Product List 2023/24



Community Meals



Great food, setting the standard

Here at apetito, we cater for some of society's most vulnerable with specialist meals that can make a real difference.

Our recipes are designed by our in-house Chefs and Dietitians, using the most sustainable ingredients, to suit different dietary requirements and preferences. We then consider how every meal is served to enhance appetite appeal and well-being.

For over 60 years, our apetito and Wiltshire Farm Foods family have been making mealtimes matter in health and social care catering.

We create remarkable meals with only the best ingredients, conveniently frozen to capture all the goodness.

We operate with the utmost respect and care for our employees, our partners, and our planet.



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Individual Portions

(packed in cases)

Individual Portions packed in cases



Joups	(Served in CPE	T Trays)									
	Product	Pack	Average weight	Units	Dietary Info						
Product	code	code size		per crate	LF	LS	GF	V	ED		
Scotch Broth	291013	Indiv	170g	24	•			• •			
Leek & Potato Soup	291014	Indiv	170g	24					•		
Pea & Ham Soup	291015	Indiv	170g	24	•		•		•		
Vegetable Soup	291020	Indiv	170g	24	•		•	0			
Cream of Mushroom Soup	291021	Indiv	170g	24			•	0	•		
Tomato Soup	291019	Indiv	170g	24			•	0	•		
Chicken Soup	291009	Indiv	170g	24			•		•		
Lentil Soup	291029	Indiv	170g	24	•		•	• •	•		



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Desident	Product	Pack	Average	Units		Die	tary	Info	
Product	code	size	size weight per unit		LF	LS	GF	V	ED
Beef									
Beef with Roast Potatoes with peas, carrots and gravy	218229	Indiv	350g	24	•		•		
Beef Lasagne with carrots and peas	218204	Indiv	321g	24					
Beef Stew & Dumpling with mashed potato, cauliflower and green beans	218205	Indiv	350g	24					
Cottage Pie with carrots, swede and green beans	218208	Indiv	385g	24			•		
Savoury Minced Beef with mashed potato, carrots and swede	218209	Indiv	360g	24			•		
Steak & Kidney Pie with mashed potato, swede and carrots	218211	Indiv	340g	24		•			•
Steak & Mushroom Casserole with mashed potato, peas and swede	218212	Indiv	310g	24			•		
Beef & Ale Pie with boiled potatoes, carrots and peas	218213	Indiv	340g	24		•			•
Braised Steak with mashed potato and green beans	218214	Indiv	320g	24			•		
Corned Beef Hash with cauliflower, green beans and fried diced potato	218220	Indiv	370g	24			•		
Beef Hotpot with mashed potato, carrots and green beans	218221	Indiv	370g	24		•	•		
Minced Beef & Onion Pie with boiled potatoes, peas and carrots	218227	Indiv	360g	24					•
Lamb & Mutton									
Lamb & Vegetable Casserole with mashed potato, mashed carrot and green beans	218239	Indiv	310g	24			•		
Lancashire Hotpot with carrots and swede	218240	Indiv	340g	24			•		
Irish Stew with mashed potato, green beans and swede	218241	Indiv	345g	24					
Minted Lamb & Dumpling with mashed potato, mashed carrot and swede	218242	Indiv	369g	24					
Shepherds Pie with peas and carrots	218245	Indiv	320g	24			•		
Lamb & Potato Curry with white rice and coriander	218246	Indiv	310g	24		٠	•		
Lamb in Gravy with mashed potato, roast potatoes, carrots and green beans	218247	Indiv	370g	24			•		

Product	Pack	Average	Units		Die	tary	Info	
code	size		per case	LF	LS	GF	V	ED
		per unic						
218229	Indiv	350g	24	•		•		
218204	Indiv	321g	24					
and 218205	Indiv	350g	24					
218208	Indiv	385g	24			•		
218209	Indiv	360g	24			•		
ts 218211	Indiv	340g	24		•			•
and 218212	Indiv	310g	24			•		
218213	Indiv	340g	24		•			•
218214	Indiv	320g	24			•		
218220	Indiv	370g	24			•		
s 218221	Indiv	370g	24		•	•		
218227	Indiv	360g	24					•
d 218239	Indiv	310g	24			•		
218240	Indiv	340g	24			•		
218241	Indiv	345g	24					
218242	Indiv	369g	24					
218245	Indiv	320g	24			•		
218246	Indiv	310g	24		•	•		
ts 218247	Indiv	370g	24			•		
	218229 218204 218204 218204 218205 218208 218208 218209 218211 218213 218213 218214 218220 218221 218221 218223 218224 218241 218241 218245 218245 218245	code size code size code size 218229 Indiv 218204 Indiv and 218205 Indiv and 218208 Indiv and 218209 Indiv and 218209 Indiv and 218210 Indiv and 218212 Indiv and 218213 Indiv and 218214 Indiv and 218213 Indiv and 218220 Indiv and 218221 Indiv and 218227 Indiv and 218239 Indiv and 218240 Indiv and 218241 Indiv and 218245 Indiv and 218245 Indiv	Product codePack sizeweight per unit200218229Indiv350g218204Indiv321gand218205Indiv385g218208Indiv385g218209Indiv360gand218210Indiv340gand218212Indiv310gand218213Indiv320gand218214Indiv320gand218213Indiv370gand218220Indiv370gand218221Indiv370gand218227Indiv310gand218239Indiv340gand218240Indiv340gand218241Indiv340gand218242Indiv340gand218245Indiv340gand218245Indiv340gand218245Indiv340gand218245Indiv340gand218245Indiv340gand218245Indiv340gand218245Indiv340gand218245Indiv320gand218245Indiv320gand218245Indiv310g	Product codePack sizeweight per unitOutris per case218229Indiv $350g$ 24 218204Indiv $321g$ 24 and 218204 Indiv $350g$ 24 218205Indiv $350g$ 24 and 218205 Indiv $385g$ 24 218209Indiv $385g$ 24 and 218209 Indiv $360g$ 24 and 218211 Indiv $340g$ 24 and 218212 Indiv $310g$ 24 and 218214 Indiv $370g$ 24 and 218220 Indiv $370g$ 24 and 218221 Indiv $360g$ 24 and 218227 Indiv $360g$ 24 and 218249 Indiv $310g$ 24 and 218240 Indiv $340g$ 24 and 218240 Indiv $320g$ 24 and 218245 Indiv $320g$ 24	Product codePack sizeweight per unitOnits per caseI218209Indiv350g244218204Indiv321g244and218205Indiv350g244218205Indiv385g244218209Indiv385g244218209Indiv360g244218210Indiv340g244218211Indiv310g244218212Indiv320g244218213Indiv370g244218214Indiv370g244218227Indiv370g244218227Indiv310g244218241Indiv340g2444218249Indiv310g2445218241Indiv340g2444218241Indiv340g2445218241Indiv340g2446218242Indiv369g2447218245Indiv360g2447218245Indiv360g2448218245Indiv360g2449218245Indiv360g2449218245Indiv360g2449218245Indiv310g244	Product code Pack size weight per unit Units per case I <thi< th=""> I</thi<>	Product code Pack size weigh per unit Ourte per case I I I G I 218229 Indiv 350g 24 • • 218229 Indiv 321g 24 • • • and 218204 Indiv 321g 24 • • 218205 Indiv 350g 244 • • • 218208 Indiv 350g 244 • • • 218209 Indiv 360g 244 • • • 218209 Indiv 360g 244 • • • 1 218209 Indiv 340g 244 • • • 1 218212 Indiv 340g 24 • • • 1 218214 Indiv 320g 24 • • • 1 218220 Indiv 360g 24 </td <td>Product codePack sizeweight per unitPer caseIFISGFVIF15GFV218229Indiv350g24</td>	Product codePack sizeweight per unitPer caseIFISGFVIF15GFV218229Indiv350g24

•• = Suitable for Vegans.

Ottage Pie: 218208

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.

