Croquette Potatoes			•	••				Multi	432g	8	15
328754		Twin								108g	2	40
324765	White Rice	•	•	•	••	•		•	Multi	720g	6	15
328765		Twin								240g	2	40
255101	Jacket Potato Whole			•	••				Bag	200g	10	6*
324779	Vegetable Rice			•	••				Multi	800g	8	15
328779		Twin								200g	2	40
324780	Golden Roast Potatoes	•		•	••				Multi	800g	8	15
328780		Twin								200g	2	40
324787	Mashed Potato		•	•	•	•			Multi	1200g	12	15
328787		Twin								400g	4	40
324789	Potato Wedges		•	•	••				Multi	800g	8	15
328789		Twin								200g	2	40
324796	Minted Boiled Potatoes	•		•	••	•			Multi	800g	8	15
328796		Twin								200g	2	40
324909	Colcannon Mash	•		•	••				Multi	1200g	12	15
328909		Twin								400g	4	40
324913	Dauphinoise Potatoes			•	•				Multi	1060g	8	15
328913		Twin								265g	2	40
324916	Basmati Yellow Rice	•	•	•	••	•			Multi	720g	8	15
328916		Twin								180g	2	40
324928	Hash Browns				••				Multi	456g	6	15
328928		Twin								152g	2	40
324970	Baby Potatoes	•	•	•	••	•		•	Multi	600g	6	15
328970		Twin								200g	2	40
324971	Penne Pasta		•		••				Multi	600g	6	15
328971		Twin								225g	2	40

*Please note our Whole Jacket Potato (255101) are sold as 10 potatoes per bag, 6 bags are in a case

Multi and Twin Portions packed in crates



Hot Desserts

Product code	Product	Dietary information						Pack size	Average weight per unit	Recommended portions	Units per crate
		LF	LS	GF	V	EC	ED				

Pies

324808	Mixed Fruit Pie		•		••	•	•	•	Multi	1126g	8	15
328808		Twin								420g	3	40
324844	Plum & Cherry Pie		•		••	•	•	•	Multi	1126g	8	15
328844		Twin								425g	3	40
324859	Apple Pie		•		••	•	•	•	Multi	1126g	8	15
328859		Twin								425g	3	40
324866	Peach & Raspberry Pie		•		••	•	•	•	Multi	1126g	8	15
328866		Twin								425g	3	40

Crumbles

324801	Apple Crumble		•		••	•	•	•	Multi	1120g	8	15
328801		Twin								420g	3	40
324813	Rhubarb Crumble		•		••	•	•	•	Multi	1120g	8	15
328813		Twin								420g	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	775g	8	15
328805		Twin								285g	3	40
324806	Chocolate Chip Sponge					•	•	•	Multi	595g	8	15
328806		Twin								230g	3	40
324811	Syrup Sponge					•	•	•	Multi	775g	8	15
328811		Twin								285g	3	40
324818	Jam Sponge					•	•	•	Multi	775g	8	15
328818		Twin								285g	3	40
324851	Pineapple Sponge		•			•	•	•	Multi	775g	8	15
328851		Twin								285g	3	40
324867	Lemon Sponge					•	•	•	Multi	775g	8	15
328867		Twin								285g	3	40
324893	Gluten Free Plain Sponge			•	•				Multi	600g	8	15
328893		Twin								300g	4	40
324894	Gluten Free Chocolate Sponge		•	•	•				Multi	600g	8	15
328894		Twin								300g	4	40

Custard

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

•• Indicates meals suitable for a vegan diet.