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Individual Portions packed in cases

Main Meals - N	Лeat									
	Product Pack Average Units Dietary I							y Info		
Product	code	size	weight per unit	per case	LF	LS	GF	V	ED	
Poultry										
Chicken Chasseur with diced fried potato, green beans and peas	218250	Indiv	360g	24	•		•			
Chicken Breast with roast potatoes, sprouts, cauliflower, peas, carrots, stuffing and gravy	218255	Indiv	365g	24	•					
Chicken in Gravy with mashed potatoes, carrots and swede	218256	Indiv	340g	24			•			
Chicken & Mushroom Pie with mashed potato, swede, carrots and green beans	218260	Indiv	370g	24					•	
Chicken & Vegetable Pie with mashed potato, carrots and peas	218261	Indiv	370g	24		•				
Chicken Supreme with fried diced potato, carrots, peas and green beans	218262	Indiv	315g	24			•			
Chicken Curry with rice	218264	Indiv	330g	24	•		•			
Sliced Turkey with Stuffing with roast potatoes, mashed carrot and parsnip, green beans and gravy	218273	Indiv	375g	24	۰					
Chicken & Leek Hotpot with green beans and carrots	218274	Indiv	320g	24		•	•			
Lemon & Ginger Chicken with vegetable rice	218276	Indiv	350g	24			•			
Chicken & Bacon Hotpot with peas, cauliflower and carrots	218278	Indiv	330g	24	•		•			
Chicken Breast, Cheese & Bacon with boiled potato, green beans and peas	218279	Indiv	385g	24			•			
Chicken & Vegetable Casserole with mashed potato, carrots and green beans	218282	Indiv	350g	24			•			
Sweet & Sour Chicken with rice, peas and red pepper	218354	Indiv	330g	24	•		•			

Pork							
Pork in Gravy with roast and mashed potato, peas and carrots	218224	Indiv	340g	24		•	
Pork Loin & Stuffing with mashed potato and creamed cabbage	218225	Indiv	350g	24			
Creamy Pork with Peppers in a creamy white wine sauce with vegetable rice	218228	Indiv	335g	24	•	•	
Pork & Root Vegetable Casserole with boiled potatoes, cauliflower and green beans	218230	Indiv	360g	24			
Meatballs & Mushy Peas with onion gravy and chips	218232	Indiv	334g	24			
Gammon & Mushroom Pie with mashed potato, carrot, and Romano beans	218234	Indiv	390g	24			
Ham in Parsley Sauce with mashed potato, carrot, swede and green beans	218286	Indiv	370g	24		•	
Sausages in Onion Gravy with mashed potato and baked beans	218321	Indiv	355g	24			

Individual Portions packed in cases



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\bigcirc	Main Meals - N	Neat								
		Average	Average	Units		Die	tary l	nfo		
	Product	Product code	Pack size	weight per unit	per case	LF	LS	GF	V	ED
Pork (Conti	nued)									
Cumberland S and swede	ausage in gravy with mashed potato, carrots	218322	Indiv	344g	24					
Pork Steakette in onion gravy with mashed potato, carrots		218326	Indiv	340g	24			•		
Sausage Casse	erole with mashed potato and peas	218329	Indiv	380g	24					
Ham & Leek C peas	rumble with mashed potato, cauliflower and	218334	Indiv	385g	24					•
Other Meat	Dishes									
All Day Breakfa sausage and ba	ast with baked beans, hash browns, omelette, ack bacon	218318	Indiv	310g	24					
Lambs Liver in swede	Onion Gravy with mashed potato, carrots and	218323	Indiv	350g	24			•		
Haggis with m	nashed potato and mashed swede	218328	Indiv	350g	24					
Vienna Steak	with mashed potato, peas and sweetcorn	218336	Indiv	390g	24					•

Main Meals - Fish

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

All of the fish we use in our Wiltshire kitchen is sustainableas specified by the Marine Conservation Society.





Main Meals - Vegetarian

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

Mixer Packs

	Product	Pack	Average	Units	Dietary Info						
Product	code	size	weight per unit	per case	LF	LS	GF	V	ED		
Gluten Free Mixer Pack, includes the following:	217701			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			•				
Vegetarian Mixer Pack, includes the following:	217741			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



	Product	Pack	Average	Units		Die	etary I	nfo	
Product	code	size	weight per unit	per case	LF	LS	GF	V	E
Pies									
Plum & Cherry Pie with Custard	293133	Indiv	140g	24		•		•	
Blackcurrant Pie & Custard	293802	Indiv	143g	24		•		•	
Apple Pie & Custard	293800	Indiv	156g	24		•		•	
Crumbles									
Rhubarb Crumble & Custard	293127	Indiv	150g	24		•		•	
Apple Crumble & Custard	293126	Indiv	150g	24		•		•	
Apricot Crumble & Custard	293814	Indiv	165g	24		•		•	
Summer Fruit Crumble & Custard	293128	Indiv	150g	24		•		•	
Apple & Blackberry Crumble & Custard	293839	Indiv	160g	24		•		•	
Sponges									
Orange Sponge with Orange Sauce & Custard	293140	Indiv	137g	24				•	
Sultana Sponge & Custard	293138	Indiv	130g	24				•	
Lemon Sponge with Lemon Sauce & Custard	293824	Indiv	135g	24				•	
Ginger Sponge & Custard	293825	Indiv	130g	24				•	
Jam Sponge & Custard	293135	Indiv	149g	24			•	•	
Blackcurrant Sponge with Blackcurrant Compote &	293141	Indiv	135g	24			•	•	
Golden Syrup Sponge with Syrup Sauce & Custard	293134	Indiv	130g	24			•	•	
Puddings									
Bakewell Tart & Custard	293838	Indiv	142g	24		•		•	
Spotted Dick & Custard	293852	Indiv	140g	24				•	
Treacle Tart & custard	293142	Indiv	147g	24				•	
Bread & Butter Pudding & Custard	293858	Indiv	155g	24				•	
Sticky Toffee Pudding & Custard	293866	Indiv	160g	24				•	
Milk Puddings									
Rice Pudding	293830	Indiv	160g	24		•	•	•	
Rice Pudding & Apricot	293136	Indiv	180g	24	•	•	•	•	
Cooked Fruit									
Stewed Apple & Custard	293139	Indiv	160g	24			•	•	
Rice & Stewed Apple	293841	Indiv	160g	24	•	•	•		



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

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in CPET T	rays)
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Reduced Su	ugar H	-lot I	Dess	erts	(Sei	rved	in (CPE1	r Tra	ys)		
	Product	Pack	Average	Units		Die	etary	Info				
Product	code	size	weight per unit	per case	LF	LS	GF	V	ED	RS		
Individual Reduced Sugars Desserts (these can be purchased as individual units)												
Apple Pie & Custard	293900	Indiv	150g	24		•		•		•		
Blackcurrant Pie & Custard	293906	Indiv	143g	24		•		•		•		
Stewed Apple & Custard	293936	Indiv	160g	24		٠	•	•		•		
Jam Roly Poly & Custard	293928	Indiv	150g	24				•		•		
Golden Syrup Sponge & Custard	293924	Indiv	130g	24		•		•		•		
Lemon Sponge with Lemon Sauce & Custard	293925	Indiv	130g	24		•		•		•		
Sultana Sponge & Custard	293926	Indiv	130g	24		•		•		•		
Apple Crumble & Custard	293958	Indiv	150g	24		•		•	•	•		
Rhubarb Crumble & Custard	293959	Indiv	150g	24		•		•	•	•		
Apple & Blackberry Crumble & Custard	293957	Indiv	155g	24		•		•	•	•		
Bramley Apple Rice Pudding	293200	Indiv	155g	24	•	•	•	•		•		

Cold Desserts & Cakes

	Product	Pack	Average	Units		Die	tary	Info	
Product	code	size	weight per unit	per case	LF	LS	GF	V	ED
Cold Desserts and Ice Cream									
Vanilla Ice Cream 🐻	292172	Indiv	40g	36			•	•	
Vanilla Flavoured Ice Cream	292119	Indiv	50g	18		•	•	•	
Chocolate Ice Cream	292170	Indiv	40g	36			•	•	
Strawberry Ice Cream	292171	Indiv	40g	36			•	•	
Fruit Cocktail	292419	Indiv	140g	24	•	•	٠	• •	
Raspberry Dessert	292127	Indiv	77g	27		•	•	•	
Strawberry Cheesecake	292126	Indiv	94g	24				•	
Blackcurrant Cheesecake	292122	Indiv	94g	24				•	
Strawberry Trifle	292148	Indiv	105g	16		•		•	
Raspberry Trifle	292149	Indiv	105g	16		•		•	
Apricot & Peach Dessert	292128	Indiv	65g	27		•	•	•	
Coffee Dessert	292123	Indiv	77g	27		•	•	•	
Chocolate Mousse	292124	Indiv	65g	18		•	•	•	
Strawberry Mousse	292125	Indiv	65g	18		•	٠	•	
Strawberry Sundae	292120	Indiv	106g	15		•	•	•	
Caramel Sundae	292121	Indiv	106g	15		•	•	•	

	Product	Pack	Average	Units		Die	tary	Info	
Product	code	size	weight per unit	per case	LF	LS	GF	V	ED
Cakes									
Lemon Drizzle Cake	293006	Indiv	70g	20				•	
Ginger Drizzle Cake	293009	Indiv	70g	20				٠	•
Chocolate Cake	293010	Indiv	60g	20				٠	
Large Lemon Drizzle Cake	293012	3 portions	203g	10				٠	
Large Country Cake	293015	3 portions	195g	10				٠	
Large Ginger Drizzle Cake	293027	3 portions	203g	10				۰	
Large Cherry & Almond Cake	293030	3 portions	178g	10				•	
Victoria Sponge Cake	292054	16 portions	95g	1				۰	
Chocolate Sponge Cake 🏾	292055	16 portions	92g	1				۰	



Sandwiches

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

Savoury Pastries (11)

	Product	Pack	Average weight	Units	Dietary Info							
Product	code	size	weight per unit	per case	LF	LS	GF	V	ED			
Steak Slice	214100	Indiv	175g	26								
Chicken & Mushroom Slice	214101	Indiv	174g	26								
Traditional Pasty	214104	Indiv	195g	22								
Potato, Cheese & Onion Pasty	214105	Indiv	115g	36				٠				
7" Premium Sausage Roll	214106	Indiv	135g	48								
Bacon & Cheese Turnover	214107	Indiv	125g	30								

Multi and **Twin Portions** (packed in crates) A huge selection of mains, soups, sides and desserts – created to

sustain and nourish.

Breakfast

	Product	Pack	Average	Recommended	Units		[Dieta	ry Inf	0	
Product	code	size	weight per unit	portions	per crate	GF	V	VV	ED	•	
Cooked Sausages	324607	Large	480g	6	15						
Cooked Bacon	324615	Large	320g	8	15	•					
Porridge	324680	Large	1200g	8	15		•	•			•
Creamy Porridge	324681	Large	1200g	8	15		•				•
Scrambled Eggs	324720	Large	960g	8	15						
Scrambled Eggs	328720	Small	240g	2	40	•	•				
Hash Browns	324928	Large	480g	6	15						
Hash Browns	328928	Small	160g	2	40		•	•			
Dalvad Daama	324769	Large	1200g	12	15						
Baked Beans	328769	Small	300g	3	40	•	•	•			•

Accom	pani	imer	nts								
	Product	Pack	Average	Recommended	Units		D	Dietar	y Info)	
Product	code	size	weight per unit	portions	per crate	GF	V	VV	ED	٠	EC
Yorkshire Puddings	255100	Bag	450g	25	4*		•				
Crown	324777	Large	1000g	10	15						
Gravy	328777	Small	375g	3	40	•	•	•			•
Sage & Onion Stuffing	328792	Small	480g	8	40		•				•

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



Soups											
	Product	Pack	Average	Recommended	Units		[Dieta	ry Inf	0	
Product	code	size	weight per unit	portions	per crate	GF	V	VV	ED	•	EC
Minostwana Caus	324647	Large	1120g	8	15						
Minestrone Soup	328647	Small	420g	3	40		•	•			·
Cartal Durth	324648	Large	1120g	8	15						
Scotch Broth	328648	Small	420g	3	40		•	•			•
	324652	Large	1120g	8	15						
Carrot & Coriander Soup	328652	Small	420g	3	40	•	•				•
Nourishing Soups: Multi porti	on soups co	ontaining a	a minimur	n 100kcals and 3	g protein	per	por	tion			
	324649	Large	1200g	8	15						
Pea & Ham Soup	328649	Small	450g	3	40	•			•		•
	324655	Large	1120g	8	15						
Mushroom Soup	328655	Small	420g	3	40	•	•		•		•
	324656	Large	1200g	8	15						
Tomato Soup	328656	Small	450g	3	40	•	•		•		•
	324657	Large	1120g	8	15						
Leek & Potato Soup	328657	Small	420g	3	40		•		•		•
	324662	Large	1200g	8	15						
Cream of Chicken Soup	328662	Small	450g	3	40	•			•		•
	324673	Large	1200g	8	15						
Vegetable Soup	328673	Small	450g	3	40	•	•	•	•		•
	324676	Large	1120g	8	15						
Red Lentil Broth	328676	Small	420g	3	40	•	•	•	•		•
	324677	Large	1200g	8	15						
Tomato, Red Pepper & Lentil Soup	328677	Small	450g	3	40	•	•	•	•		•
	324645	Large	1200g	8	15						
Chicken & Vegetable Soup	328645	Small	450g	3	40	•			•		
Dutterment Coursels Course	324646	Large	1200g	8	15						
Butternut Squash Soup	328646	Small	450g	3	40		•		•		•
Fortified Soups: Individual por	tion soups	containin	g a minim	um 200kcals and	d 7g prote	in					
Pea & Ham Soup	217143	1	180g	1	30				•		•
Chicken Soup	217144	1	180g	1	30	•			•		•
Cheesey Leek & Potato Soup	217145	1	180g	1	30		•		•		•
Tomato & Lentil Soup	217162	1	180g	1	30	•	•		•		•



	Duchurt	Da -l-	Average	Decementaria	Units		C	Dieta	ry In	fo	
Product	Product code	Pack size	weight per unit	Recommended portions	per crate	GF	V	VV	ED	٠	EC
Beef								_			
Roast Beef in Gravy	324100	Large	1260g	8	15						
Roast beer in Glavy	328100	Small	340g	2	40					Ť	
Pooflacagna	324101	Large	1600g	8	12						
Beef Lasagne	328101	Small	400g	2	40				•		
Beef Casserole	324103	Large	1440g	8	15						
Beel Casserole	328103	Small	360g	2	40	•				•	
Chilli Con Carne	324105	Large	1360g	8	15						
Chilli Con Carne	328105	Small	340g	2	40	•				•	
Min and David Hada at	324112	Large	1410g	6	15						
Minced Beef Hotpot	328112	Small	470g	2	40	•				•	•
C 11 D'	324114	Large	1600g	8	12						
Cottage Pie	328114	Small	445g	2	40	•				•	•
	324115	Large	1360g	6	15						
Beef Bolognaise with Pasta	328115	Small	450g	2	40	1				•	
	324119	Large	1500g	6	15						
Corned Beef Hash	328119	Small	500g	2	40	•			•		•
	324130	Large	1353g	8	15						
Baked Steak & Mushroom Pie	328130	Small	352g	2	40				•		
	324133	Large	1300g	6	15						
Steak Pie with Flaky Pastry Top	328133	Small	440g	2	40				•		
	324136	Large	1600g	8	12						
Cumberland Pie	328136	Small	440g	2	40					•	•
	324138	Large	1320g	8	15						
Savoury Minced Beef	328138	Small	330g	2	40	•				•	•
Deef Channell	324144	Large	1440g	8	12						
Beef Stew & Dumplings	328144	Small	360g	2	40	1					
	324145	Large	1466g	8	15						
Suet Topped Steak & Potato Pie	328145	Small	368g	2	40	1			•		
	324146	Large	1200g	10	15						
Beef Bolognaise Sauce	328146	Small	480g	4	40	•				•	•

Main	Meals	s — N	Лeat								
			Average				C	Dieta	rv In	fo	
Product	Product code	Pack size	weight per unit	Recommended portions	Units per crate	GF	V		ED	٠	EC
Poultry											
Sliged Turkey in Crown	324402	Large	1360g	8	15						
Sliced Turkey in Gravy	328402	Small	340g	2	40	•				•	
weet & Sour Chicken	324410	Large	1360g	8	15						
weet & Sour Chicken	328410	Small	340g	2	40	•				•	
hiskon Chasseur	324411	Large	1360g	8	15						
Chicken Chasseur	328411	Small	340g	2	40	•				•	
Thiston Curry	324423	Large	1360g	8	15						
Chicken Curry	328423	Small	340g	2	40	•				•	•
	324426	Large	1200g	6	15						
oast Chicken Breasts in Gravy	328426	Small	400g	2	40	•				•	
	324429	Large	1400g	8	15						
hicken & Vegetable Casserole	328429	Small	355g	2	40	•				•	
	324433	Large	1600g	8	12						
hicken, Cheese & Bacon Bake	328433	Small	400g	2	40	•			•		
	324434	Large	1600g	8	12						
otato Topped Chicken Pie	328434	Small	400g	2	40	•			٠		•
hicken & Ham Pie with Flaky	324437	Large	1428g	8	15						
astry Top	328437	Small	335g	2	40					٠	
	324440	Large	702g	6	15						
hicken Goujons	328440	Small	234g	2	40						
	324445	Large	1360g	8	12						
liced Chicken in Gravy	328445	Small		2	40	•				•	
			340g								
hicken Kievs	324448	Large	480g	6	15						
	328448	Small	160g	2	40						
hicken Korma	324449	Large	1200g	8	15						
	328449	Small	300g	2	40						
aked Chicken & Vegetable Pie	324450	Large	1463g	8	15						
	328450	Small	335g	2	40						
hicken & Pasta with Tomatoes Herbs	324452	Large	1360g	6	15						
ג חפושא	328452	Small	454g	2	40						
hicken & Sweetcorn Bake	324453	Large	1350g	6	15					•	
	328453	Small	450g	2	40						
oronation Chicken	324454	Large	1360g	8	15						
	328454	Small	340g	2	40						
hicken Tikka Masala	324456	Large	1310g	8	15						
	328456	Small	327g	2	40						
hicken Breast in Tomato &	324457	Large	1120g	6	15						
Sasil Sauce	328457	Small	375g	2	40						
hicken & Butterbean Stew	324458	Large	1440g	8	12						
vith Dumplings	328458	Small	360g	2	40				•		