Hot Desserts (continued)

Product code	Product	Dietary information						Pack size	Average weight per unit	Recommended portions	Units per crate
		LF	LS	GF	V	EC	ED				

Puddings

324800	Bread & Butter Pudding		•		•	•		Multi	1240g	8	15
328800								Twin	460g	3	40
324816	Spotted Dick				•	•		Multi	700g	8	15
328816								Twin	270g	3	40
324817	Jamaican Ginger Pudding with Orange Sauce				•	•	•	Multi	840g	8	15
328817								Twin	313g	3	40
324823	Bakewell Tart		•		•	•	•	Multi	900g	8	15
328823								Twin	380g	3	40
324835	Raspberry Pudding				•	•	•	Multi	775g	8	15
328835								Twin	285g	3	40
324840	Sticky Toffee Pudding				•	•	•	Multi	920g	8	15
328840								Twin	345g	3	40
324842	Somerset Apple Cake				•	•	•	Multi	900g	8	15
328842								Twin	325g	3	40
324864	Chocolate Chip Pudding with Salted Caramel Sauce				•	•	•	Multi	940g	8	15
328864								Twin	350g	3	40
324865	Ready to Bake Vanilla Cheesecake				•	•	•	Multi	1000g	8	15
328865								Twin	375g	3	40
324885	Apple & Blackberry Cobbler				•	•		Multi	1124g	8	15
328885								Twin	281g	2	40

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
324833	Semolina Pudding	•	•		•	•		Multi	1120g	8	15
328833								Twin	420g	3	40
324839	Clotted Cream Rice Pudding		•	•	•	•	•	Multi	1120g	8	15
328839								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
324890	Apple Filling	•	•	•	••	•	•	Multi	1200g	8	15
328890								Twin	400g	3	40
324891	Apple & Strawberry Filling	•	•	•	••	•	•	Multi	1200g	8	15
324892	Peach & Apricot Filling	•	•	•	••	•	•	Multi	1200g	8	15

Texture Modified

Providing appetising food
and dignity to people with
dysphagia
(swallowing difficulties).



Special Diet Products

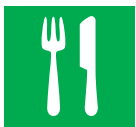


Level 3

Product code	Product	Dietary Information					Pack size	Average weight per unit	Recommended portions	Units per case
		LF	LS	GF	V	ED				

Level 3 Liquidised Soups

217140	Carrot Soup			•	•		Indiv	200g	1	12
217141	Cream of Mushroom Soup			•	•		Indiv	200g	1	12
217142	Cream of Chicken Soup			•			Indiv	200g	1	12



Level 4

Product code	Product	Dietary Information					Pack size	Average weight per unit	Recommended portions	Units per case
		LF	LS	GF	V	ED				

Level 4 Puréed Breakfast

217350	Porridge		•		•		Indiv	200g	1	30
217351	Apple & Cinnamon Porridge		•		•		Indiv	200g	1	30

Level 4 Puréed Sandwiches & Snacks

217020	Beans on Toast				•		Indiv	175g	1	12
217021	Scrambled Eggs on Toast				•		Indiv	175g	1	12
217031	Hot Tuna Sandwich						Indiv	200g	1	12
217032	Hot Bacon Sandwich						Indiv	200g	1	12
217035	Hot Cheese Sandwich				•		Indiv	200g	1	12
217091	Quiche Lorraine						Indiv	120g	1	24
217092	Cheese & Onion Quiche				•		Indiv	120g	1	24

What makes our Texture Modified meals better:

- Developed to be suitable for use with the IDDSI framework
- Developed by experienced chefs alongside a dedicated dietitian and nutritionist
- Food holds its shape after cooking so looks appetising
- Every meal is nutritionally balanced
- No bacterial risk from blending equipment and handling
- Consistent textures and particle size

Reducing risk

We've developed consistent textures that reduce the risk of choking and aspiration pneumonia.

Preventing malnutrition


Our carefully devised menu means that everyone receives a great meal and the right nutrition too.

Whetting the appetite

Our meals have been created to not only taste great but look great too, making meal times something to look forward to again.

Special Diet Products



Individual Texture-Modified Meals (Served in CPET trays)



Level 4

Product code	Product	Dietary Information					Pack size	Average weight per unit	Recommended portions	Units per case
		LF	LS	GF	V	ED				

Level 4 Puréed Meals

217360	Cottage Pie 			•		•	Indiv	430g	1	12
217362	Beef Stew			•		•	Indiv	480g	1	12
217363	Beef & Gravy			•		•	Indiv	480g	1	12
217367	Fish in Creamy Sauce		•			•	Indiv	480g	1	12
217368	Salmon Supreme			•		•	Indiv	480g	1	12
217371	Chicken Curry						Indiv	480g	1	12
217372	Chicken & Gravy			•			Indiv	480g	1	12
217373	Chicken & Vegetable Casserole			•			Indiv	480g	1	12
217378	Pork & Apple Casserole		•	•		•	Indiv	480g	1	12
217383	Shepherds Pie 			•		•	Indiv	430g	1	12
217384	Beef Grillsteak			•		•	Indiv	480g	1	12
217353	Turkey in Gravy			•		•	Indiv	480g	1	12
217390	Macaroni Cheese				•	•	Indiv	480g	1	12
217392	Mediterranean Vegetable Pasta				••		Indiv	480g	1	12
217394	Vegetable Curry		•		••		Indiv	480g	1	12
217396	Cheese Omelette		•	•	•	•	Indiv	480g	1	12

Level 4 Puréed Hot Desserts

217042	Hot Chocolate Cake		•		•		Indiv	120g	1	24
217043	Hot Apple Cake		•		•		Indiv	120g	1	24
217134	Bakewell Sponge with Custard				•		Indiv	155g	1	24
217139	Rice Pudding	•	•	•	•		Indiv	155g	1	24
217160	Summer Fruit Pie with Custard		•		•		Indiv	160g	1	24
217161	Lemon Sponge with Lemon Sauce		•		•		Indiv	155g	1	24
217165	Sticky Toffee Pudding & Custard			•	•		Indiv	155g	1	24
217166	Eve's Pudding & Custard		•	•	•		Indiv	155g	1	24
217167	Summer Fruit Sponge & Custard		•	•	•		Indiv	155g	1	24
217171	Apple Pie with Custard		•		•		Indiv	155g	1	24

Level 4 Puréed Cold Desserts

292123	Coffee Dessert		•	•	•		Indiv	77g	1	27
292124	Chocolate Mousse		•	•	•		Indiv	65g	1	18
292125	Strawberry Mousse		•	•	•		Indiv	65g	1	18



Level 4

Product code	Product	Dietary Information					Pack size	Average weight per unit	Recommended portions	Units per case
		LF	LS	GF	V	ED				

Level 4 Puréed Mixer Packs

217756	Puréed Mixer Pack – Meat Dishes, includes the following:									12	
	Cottage Pie				•		•	Indiv	430g	1	1
	Beef Grillsteak				•		•	Indiv	480g	1	1
	Beef Stew				•		•	Indiv	480g	1	1
	Beef & Gravy				•		•	Indiv	480g	1	2
	Chicken Curry							Indiv	480g	1	1
	Chicken & Vegetable Casserole				•			Indiv	480g	1	1
	Chicken & Gravy				•			Indiv	480g	1	2
	Pork & Apple Casserole			•	•		•	Indiv	480g	1	2
	Shepherds Pie				•		•	Indiv	430g	1	1

217757	Puréed Mixer Pack – Vegetarian & Fish Dishes, includes the following:									12	
	Macaroni Cheese				•		•	Indiv	480g	1	2
	Mediterranean Vegetable Pasta						••	Indiv	480g	1	2
	Vegetable Curry			•			••	Indiv	480g	1	2
	Cheese Omelette			•	•		•	Indiv	480g	1	2
	Fish in Creamy Sauce			•			•	Indiv	480g	1	2
	Salmon Supreme			•			•	Indiv	480g	1	2

217758	Puréed Desserts Mixer Packs, includes the following:									12	
	Bakewell Sponge with Custard				•			Indiv	155g	1	2
	Summer Fruit Pie with Custard			•			•	Indiv	160g	1	2
	Lemon Sponge with Lemon Sauce			•			•	Indiv	155g	1	2
	Sticky Toffee Pudding with Custard			•	•			Indiv	155g	1	2
	Rice Pudding		•	•	•		•	Indiv	155g	1	2
	Apple Pie with Custard			•			•	Indiv	155g	1	2



217165 Sticky Toffee Pudding

Purée Petite

Smaller meals, BIG on nutrition
Great appearance, delicious
taste and a choice of 25 meals
to make mealtimes more
manageable.