Main Meals – Mea (\circ)

	Product	Pack	Average	Recommended	Units		D	Dieta	ry Inf	fo	
Product	code	size	weight per unit	portions	per crate	GF	V	VV	ED	¥	EC
Pork											
	324200	Large	1360g	8	15						
Roast Pork in Gravy	328200	Small	380g	2	40	•				•	
Slicad Common & Dinoonalo	324201	Large	1080g	8	15						
Sliced Gammon & Pineapple	328201	Small	270g	2	40	•					
Quiche Lorraine	324217	Large	1180g	8	15						
Quiche Lonaine	328217	Small	470g	3	40				•		
Pork & Apple Casserole	324225	Large	1360g	8	15						
Pork & Apple Casserole	328225	Small	340g	2	40					Ť	
Dealers it is care that for a in Care	324230	Large	1200g	8	15						
Pork with Sage Stuffing in Gravy	328230	Small	300g	2	40	•				•	
	324233	Large	1200g	6	15						
Ham & Leek Crumble	328233	Small	400g	2	40				•		
Vienna Steaks in Sauce	324113	Large	1380g	6	15						
Vienna Steaks in Sauce	328113	Small	460g	2	40				•		•
Sausages in Onion Gravy	324600	Large	1320g	6	15						
Sausages III Offion Gravy	328600	Small	440g	2	40						
Pasta Carbonara	324620	Large	1380g	6	12						
Fasta Carbonata	328620	Small	460g	2	40				Ŭ		
Sausage Casserole	324625	Large	1440g	6	12						
Sausage Casselle	328625	Small	480g	2	40				Ŭ		
Pork Meatballs in Tomato &	324626	Large	1130g	6	15						
Herb Sauce	328626	Small	376g	2	40						
Barbecue Beans with Bacon	324627	Large	1350g	6	12						
barbeeue beans with bacon	328627	Small	450g	2	40					-	
Other Meats											
Liver & Pacon in Craw	324622	Large	1500g	8	12						
Liver & Bacon in Gravy	328622	Small	375g	2	40	•				•	
Hangis	324614	Large	690g	6	15						
Haggis	328614	Small	230g	2	40						

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Main Meals – Meat

	Product	Pack	Average	Recommended	Units		D	ieta	ry In	fo	
Product	code	size	weight per unit	portions	per crate	GF	V	VV	ED	¥	EC
Lamb & Mutton											
Deast Lamb in Crown	324300	Large	1360g	8	15						
Roast Lamb in Gravy	328300	Small	340g	2	40	•				•	
Lancashire Hotpot	324303	Large	1520g	8	15						
	328303	Small	380g	2	40	ľ					
Lamb Grill Steaks in Minted Gravy	324305	Large	1360g	8	15						
Land Ghill Steaks in Minted Gravy	328305	Small	340g	2	40						Ċ
Shepherds Pie	324312	Large	1600g	8	12						
	328312	Small	400g	2	40	, i					
Curried Lamb, Potato & Tomato	324313	Large	1440g	8	15						
Cumeu Lamb, Potato & Tomato	328313	Small	360g	2	40				ľ		
Lamb Casserole	324314	Large	1440g	8	12						
	328314	Small	360g	2	40						
Lamb & Mint Pie	324320	Large	1516g	8	15						
	328320	Small	383g	2	40						



Main Meals – Fish

Salmon & Broccoli Bake	324504	Large	1360g	8	12					
	328504	Small	340g	2	40				•	
Breaded Cod	324505	Large	600g	6	15					
breaueu cou	328505	Small	200g	2	40				•	
Fishcakes	324506	Large	800g	8	15					
FISICAKES	328506	Small	200g	2	40				•	•
Tuna Pasta Bake	324508	Large	1410g	6	15					
TUTIA PASIA DAKE	328508	Small	470g	2	40				•	
Salmon Crumble	324513	Large	1360g	8	15					
Salmon Crumble	328513	Small	340g	2	40			•		
Fish in Cheese Sauce	324523	Large	1200g	8	15					
Fish in cheese sauce	328523	Small	310g	2	40				Ť	Ť
Cod in Parsley Sauce	324527	Large	1170g	6	15					
Cou III Parsiey Sauce	328527	Small	390g	2	40	· ·			•	•
Fish Goujons	324528	Large	560g	5	15					
FISH GOUJONS	328528	Small	224g	2	40				•	
Fish Pie	324529	Large	1600g	8	12					
FISH PIE	328529	Small	400g	2	40	· ·			•	•
Breaded Haddock	324530	Large	500g	4	15				•	
Smoked Haddock &	324532	Large	1120g	6	15					
Spinach Crumble	328532	Small	372g	2	40			•		
Battered Haddock	324533	Large	500g	4	15				•	



Main Meals – Vegetarian

	Product	Pack	Average	Recommended	Units		[Dieta	ry In	fo	
Product	code	size	weight per unit	portions	per crate	GF	V	VV	ED	٠	EC
Cauliflower Cheese	324701	Large	1360g	6	15						
Caulifiower Cheese	328701	Small	440g	2	40	•	•				•
Vegetable Lacagne	324703	Large	1500g	6	15						
Vegetable Lasagne	328703	Small	500g	2	40		•		۰		
Vagatarian Cattaga Dia	324708	Large	1530g	6	15						
Vegetarian Cottage Pie	328708	Small	510g	2	40	•	•			·	•
Macaroni Cheese	324711	Large	1360g	6	15						
Macaroni cheese	328711	Small	453g	2	40		•				•
Detete Change & Look Deka	324713	Large	1350g	6	15						
Potato, Cheese & Leek Bake	328713	Small	450g	2	40	•	•		۰		•
Cauliflower & Broccoli Pasta	324715	Large	1320g	6	15						
Caulillower & Broccoll Pasta	328715	Small	440g	2	40		•				•
	324735	Large	1457g	8	15						
Baked Vegetable Pie	328735	Small	364g	2	40		•		۰		
Penne Pasta in Tomato & Basil Sauce	324741	Large	1350g	6	15						
Penne Pasta in Iomato & Basil Sauce	328741	Small	450g	2	40		•	•		•	•
	324742	Large	1306g	8	15						
Cheese & Onion Pie	328742	Small	378g	2	40		•		۰		•
Vegetarian Tikke Massala	324743	Large	1500g	6	12						
Vegetarian Tikka Masala	328743	Small	500g	2	40	•	•			•	•
Moroccan Bean Casserole	324906	Large	1590g	6	12						
Moroccari Bean Casserole	328906	Small	530g	2	40	•	•	•		•	
Vegetarian Source de Coscorale	324907	Large	1320g	6	15						
Vegetarian Sausage Casserole	328907	Small	440g	2	40		•				
Creamy Vagatable Chasse Baka	324917	Large	1500g	6	12						
Creamy Vegetable Cheese Bake	328917	Small	500g	2	40	•	•		۰		•
Change Managla	324921	Large	1500g	6	12						
Chana Masala	328921	Small	500g	2	40	•	•	•		•	
	324927	Large	1440g	6	12						
Vegetarian Hotpot	328927	Small	480g	2	40	•	•			•	
	324934	Large	1180g	8	15						
Cheese & Onion Quiche	328934	Small	450g	3	40		•		۰		
	324935	Large	1180g	8	15						
Vegetable Quiche	328935	Small	450g	3	40		•		•		
	324936	Large	480g	4	15						
Cheese & Tomato Omelettes	328936	Small	120g	1	40	•	•				•
Plain Omelettes	324937	Large	400g	4	15	_					
Pidin Umelettes	328937	Small	100g	1	40	•	•				•

	
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Main Meals – Vegetarian

	Product	Pack	Average	Recommended	Units	Dietary Inf			fo		
Product	code	size	weight per unit	portions	per crate	GF	V	VV	ED	•	EC
Cheese & Mushroom Omelettes	324938	Large	480g	4	15						
Cheese & Mushroom Omelettes	328938	Small	120g	1	40	•	•			•	•
Bean Chilli	324943	Large	1590g	6	12						
Bean Chilli	328943	Small	530g	2	40	•	•	•		•	
Couliflourer Crincols & Lontil Curry	324944	Large	1356g	6	15						
Cauliflower, Spinach & Lentil Curry	328944	Small	452g	2	40	•	•	•		•	
Tomato, Lentil & Sweet Potato	324945	Large	1440g	6	12						
Crumble	328945	Small	480g	2	40		•	•	•		
	324947	Large	1500g	6	12						
Lentil & Vegetable Flaky Topped Pie	328947	Small	500g	2	40		•	•	•	•	
	324948	Large	1200g	10	15						
Lentil Bolognaise	328948	Small	480g	4	40	•	•	•		•	•
Katan Cumu	324951	Large	1440g	6	12	2					
Katsu Curry	328951	Small	480g	2	40		•	•	•		
BBO Mexican Bean & Jackfruit	324952	Large	1470g	6	12						
BBQ Mexican Bean & Jackfruit	328952	Small	490g	2	40	•	•	•		•	
Meat Free Mushroom & Chicken	324953	Large	1416g	6	15						
Style Pie	328953	Small	463g	2	40		•	•			
Thai Red Curry	324955	Large	1260g	6	15						
That Red Curry	328955	Small	420g	2	40		ľ				
Vegetable Gratin	324956	Large	1500g	6	12						
vegetable Olatili	328956	Small	500g	2	40		·				
Tortelloni in Tomato & Basil Sauce	324963	Large	1320g	6	15						
	328963	Small	440g	2	40		·				
Plant Based Shepherd's Pie 🛯 🌆	324929	Large	1410g	6	12		•				
	328929	Small	470g	2	40		·	·		· ·	



	Product	Pack	Average	Recommended	Units		Die	etary	Info	
Product	code	size	weight per unit	Portions	per case	GF	V	VV	•	EC
Vegetables										
Broccoli	324740	Large	480g	6	15					
STOCCOIL	328740	Small	160g	2	40	•	•		·	
Peas	324756	Large	720g	8	15					
-cas	328756	Small	270g	3	40					
Cabbage	324757	Large	720g	8	15					
Labbage	328757	Small	270g	3	40					
Cauliflower	324758	Large	600g	8	15					
Laumower	328758	Small	225g	3	40					
Brussels Sprouts	324759	Large	720g	8	15			•		
siussels spiouts	328759	Small	270g	3	40	· ·	•		·	
Cut Croon Doons	324761	Large	640g	8	15					
Cut Green Beans	328761	Small	240g	3	40	•	•	•	•	
	324762	Large	640g	8	15					
Nixed Vegetables	328762	Small	240g	3	40	•	•	•	•	
	324763	Large	1200g	12	15					
Mushy Peas	328763	Small	300g	3	40	•	•	•		•
	324764	Large	640g	8	15					
Sliced Carrots	328764	Small	240g	3	40	•	•	•	•	•
	324768	Large	720g	8	15					
Ninted Summer Vegetables	328768	Small	270g	3	40	•	•	۰		
	324769	Large	1200g	12	15					
Baked Beans	328769	Small	300g	3	40	•	•	•		•
	324770	Large	720g	8	15					
/egetable Medley	328770	Small	270g	3	40	•	•	•	•	
	324771	Large	800g	8	15	-				
Mashed Swede	328771	Small	300g	3	40	•	•	•	•	•
	324772	Large	720g	8	15	-				
Red Cabbage with Apple & Port	328772	Small	270g	3	40	•	•			
	324775	Large	720g	8	15					
Sweetcorn	328775	Small	270g	3	40	•	•	٠	•	
	324791	Large	800g	8	15					
Nashed Root Vegetables	328791	Small	200g	2	40	•	٠	٠	•	•
Broccoli (large florets)	324920	Large	480g	6	15	•	•	•	•	
Carrots with Parsley Butter	324920		680g	8	15	•	•			
-		Large	-	8						
Courgette, Carrot & Asparagus with Parsley Butter	324959	Large	680g		15	•	•			
	328959	Small	260g	3	40					
Spring Vegetable Medley [🌆	324964	Large	720g	9	15					

Sides

	Product	Pack	Average	Recommended	Units		C	Dieta	ry In	fo	
Product	code	size	weight per unit	portions	per crate	GF	V	VV	ED	¥	EC
Potatoes and Rice											
Sauté Potatoes	324745	Large	600g	6	15						
Saute Polatoes	328745	Small	200g	2	40						
West Country Cheddar Mash	324746	Large	1200g	12	15						
West country encount mush	328746	Small	400g	4	40						
Roast Potatoes	324751	Large	904g	8	15						
Coast Folatoes	328751	Small	225g	2	40						
Boiled Potatoes	324752	Large	800g	8	15						
Joneu Polatoes	328752	Small	200g	2	40						
Croquette Potatoes	324754	Large	480g	8	15						
croquerre Poratoes	328754	Small	120g	2	40		Ŭ				
White Rice	324765	Large	720g	6	15						
white Rice	328765	Small	240g	2	40	·	ľ	•		·	
Medium Ready Baked Jacket Potato	255122	Bag	170g	1	45	•	٠	•			
()	324779	Large	800g	8	15						
/egetable Rice	328779	Small	200g	2	40	•	•	•			
	324780	Large	800g	8	15						
Golden Roasting Potatoes	328780	Small	200g	2	40	•	•	•			
	324787	Large	1200g	12	15						
Mashed Potato	328787	Small	400g	4	40	•	•				1
	324789	Large	800g	8	15						
Potato Wedges	328789	Small	200g	2	40	•	•	•			
	324796	Large	800g	8	15						
Ninted Boiled Potatoes	328796	Small	200g	2	40	•	•	•			1
	324909	Large	1200g	12	15						
Colcannon Mash	328909	Small	400g	4	40	•	•	•			
	324913	Large	1060g	8	15						
Dauphinoise Potatoes	328913	Small	265g	2	40	•	•				
	324916	Large	720g	8	15						
Basmati Yellow Rice	328916	Small	180g	2	40	1	•	•			1
	324928	Large	480g	6	15						
Hash Browns	328928	Small	160g	2	40		•	۰			
	324970	Large	600g	6	15						
Baby Potatoes	328970	Small	200g	2	40	•	•	•		•	
	324971	Large	600g	8	15	-					
Penne Pasta	328971	Small	225g	3	40		٠	٠			
	324972	Large	600g	6	15						
Oven Chips	328972	Small	200g	2	40	•	•	٠			

Hot De	esser	ts									
	Product	Dack	Average	Recommended	Units		D	ieta	ry In	fo	
Product	code	Pack size	weight per unit	portions	per crate	GF	V	VV	ED	•	EC
Pies											
Mixed Fruit Pie	324808	Large	1126g	8	15						
	328808	Small	420g	3	40						
Apple Pie	324859	Large	1126g	8	15						
	328859	Small	425g	3	40						
Spiced Plum & Orange Pie	324887	Large	1126g	8	15						
	328887	Small	425g	3	40						
Crumbles											
Apple Crumble	324801	Large	1120g	8	15						
Apple Crumble	328801	Small	420g	3	40		•	•	•		
Rhubarb Crumble	324813	Large	1120g	8	15						
Khubarb Crumble	328813	Small	420g	3	40		•	•	•		
Summer Fruit Crumble	324827	Large	1120g	8	15						
	328827	Small	420g	3	40						
Apricot Crumble	324831	Large	1120g	8	15						
Apricol crumble	328831	Small	420g	3	40		Ĵ		Ŭ		
Sponges											
Apple Sponge	324805	Large	775g	8	15						
Apple sponge	328805	Small	285g	3	40		Ū		Ū		
Chocolate Chip Sponge	324806	Large	595g	8	15						
chocolate chip sponge	328806	Small	230g	3	40						
Syrup Sponge	324811	Large	775g	8	15						
Syrup Sponge	328811	Small	285g	3	40						
Jam Sponge	324818	Large	775g	8	15						
Jam Sponge	328818	Small	285g	3	40						
Pineapple Sponge	324851	Large	775g	8	15						
	328851	Small	285g	3	40						
Lemon Flavour Sponge	324867	Large	775g	8	15						
	328867	Small	285g	3	40						
Gluten Free Chocolate Sponge	324894	Large	600g	8	15						
	328894	Small	300g	3	40						
Custard											
Custard	324870	Large	1200g	8	15						
Custuru	328870	Small	450g	3	40						
Low Sugars Custard	324873	Large	1200g	8	15						
	328873	Small	450g	3	40						
Puddings											