40%
smaller
portion
sizes*

500+
calories
per
serving

15g+
protein
per
serving








Special Diet Products

Individual Texture-Modified Meals (Served in CPET trays)

Product code	Product	Dietary Information					Pack size	Average weight per unit	Recommended portions	Units per case
		LF	LS	GF	V	ED				

Level 4 Puréed Petite

217022	Beef Chilli					•	Indiv	275g	1	12
217023	Sweet & Sour Chicken					•	Indiv	275g	1	12
217024	Chicken Tikka Masala			•		•	Indiv	275g	1	12
217056	Chicken & Gravy			•		•	Indiv	275g	1	12
217046	Chicken & Vegetable Casserole			•		•	Indiv	275g	1	12
217058	Chicken Chasseur			•		•	Indiv	275g	1	12
217026	Turkey in Gravy			•		•	Indiv	275g	1	12
217064	Cheese and Onion Bake 					•	Indiv	275g	1	12
217049	Vegetable and Bean Casserole			•	••	•	Indiv	275g	1	12
217094	All Day Breakfast			•		•	Indiv	275g	1	12
217096	All Day Vegetarian Breakfast					•	Indiv	275g	1	12
217047	Salmon Fillet 			•		•	Indiv	275g	1	12
217048	Lamb Chop			•		•	Indiv	275g	1	12
217075	Steak Casserole			•		•	Indiv	275g	1	12
217077	Chicken & White Wine Casserole			•		•	Indiv	275g	1	12
217095	Vegetarian Sausage & Mash				••	•	Indiv	275g	1	12
217097	Sausage & Mash			•		•	Indiv	275g	1	12
217080	Tomato & Basil Pasta				••	•	Indiv	275g	1	12
217082	Pork & Gravy			•		•	Indiv	275g	1	12
217083	Beef & Gravy			•		•	Indiv	275g	1	12
217025	Pork Grillsteak 			•		•	Indiv	275g	1	12
217086	Lamb & Gravy			•		•	Indiv	275g	1	12
217098	Fish & Chips 					•	Indiv	275g	1	12
217093	Steak & Chips 					•	Indiv	275g	1	12
217099	Omelette, Chips & Beans					•	Indiv	275g	1	12

Smaller portion

big nutrition

Whatever the texture or portion size we really focus on flavour and nutrition. No one else has put more time and effort into creating dishes that taste delicious and meet a wide range of dietary needs.

All our meals are created in accordance with the latest NHS standards and guidance.*

We're delighted to announce an exciting new development from our kitchens; selected dishes from our Purée Petite range are now lightly browned on top- so they look even better whilst having the same great taste and texture.

Phil Rimmer, apetito Head Chef



*idssi.org



OVEN COOK ONLY

•• Indicates meals suitable for a vegan diet.

Special Diet Products

Individual Minced & Moist Meals (Served in CPET trays)



Product code	Product	Dietary Information					Pack size	Average weight per unit	Recommended portions	Units per case
		LF	LS	GF	V	ED				

Level 5 Minced & Moist Meals

217101	Rich Beef Stew			•			Indiv	400g	1	12
217103	Fish in Mornay Sauce			•		•	Indiv	410g	1	12
217104	Salmon Supreme		•	•			Indiv	400g	1	12
217105	Chicken Curry		•	•		•	Indiv	410g	1	12
217106	Chicken in Rich Gravy	•		•			Indiv	410g	1	12
217107	Chicken & Vegetable Casserole			•		•	Indiv	400g	1	12
217108	Pork Casserole		•	•		•	Indiv	400g	1	12
217109	Sausages in Onion Gravy		•	•		•	Indiv	400g	1	12
217111	Lamb Stew			•			Indiv	400g	1	12
217112	Macaroni Cheese				•		Indiv	410g	1	12
217115	Mediterranean Vegetables		•		••		Indiv	410g	1	12
217117	Cheesy Potato Bake				•		Indiv	400g	1	12
217119	Cottage Pie			•			Indiv	425g	1	12
217124	Vegetable & Lentil Casserole		•		••	•	Indiv	400g	1	12
217127	Turkey in Gravy			•			Indiv	400g	1	12
217202	Creamy Chicken Pie			•			Indiv	425g	1	12
217203	Fishermans Pie		•	•		•	Indiv	435g	1	12
217204	Pasta Bolognese						Indiv	410g	1	12
217209	Cod in Parsley Sauce						Indiv	400g	1	10
217210	Beef Grillsteak						Indiv	380g	1	10
217211	Beef in Gravy			•			Indiv	370g	1	10
217212	Salmon in Dill Sauce		•	•			Indiv	370g	1	10
217213	Vegetable & West Country Cheddar Cheese Bake			•	•	•	Indiv	380g	1	10