Hot Desserts

	Product	Pack	Average	Recommended	Units		D	Dieta	ry In	fo	
Product	code	size	weight per unit	portions	per crate	GF	V	VV	ED	•	EC
	324800	Large	1240g	8	15						
Bread & Butter Pudding	328800	Small	460g	3	40		•		•		
	324816	Large	700g	8	15						
Spotted Dick	328816	Small	270g	3	40		•		•		
Jamaican Ginger Pudding with	324817	Large	840g	8	15						
Orange Sauce	328817	Small	313g	3	40		•		•		•
Bakewell Tart	324823	Large	900g	8	15						
Bakewell Tart	328823	Small	380g	3	40		•		•		•
Desuberry Dudding	324835	Large	775g	8	15						
Raspberry Pudding	328835	Small	285g	3	40		•		•		•
Chieles Toffee Dudding	324840	Large	920g	8	15						
Sticky Toffee Pudding	328840	Small	345g	3	40		•		•		•
Comparent Apple Calco	324842	Large	900g	8	15						
Somerset Apple Cake	328842	Small	325g	3	40		•		•		•
Chocolate Chip Pudding with Salted	324864	Large	940g	8	15						
Caramel Sauce	328864	Small	350g	3	40		•		°		•
Milk Puddings											
Chafe Disa Duddina	324824	Large	1120g	8	15						
Chef's Rice Pudding	328824	Small	420g	3	40	•	•				•
Dies Duddie en itte Nuter en	324825	Large	1120g	8	15						
Rice Pudding with Nutmeg	328825	Small	420g	3	40	•	•				•
Taniaaa	324826	Large	1120g	8	15						
Таріоса	328826	Small	420g	3	40	•	•			•	•
Courseline Duddine	324833	Large	1120g	8	15						
Semolina Pudding	328833	Small	420g	3	40		•				•
Clatted Cusame Disc Dudding	324839	Large	1120g	8	15						
Clotted Cream Rice Pudding	328839	Small	420g	3	40	•	•		•		·
Cooked Fruit											
Cooked Apricots	324861	Large	1200g	8	15	•	•	•			•
Cooked Summer Fruits	324862	Large	1200g	8	15	•	•	•			•
Channel Annels	324863	Large	1200g	8	15						
Stewed Apple	328863	Small	450g	3	40	•	•	•			•

Texture Modified

Developed to be suitable for use with the IDDSI framework, meals, snack and desserts for Levels 3-6. Providing appetising food and dignity with dysphagia (swallowing difficulties).



Looks good, tastes good, does good

Meals are designed to be nutritionally balanced promoting good health & wellbeing.

A great meal is much more than great food. At apetito, we believe that everyone should look forward to a great meal, no matter what.

We understand the importance of providing a safe and nutritious meal, particularly for those with swallowing difficulties. We've spent years understanding the needs of individuals with dysphagia and it remains our mission to offer customers on a texture-modified diet, meals that are not only delicious and safe, but are also full of nutrients to enhance health and well-being.

What makes our texture-modified meals better:

- Leaders in patient safety
- Consistency in every product
- Great tasting meals made from quality raw materials
- Innovative design meaning food holds its shape to look appetising to eat
- Every meal is nutritionally balanced

The IDDSI Framework

To ensure that we comply with the IDDSI framework, which came into effect on the 1st April 2019, we evaluated and redesigned all our meals to as recommended by the

Preventing malnutrition

Our meals continue to focus on nutritional value, as they did before the change to IDDSI. We to deliver on safety but ensures customers receive the nutrition

Whetting the appetite

meals that look and taste great, forward to meal times, helping

217013 Sausage, Chips & Beans

"apetito recognises that catering professionals need to provide safe, tasty and appetising meals in order to reduce the risks of malnutrition and choking, whilst providing choice and a positive dining experience."

Caroline Lecko, lead and co-author of the UK Dysphagia Diet Food Descriptors and committee member of the International Dysphagia Diet Standardisation Initiative (IDDSI).

Served in CPET trays

Level 3

	Product	Pack	Average	Recommended	Units	D	ieta	ry In	fo
Product	code	size	weight per unit	portions	per crate	GF	V	VV	ED
Level 3 liquidised Soups									
Carrot Soup	217140	Indiv	200g	1	12	•	•		•
Cream of Mushroom Soup	217141	Indiv	200g	1	12	•	•		•
Cream of Chicken Soup	217142	Indiv	200g	1	12	•			•
Vegetable Soup	217133	Indiv	200g	1	12	•	•		•

Ψ Loval A

Level 4 (Served	in CPET	Trays)							
	Product	Pack	Average	Recommended	Units	D	ietaı	ry Inf	fo
Product	code	size	weight per unit	portions	per case	GF	V	VV	ED
Level 4 Puréed Breakfast									
Porridge	217350	Indiv	200g	1	30		٠		
Apple & Cinnamon Porridge	217351	Indiv	200g	1	30		•		
Level 4 Puréed Sandwiches and Snacks									
Beans on Toast	217020	Indiv	175g	1	12		•		
Scrambled Eggs on Toast	217021	Indiv	175g	1	12		•		
Puréed Tuna Toastie	217037	Indiv	200g	1	12				
Puréed Bacon Toastie	217036	Indiv	200g	1	12				
Puréed Cheese Toastie	217038	Indiv	200g	1	12		•		
Quiche Lorraine	217091	Indiv	120g	1	24				
Cheese & Onion Quiche	217092	Indiv	120g	1	24		•		
Level 4 Puréed Meals									
Cottage Pie	217360	Indiv	430g	1	12	•			•
Beef Stew	217362	Indiv	480g	1	12	•			•
Beef & Gravy	217363	Indiv	480g	1	12	•			•
Fish in Creamy Sauce	217367	Indiv	480g	1	12				•
Salmon Supreme	217368	Indiv	480g	1	12	•			•
Chicken Curry	217371	Indiv	480g	1	12				
Chicken & Gravy	217372	Indiv	480g	1	12	•			
Chicken & Vegetable Casserole	217373	Indiv	480g	1	12	•			
Pork & Apple Casserole	217378	Indiv	480g	1	12	•			•
Shepherds Pie	217383	Indiv	430g	1	12	•			•
Beef Grillsteak	217384	Indiv	480g	1	12	•			•
Turkey in Gravy	217353	Indiv	480g	1	12	•			•
Macaroni Cheese	217390	Indiv	480g	1	12		•		•
Mediterranean Vegetable Pasta	217392	Indiv	480g	1	12		•	•	
Vegetable Curry	217394	Indiv	480g	1	12		•	•	
Cheese Omelette	217396	Indiv	480g	1	12	•	•		٠

Served in CPET trays.

ΨŢ Level 4 (Served in CPET Trays)

	Product	Pack	Average	Recommended	Units	D	ieta	ry In	fo
Product	code	size	weight per unit	portions	per case	GF	V	VV	EI
Level 4 Puréed Hot Desserts									
Hot Chocolate Cake	217042	Indiv	120g	1	24		•		
Hot Apple Cake	217043	Indiv	120g	1	24		•		
Bakewell Sponge with Custard	217134	Indiv	155g	1	24		•		
Lemon Sponge with Lemon Sauce	217161	Indiv	170g	1	24		•		
Rice Pudding	217139	Indiv	155g	1	24	•	•		
Sticky Toffee Pudding with Custard	217165	Indiv	170g	1	24	•	•		
Eve's Pudding with Custard	217166	Indiv	155g	1	24	•	•		
Summer Fruit Sponge with Custard	217167	Indiv	155g	1	24		•		
Apple Pie with Custard	217171	Indiv	155g	1	24		•		
Level 4 Puréed Cold Desserts	1								
Coffee Dessert	292123	Indiv	77g	1	27	•	•		
Chocolate Mousse	292123	Indiv	65g	1	18		•		
Strawberry Mousse	292125	Indiv	65g	1	18		•		
				_	10				
Level 4 Puréed Mixer Packs									
Level 4 Puréed Mixer Pack – Meat Dishes	217756				11				
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	1	•			Γ
Shepherds Pie		Indiv	430g	1	1	•			
Level 4 Puréed Mixer Pack – Vegetarian & Fish Dishes	217757				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	•	•		Γ
Fish in Creamy Sauce		Indiv	480g	1	2				Γ
Salmon Supreme		Indiv	480g	1	2	•			
Level 4 Puréed Desserts Mixer Packs	217758				12				
Bakewell Sponge with Custard		Indiv	155g	1	2		•		
Summer Fruit Sponge with Custard		Indiv	155g	1	2	•	•		F
Lemon Sponge with Lemon Sauce		Indiv	155g	1	2		•		F
Sticky Toffee Pudding with Custard		Indiv	155g	1	2	•	•		F
Rice Pudding		Indiv	-	1	2	•	•		
Apple Pie with Custard		Indiv	155g 155g	1	2	· ·	•		

Served in CPET trays.