Level 5 Minced & Moist Mixer Packs

217760	Mixer Pack – Meat Dishes, includes the following:									12
	Rich Beef Stew			•			Indiv	400g	1	2
	Chicken Curry		•	•		•	Indiv	410g	1	1
	Chicken in Rich Gravy	•		•			Indiv	410g	1	2
	Pork Casserole		•	•		•	Indiv	400g	1	2
	Lamb Stew			•			Indiv	400g	1	1
	Chicken & Vegetable Casserole			•		•	Indiv	400g	1	2
	Sausages in Onion Gravy		•	•		•	Indiv	400g	1	2

217761	Mixer Pack – Vegetarian & Fish Dishes, includes the following:									12
	Mediterranean Vegetables		•		••		Indiv	410g	1	3
	Cheesy Potato Bake				•		Indiv	400g	1	3
	Fish in Mornay Sauce			•		•	Indiv	410g	1	3
	Salmon Supreme		•	•			Indiv	400g	1	3

Individual Soft and Bite Sized Meals (Served in CPET trays)

Level 6

Product code	Product	Dietary Information					Pack size	Average weight per unit	Recommended portions	Units per case
		LF	LS	GF	V	ED				

Level 6 Soft and Bite Sized Meals

217310	Cottage Pie			•			Indiv	440g	1	12
217311	Vegetable Hotpot	•			•		Indiv	400g	1	12
217312	Fish Pie			•		•	Indiv	460g	1	12
217313	Beef Hotpot			•		•	Indiv	395g	1	12
217317	Cheese & Onion Pie				•	•	Indiv	450g	1	12
217318	Salmon Supreme		•	•		•	Indiv	440g	1	12
217320	Shepherds Pie			•			Indiv	440g	1	12
217321	Beef in Gravy		•	•			Indiv	415g	1	12
217322	Chicken in Gravy			•			Indiv	380g	1	12
217323	Cauliflower & Broccoli Cheese Pie		•	•	•		Indiv	470g	1	12
217324	Pork in Gravy		•	•			Indiv	425g	1	12
217325	Creamy Chicken Pie			•			Indiv	415g	1	12
217326	Chicken & Vegetable Casserole			•		•	Indiv	410g	1	12
217327	Sausage Casserole					•	Indiv	410g	1	12
217328	Vegetable & Lentil Casserole		•		•	•	Indiv	415g	1	12
217329	Vegetable Curry			•	••	•	Indiv	450g	1	12

Level 6 Soft and Bite Sized Desserts

217820	Lemon Sponge		•		•		Indiv	150g	1	24
217821	Sticky Toffee Pudding & Custard				•	•	Indiv	150g	1	24
217822	Coconut Sponge with Summer Fruit		•		•	•	Indiv	150g	1	24
217765	Level 6 Dessert Mixer Pack containing 8 of each of the above									24

Finger Food

297907	Chicken Goujons						Indiv	316g	1	10
297908	Chicken Fillets & Stuffing		•	•			Indiv	300g	1	10
297909	Pork Meatballs						Indiv	310g	1	10
297910	Chipolatas						Indiv	280g	1	10
297911	Fish Goujons						Indiv	290g	1	10
297912	Omelettes		•	•	•		Indiv	285g	1	10

217820 Lemon Sponge



217821 Sticky Toffee Pudding



Special Diet Products

Individual Meals (Served in CPET trays)

Product code	Product	Dietary Information					Pack size	Average weight per unit	Recommended portions	Units per case
		LF	LS	GF	V	ED				
298190	Roast Beef in Gravy	•		•			Indiv	390g	1	12
298191	Chilli Con Carne	•		•			Indiv	350g	1	12
297315	Steak & Mushroom Casserole	•	•	•			Indiv	410g	1	10
297360	Pork in Gravy	•		•			Indiv	405g	1	10
298192	Roast Chicken in Gravy	•	•	•			Indiv	370g	1	12
298193	Chicken , Bacon & Thyme Hotpot		•	•			Indiv	360g	1	12
298194	Sweet & Sour Chicken	•		•			Indiv	415g	1	12
298195	Lamb Tagine			•			Indiv	380g	1	12
298199	Roast Lamb in Minty Gravy			•			Indiv	370g	1	12
298196	Provençale Vegetable Bake	•	•	•	••		Indiv	435g	1	12
298198	Spicy Bean Casserole	•	•	•	••		Indiv	395g	1	12

All meals in this range are Free from all the main 14 allergens



Additionally they are made without onion and garlic and great care is taken to exclude these ingredients totally, although occasionally through scientific analysis very small traces may be detected.



Mini Meals Extra

Mini Meals Extra

500 calories | 20g protein*

Mini Meals Extra are ideal for those with reduced appetites including:

- Those living with dementia
- Those that need to maintain or put on weight
- Those that need nourishment after treatment

Our Mini Meals Extra dishes may be small but they are energy dense, containing 500 calories and at least 20g of essential protein per meals, to help towards meeting a variety of nutritional needs and preventing malnutrition.

Product code	Product	Dietary Information					Pack size	Average weight per unit	Recommended portions	Units per case	
		LF	LS	GF	V	ED					
Beef dishes											
291589	Corned Beef Hash			•		•	Indiv	280g	1	12	
291592	Beef Stroganoff		•	•		•	Indiv	300g	1	16	
Poultry dishes											
291578	Chicken Hotpot		•	•		•	Indiv	300g	1	12	
291579	Chicken Biryani		•			•	Indiv	300g	1	12	
Pork dishes											
291584	Pasta Carbonara					•	Indiv	290g	1	12	
291587	Ham & Leek Bake			•		•	Indiv	285g	1	12	
Fish dishes											
291580	Fish Hotpot		•	•		•	Indiv	290g	1	12	
291583	Salmon Bake			•		•	Indiv	290g	1	12	
Vegetarian dishes											
291577	West Country Cheddar Macaroni Cheese					•	•	Indiv	290g	1	12
291597	Cheese & Potato Bake			•	•	•	Indiv	300g	1	12	



"It's so important that meals are nutritious... but also look and taste great as well as being a manageable portion size."

Kelly Fortune, apetito registered nutritionist

Ethnic Meals





Kosher Meals

Manufactured by Hermolis

Product code	Product	Dietary Information					Pack size	Average weight per unit	Recommended portions	Units per case
		LF	LS	GF	V	ED				
256101	Roast Chicken in Gravy	•					Indiv	480g	1	10
256102	Chicken Schnitzel					•	Indiv	455g	1	10
256103	Sliced Beef in Gravy		•			•	Indiv	480g	1	10
256104	Beef Goulash		•			•	Indiv	490g	1	10
256105	Sliced Lamb					•	Indiv	500g	1	10
256106	Shepherds Pie						Indiv	480g	1	10
256108	Fried Haddock						Indiv	410g	1	10
256109	Fried Cod						Indiv	400g	1	10
256110	Grilled Plaice	•					Indiv	465g	1	10
256113	Tomato Omelette				•		Indiv	475g	1	10
256114	Spaghetti Neapolitan	•	•		•		Indiv	575g	1	10
256130	Spaghetti Bolognaise					•	Indiv	590g	1	10

Kosher Meal Mixer Pack

256190	Kosher Meal Mixer Pack	Contains one of each of the above meals with the exception of Fried Haddock & Fried Cod x2							14
--------	------------------------	--	--	--	--	--	--	--	----