ΨI Level 4 (Served in CPET Trays)

			Avorago			Г	Dieta	rv In	fo
Product	Product code	Pack size	Average weight per unit	Recommended portions	Units per case	GF	V	٧V	ED
Level 4 Purée Petite									
Spaghetti Bolognaise	217397	Indiv	300g	1	12				•
Sausage, Chips & Beans	217013	Indiv	275g	1	12				•
Lamb in Mint Gravy	217357	Indiv	345g	1	12	•			•
Chicken & Vegetable Casserole	217356	Indiv	345g	1	12	•			•
Beef Chilli	217022	Indiv	275g	1	12				•
Sweet & Sour Chicken	217023	Indiv	275g	1	12				•
Chicken Tikka Masala	217024	Indiv	275g	1	12	•			•
Turkey in Gravy	217026	Indiv	275g	1	12	•			•
Salmon Fillet	217047	Indiv	275g	1	12	•			•
Lamb Chop	217048	Indiv	275g	1	12	•			•
Vegetable & Bean Casserole	217049	Indiv	275g	1	12	•	•	•	•
Chicken in Rich Gravy	217379	Indiv	345g	1	12	•			•
Chicken Chasseur	217027	Indiv	275g	1	12	•			•
Cheese & Onion Bake	217012	Indiv	275g	1	12		•		•
Steak Casserole	217014	Indiv	275g	1	12	•			•
Tomato & Basil Pasta	217080	Indiv	275g	1	12		•	•	•
Pork & Gravy	217017	Indiv	275g	1	12	•			•
Beef & Gravy	217018	Indiv	275g	1	12	•			•
Steak & Chips	217093	Indiv	275g	1	12				•
All Day Breakfast	217094	Indiv	275g	1	12	•			•
Vegetarian Sausage & Mash	217095	Indiv	275g	1	12		•	•	•
All Day Vegetarian Breakfast	217096	Indiv	275g	1	12		•		•
Sausage & Mash	217097	Indiv	275g	1	12	•			•
Fish & Chips	217098	Indiv	275g	1	12				•
Omelette, Chips & Beans	217099	Indiv	275g	1	12		•		•



Served in CPET trays.

Level 5 (Served in CPET Trays)

	Product	Pack	Average	Recommended	Units		Die	tary	Info	
Product	code	size	weight per unit	Portions	per case	GF	V	VV	ED	٠
Level 5 Minced & Moist Meals										
Rich Beef Stew	217125	Indiv	400g	1	12	•				•
Fish in Mornay Sauce	217103	Indiv	410g	1	12	•			•	
Salmon Supreme	217104	Indiv	400g	1	12	•				
Chicken Curry	217105	Indiv	410g	1	12	•			•	
Chicken in Rich Gravy	217128	Indiv	410g	1	12	•				•
Chicken & Vegetable Casserole	217107	Indiv	400g	1	12	•			•	
Pork Casserole	217108	Indiv	400g	1	12	•			•	
Sausages in Onion Gravy	217109	Indiv	400g	1	12	•			•	
Lamb Stew	217111	Indiv	400g	1	12	•				•
Macaroni Cheese	217112	Indiv	410g	1	12		•			
Mediterranean Vegetables	217115	Indiv	410g	1	12		•	•		•
Cheesy Potato Bake	217117	Indiv	400g	1	12		•			•
Cottage Pie	217119	Indiv	425g	1	12	•				
Vegetable & Lentil Casserole	217124	Indiv	400g	1	12		•	•	•	
Turkey in Gravy	217129	Indiv	400g	1	12	•				
Creamy Chicken Pie	217202	Indiv	425g	1	12	•				
Fisherman's Pie	217203	Indiv	435g	1	12	•			•	
Pasta Bolognaise	217204	Indiv	410g	1	12					•
Cod in Parsley Sauce	217209	Indiv	400g	1	10					
Beef Grillsteak	217210	Indiv	380g	1	10					
Salmon in Dill Sauce	217212	Indiv	370g	1	10	•				
Vegetable & West Country Cheddar Cheese Bake	217213	Indiv	380g	1	10	•	•		•	
Level 5 Minced & Moist Desserts										
Rice Pudding with Summer Fruit	217810	Indiv	160g	1	24	•	•			
Sticky Toffee Pudding	217811	Indiv	160g	1	24	•	•		•	
Apple Sponge	217812	Indiv	140g	1	24	•	•			
Level 5 Minced & Moist Mixer Pa	cks									
Level 5 Mixer Pack Meat Dishes	217760				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	•				
Level 5 Mixer Pack Vegetarian & Fish	217761		0		12					
Mediterranean Vegetables		Indiv	410g	1	3		•	•		•
Cheesy Potato Bake		Indiv	400g	1	3		•			
Fish in Mornay Sauce		Indiv	400g	1	3	•			•	
Salmon Supreme		Indiv	400g	1	3	•				

Served in CPET trays.

Ψ Level 6 (Served in CPET Trays)

	Product	Pack	Average	Recommended	Units		Die	tary	Info	
Product	code	size	weight per unit	Portions	per case	GF	V	VV	ED	•
Level 6 Soft & Bite-Sized Meals									·	
Cottage Pie	217310	Indiv	440g	1	12	٠				
Beef Hotpot	217344	Indiv	410g	1	12	•			•	
Fish Pie	217312	Indiv	460g	1	12	•			•	
Cheese & Onion Pie	217317	Indiv	450g	1	12		•		•	
Shepherds Pie	217348	Indiv	430g	1	12	0				
Chicken in Gravy	217342	Indiv	365g	1	12	•				
Creamy Chicken Pie	217325	Indiv	415g	1	12	۰				
Vegetable & Lentil Casserole	217328	Indiv	415g	1	12		•		•	
Vegetable Curry	217329	Indiv	450g	1	12	٠	•	•	•	
Chicken in a Creamy Mushroom Sauce	217349	Indiv	360g	1	12	۰				
Ham in Parsley Sauce	217343	Indiv	395g	1	12	٠				
Sausage in Onion Gravy	217346	Indiv	420g	1	12					
Macaroni Cheese	217341	Indiv	355g	1	12		•		•	
Vegetable Bake	217345	Indiv	465g	1	12		•	•	•	
Salmon Risotto	217337	Indiv	390g	1	12					
Pasta Bolognaise (Reproved	217338	Indiv	420g	1	12					
Level 6 Soft & Bite-Sized Desserts										
Lemon Sponge	217820	Indiv	150g	1	24		•			
Sticky Toffee Pudding & Custard	217821	Indiv	150g	1	24		•		•	
Bakewell Sponge	217824	Indiv	150g	1	24		•		•	
Level 6 Dessert Mixer Pack Containing 8 of each of the above	214465				24					



Special Diets

We offer meals that are appropriate for those with food allergies and intolerances and other special dietary requirements.

Chicken Biriyani: 291576

Gluten Free Individual Meals

	Product	Pack	Average	Protein		Units	D	ieta	ry In	fo
Product	code	size	weight per unit	(g)	Kcals	per case	GF	V	VV	ED
Beef dishes										
Corned Beef Hash	298203	Indiv	360g	20.0	328	12	•			
Beef Hotpot	298207	Indiv	350g	17.0	345	12	•			
Cottage Pie	298208	Indiv	380g	19.0	317	12	•			
Savoury Minced Beef	298209	Indiv	350g	15.0	317	12	•			
Lamb dishes										
Lamb in Gravy	298237	Indiv	350g	19.0	301	12	•			
Lamb & Vegetable Casserole	298148	Indiv	350g	17.0	330	12	•			
Shepherd's Pie	298245	Indiv	380g	16.0	342	12	•			
Poultry dishes										
Chicken in Gravy	298256	Indiv	355g	19.0	304	12	•			
Honey Mustard Chicken	298154	Indiv	395g	24.0	385	12	•			
Chicken Curry with Rice	298264	Indiv	360g	20.0	407	12	•			
Pork dishes										
Gammon with Pineapple	294520	Indiv	380g	25.0	374	12	•			
Pork in Gravy	297360	Indiv	405g	21.0	323	10	•			
Fish dishes										
Fisherman's Pie	294223	Indiv	445g	24.0	390	12	•			
Fish in Parsley Sauce	298314	Indiv	380g	18.0	315	12	•			
Salmon & Broccoli Supreme	298318	Indiv	370g	19.0	338	12	•			
Vegetarian dishes										
Cheese, Onion, Leek & Potato Bake	294115	Indiv	400g	14.0	402	12	•	٠		
Cauliflower Cheese & Broccoli Bake	294588	Indiv	420g	20.0	474	12	•	•		
Omelette, Chips & Beans	298343	Indiv	370g	19.0	456	12	•	•		
Mushroom, Leek & West Country Cheddar Bake	298364	Indiv	415g	17.0	500	12	•	•		•

Gluten Free Mixer Pack 217746 includes the following:										
Beef Hotpot	298207	Indiv	350g	17.0	345	2	•			
Cottage Pie	298208	Indiv	380g	19.0	317	2	•			
Lamb & Vegetable Casserole	298148	Indiv	350g	17.0	330	2	•			
Chicken in Gravy	298256	Indiv	355g	19.0	304	2	•			
Pork in Gravy	297360	Indiv	405g	21.0	323	2	•			
Savoury Minced Beef	298209	Indiv	350g	15.0	317	2	•			

Served in CPET trays.