Kosher Desserts

Manufactured by Hermolis

Product code	Product	Dietary Information					Pack size	Average weight per unit	Recommended portions	Units per case
		LF	LS	GF	V	ED				
256212	Orange Caramel	•	•	•	••		Indiv	250g	1	40
256214	Apple Strudel		•		•		Indiv	50g	1	40
256218	Florida Fruit Cocktail	•	•	•	••		Indiv	250g	1	40
256219	Peaches & Pears	•	•	•	••		Indiv	150g	1	40
256220	Honey Cake		•		•		Indiv	80g	1	40
256221	Lemon Sponge Cake				•		Indiv	40g	1	40

Kosher Dessert Mixer Pack

256290	Kosher Dessert Mixer Pack, includes the following:							14		
	Orange Caramel	•	•	•	••		Indiv	250g	1	3
	Apple Strudel		•		•		Indiv	50g	1	3
	Florida Fruit Cocktail	•	•	•	••		Indiv	250g	1	2
	Honey Cake		•		•		Indiv	80g	1	3
	Lemon Sponge Cake				•		Indiv	40g	1	3

Ethnic Individual Meals



Caribbean & West Indian Meals

Manufactured by Blue Mountain Foods

Product code	Product	Dietary Information					Pack size	Average weight per unit	Recommended portions	Units per case
		LF	LS	GF	V	ED				
256301	Spicy Fried Chicken, Rice & Red Kidney Beans					•	Indiv	360g	1	12
256302	Chicken Curry & White Rice					•	Indiv	360g	1	12
256303	Brown Stew Chicken, Rice & Red Kidney Beans	•					Indiv	360g	1	12
256304	Brown Stew Lamb, Rice & Red Kidney Beans					•	Indiv	360g	1	12
256305	Mutton Curry & White Rice					•	Indiv	360g	1	12
256306	Jerk Chicken & Rice					•	Indiv	360g	1	12
256307	Ackees, Saltfish & White Rice			•		•	Indiv	360g	1	12
256308	Callaloo, Saltfish & White Rice			•		•	Indiv	360g	1	12
256309	Fried Hake Fish & White Rice					•	Indiv	360g	1	12
256310	Steamed Coley Fish & White Rice	•		•			Indiv	360g	1	12
256311	Ackees, Saltfish, Yam & Sweet Potato			•		•	Indiv	360g	1	12
256312	Callaloo, Saltfish, Yam & Sweet Potato			•		•	Indiv	360g	1	12
256314	Brown Stew Beef, Yam, Banana & Sweet Potato	•					Indiv	360g	1	12
256315	Fried Red Snapper Fish, Yam & Sweet Potato	•					Indiv	360g	1	12

Caribbean & West Indian Mixer Pack

256390	Caribbean & West Indian Mixer Pack	Contains one of each of the above meals							14
--------	------------------------------------	---	--	--	--	--	--	--	----





Asian Halal Meals

Manufactured by Raj Foods

Product code	Product	Dietary Information					Pack size	Average weight per unit	Recommended portions	Units per case
		LF	LS	GF	V	ED				
256601	Masala Gosht & Mixed Dal with Basmati Rice	•		•			Indiv	370g	1	12
256602	Chicken Dal & Kadai Vegetables with Saag Pulao	•		•			Indiv	370g	1	12
256603	Dal Gosht & Corn Peas Methi with Jeera Rice			•			Indiv	370g	1	12
256604	Chicken Saag & Rajasthani Dal with Saffron Rice	•		•			Indiv	370g	1	12
256605	Keema Matar & Saag Alu with Saag Pulao			•			Indiv	370g	1	12
256606	Chicken Tikka Masala & Rajasthani Dal with Saffron Rice	•		•			Indiv	370g	1	12
256607	Coconut Fish & Saag Chhole with Pulao Rice	•		•			Indiv	370g	1	12
256608	Chicken Pepper & Whole Moong Dal with Jeera Rice	•		•			Indiv	370g	1	12
256609	Alu Gosht & Rajasthani Dal with Saffron Rice	•		•			Indiv	370g	1	12
256610	Keema Chana & Aubergine Potato with Pulao Rice			•			Indiv	370g	1	12
256611	Murgh Masala & Alu Gobi with Jeera Rice	•		•			Indiv	370g	1	12
256612	Saag Gosht & Chana Dal with Basmati Rice			•			Indiv	370g	1	12
256613	Chicken Coconut & Mixed Dal with Basmati Rice			•			Indiv	370g	1	12
256614	Fish Curry & Split Masoor Dal with Saag Pulao	•		•			Indiv	370g	1	12
256615	Mutton with Red Kidney Beans & Alu Matar with Basmati Rice			•			Indiv	370g	1	12
256616	Chicken with Green Beans & Rajasthani Dal with Saffron Rice	•		•			Indiv	370g	1	12
256617	Gobi Gosht & Masala Chhole with Pulao Rice	•		•			Indiv	370g	1	12
256618	Minced Mutton Cabbage & Split Masoor with Saag Pulao			•		•	Indiv	370g	1	12
256619	Karai Gosht & Teen Dal with Jeera Rice	•		•			Indiv	370g	1	12
256620	Keema Alu & Whole Moong Dal with Jeera Rice			•			Indiv	370g	1	12
256621	Chicken with Chhole & Aubergine Potato with Pulao Rice	•		•			Indiv	370g	1	12

Ethnic Individual Meals



Asian Halal Vegetarian Meals

Manufactured by Raj Foods

Product code	Product	Dietary Information					Pack size	Average weight per unit	Recommended portions	Units per case
		LF	LS	GF	V	ED				
256622	Alu Brinjal Peas & Chana Dal with Plain Basmati Rice		Indiv	370g	1	12
256623	Alu Gobi & Rajasthani Dal with Saffron Rice		Indiv	370g	1	12
256624	Cabbage Peas & Rajasthani Dal with Saffron Rice		Indiv	370g	1	12
256625	Methi Paneer & Mixed Dal with Plain Basmati Rice			.	.		Indiv	370g	1	12
256626	Saag Alu & Split Masoor Dal with Saag Pulao		Indiv	370g	1	12
256627	Corn Peas, Potato & Chana Dal with Basmati Rice		Indiv	370g	1	12
256628	Mixed Capsicum Potato & Whole Moong Dal with Jeera Rice		Indiv	370g	1	12
256629	Alu Matar & Chana Dal with Basmati Rice		Indiv	370g	1	12
256630	Alu Sem & Mixed Dal with Plain Basmati Rice		Indiv	370g	1	12
256631	Kadai Vegetables & Kala Chana with Saag Pulao	.		.	.		Indiv	370g	1	12
256632	Aubergine Kala Chana & Teen Dal with Jeera Rice		Indiv	370g	1	12
256633	Cabbage Potato & Chhole-Spinach with Pulao Rice		Indiv	370g	1	12
256634	Gobi Brinjal Kala Chana & Split Masoor Dal with Saag Pulao		Indiv	370g	1	12
256635	Corn, Peas, Methi & Rajasthani Dal with Saffron Rice	.		.	.		Indiv	370g	1	12
256636	Alu Gobi & Kadhi with Khichadi			.	.		Indiv	430g	1	12
256637	Aubergine Peas with Toor Dal & Basmati Rice		Indiv	430g	1	12
256638	Tindoora with Whole Moong Dal & Basmati Rice		Indiv	430g	1	12
256639	Dudhi Chana with Kadhi & Khichadi			.	.	.	Indiv	430g	1	12
256640	Cauliflower Peas with Toor Dal & Basmati Rice		Indiv	430g	1	12
256641	Turia with Whole Moong Dal & Basmati Rice		Indiv	430g	1	12
256642	Aubergine Potato with Kadhi & Khichadi			.	.		Indiv	430g	1	12

Customer services helpline 0870 60 50 293



apetito Ltd. Canal Road, Trowbridge, Wiltshire, BA14 8RJ
T. 01225 753636 F. 01225 777084 www.apetito.co.uk

This brochure is intended to provide general information about our products and services. You should always seek further advice on any particular issue or requirement you might have. Whilst we make every effort to ensure the accuracy of the information contained in this brochure, we do not accept any responsibility for any inaccuracies or errors which might be contained in it.