Free F	rom										
	Product	Pack	Average	Recommended	Units		C	lieta	ry In	fo	
Product	code	size	weight per unit	portions	per case	GF	V	VV	ED	•	EC
Beef dishes											
Roast Beef in Gravy	298190	Indiv	390g	1	12	•				•	
Chilli Con Carne	298191	Indiv	350g	1	12	•					
Steak & Mushroom Casserole	297315	Indiv	410g	1	10	•				•	
Lamb dishes											
Lamb Tagine	298195	Indiv	380g	1	12	•					
Roast Lamb in Minty Gravy	298199	Indiv	370g	1	12	•					
Poultry dishes											
Roast Chicken in Gravy	298192	Indiv	370g	1	12	•				٠	
Chicken, Bacon & Thyme Hotpot	298193	Indiv	360g	1	12	•				•	
Sweet & Sour Chicken	298194	Indiv	415g	1	12	•				•	
Pork dishes											
Pork in Gravy	297360	Indiv	405g	1	10	•					
Vegetarian dishes											
Provençale Vegetable Bake	298196	Indiv	435g	1	12	•	•	•		•	
Spicy Bean Casserole	298198	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 are ideal for those with reduced appetites including:

- Those living with dementia
- Those that need to maintain or put on weight
- Those recovering from illness or surgery

	Product	Pack	Average	Recommended	Units		Die	etary	Info	
Product	code	size	weight per unit	Portions	per case	GF	V	VV	ED	EC
Beef dishes										
Corned Beef Hash	291589	Indiv	280g	1	12	•			•	
Beef Stroganoff	291592	Indiv	300g	1	16	•			•	
Poultry dishes										
Chicken Hotpot	291578	Indiv	300g	1	12	•			•	•
Chicken Biryani	291576	Indiv	300g	1	12	•			•	•
Pork dishes										
Pasta Carbonara	291584	Indiv	290g	1	12				•	
Ham & Leek Bake	291587	Indiv	285g	1	12	•			•	
Fish dishes										
Salmon Bake	291583	Indiv	290g	1	12	•			•	
Vegetarian dishes										
West Country Cheddar Macaroni Cheese	291577	Indiv	290g	1	12		•		•	•
Cheese & Potato Bake	291597	Indiv	300g	1	12	•	•		•	•



Mini Meals Extra

500 calories

20g protein*

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

Emily Stuart, apetito registered dietitian

Energy Dense

Our energy dense individual meals each contain a minimum of 500 calories per portion and are useful for people with reduced appetites or those who need to gain weight.

Product	Product	Pack	Average	Protein		Units	Dietary Info			
	code	size	weight per unit	(g)	Kcals	per case	GF	V	VV	ED
Beef dishes										
Beef Curry with Rice	294271	Indiv	415g	27.0	659	12	•			•
Beef Lasagne	294204	Indiv	445g	25.0	521	12				•
Steak & Kidney Pie	298211	Indiv	370g	24.0	561	12				•
Lamb dishes										
Lamb Rogan Josh	294170	Indiv	440g	23.0	503	10	•			•
Poultry dishes										
Chicken Tikka Masala	294166	Indiv	455g	31.0	559	10	•			•
Chicken Korma	297273	Indiv	455g	29.0	598	10	•			•
Fish dishes										
Salmon Crumble	294132	Indiv	360g	24.0	508	12				•
Vegetarian dishes										
West Country Cheddar Macaroni Cheese	294222	Indiv	370g	23.0	504	12		•		•

Finger Food

	Product	Product Pack code size		Recommended	Units	Dietary Info						
Product				weight per unit Portions		GF	V	VV	ED	•		
Finger Food												
Chicken Goujons	297907	Indiv	316g	1	10							
Chicken Fillets & Stuffing	297908	Indiv	300g	1	10	•				•		
Pork Meatballs	297909	Indiv	310g	1	10							
Chipolatas	297910	Indiv	280g	1	10					•		
Fish Goujons	297911	Indiv	290g	1	10					•		
Omelettes	297912	Indiv	285g	1	10	•	•			•		
Salmon Supreme	297903	Indiv	370g	1	10	•						
Sausage Casserole	297902	Indiv	360g	1	10							
Chicken & Mushroom Bake	297915	Indiv	370g	1	10	•						
Ham & Leek Bake	297913	Indiv	370g	1	10	•						
Vegetarian Bolognaise	297914	Indiv	350g	1	10	•	•					
Chicken Tikka	297901	Indiv	360g	1	10	•				•		

Ethnic Meals

We have a wide selection of meals to meet a number of ethnic, cultural and religious preferences.





Product	Product	Pack	Average	Recommended	Units	Dietary Info				
	code	size	weight per unit	portions	per case	GF	V	VV	ED	
Roast Chicken in Gravy	256101	Indiv	480g	1	10					
Chicken Schnitzel	256102	Indiv	455g	1	10				•	
Sliced Beef in Gravy	256103	Indiv	480g	1	10				•	
Beef Goulash	256104	Indiv	490g	1	10				•	
Sliced Lamb in Gravy	256105	Indiv	500g	1	10				•	
Shepherds Pie	256106	Indiv	480g	1	10					
Fried Haddock	256108	Indiv	410g	1	10					
Tomato Omelette	256113	Indiv	475g	1	10		٠			
Spaghetti Neapolitan	256114	Indiv	575g	1	10		۰			

Caribbean & West Indian Meals

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

Exceptional food for everyone's taste

All dietary needs are different. Whether it's influenced by illness, culture, religion, ethical choice or simply taste, our extensive selection of meals offers all patients a nutritious option.

Asian Halal Mains

				1					
Product	Product	Pack	Average weight	Recommended	Units	D	fo		
Product	code	size	per unit	portions	per crate	GF	V	VV	ED
Masala Gosht & Mixed Dal with Basmati Rice	256601	Indiv	370g	1	12	•			
Chicken Dal & Kadai Vegetables with Saag Pulao	256602	Indiv	370g	1	12	•			
Dal Gosht & Corn Peas Methi with Jeera Rice	256603	Indiv	370g	1	12	•			
Chicken Saag & Rajasthani Dal with Saffron Rice	256604	Indiv	370g	1	12	٠			
Keema Matar & Saag Alu with Saag Pulao Rice	256605	Indiv	370g	1	12	•			
Chicken Tikka Masala & Rajasthani Dal with Saffron Rice	256606	Indiv	370g	1	12	•			
Coconut Fish & Saag Chhole with Pulao Rice	256607	Indiv	370g	1	12	٠			
Chicken Pepper & Whole Moong Dal with Jeera Rice	256608	Indiv	370g	1	12	•			
Alu Gosht & Rajasthani Dal with Saffron Rice	256609	Indiv	370g	1	12	٠			
Keema Chana & Aubergine Potato with Pulao Rice	256610	Indiv	370g	1	12	•			
Chicken Coconut & Mixed Dal with Basmati Rice	256613	Indiv	370g	1	12	•			
Fish Curry & Split Masoor Dal with Saag Pulao	256614	Indiv	370g	1	12	•			
Chicken with Green Beans & Rajasthani Dal with Saffron Rice	256616	Indiv	370g	1	12	•			
Minced Mutton with Cabbage & Split Masoor with Saag Pulao	256618	Indiv	370g	1	12	•			•
Chicken with Chhole & Aubergine Potato with Pulao Rice	256621	Indiv	370g	1	12	•			

Asian Halal Vegetarian Meals

	Product	Pack	Average weight	Recommended	Units	Dietary Info					
Product code		i o oi oi o i oi oi oi oi oi oi oi oi oi		Portions	per case	GF	V	VV	ED	•	
Alu Gobi & Rajasthani Dal with Saffron Rice	256623	Indiv	370g	1	12	•	•	•			
Cabbage Peas & Rajasthani Dal with Saffron Rice	256624	Indiv	370g	1	12	•	•	•			
Methi Paneer & Mixed Dal with Plain Basmati Rice	256625	Indiv	370g	1	12	•	•				
Saag Alu & Split Masoor Dal with Saag Pulao	256626	Indiv	370g	1	12	•	•	•		•	
Mixed Capsicum Potato & Whole Moong Dal with Jeera Rice	256628	Indiv	370g	1	12	•	•	•		•	
Aubergine Kala Chana & Teen Dal with Jeera Rice	256632	Indiv	370g	1	12	•	•	•			
Gobi Brinjal Kala Chana & Split Masoor Dal with Saag Pulao	256634	Indiv	370g	1	12	•	•	•			
Alu Gobi & Kadhi with Khichadi	256636	Indiv	430g	1	12	•	•				
Tindoora & Whole Moong Dal with Basmati Rice	256638	Indiv	430g	1	12	•	•	•			
Cauliflower Peas & Toor Dal with Basmati Rice	256640	Indiv	430g	1	12	•	•	•			

Dietary Codes

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.



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.

D 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 (kcals) 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 (kcals) or more per portion
- Starchy accompaniments and vegetables all are suitable in conjunction with an ED main course item
- Desserts with 250 calories (kcals) 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.

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.

Healthy eating for clients with diabetes

People with diabetes, especially when unwell, are encouraged to eat appetising, nourishing food. However, some service users with diabetes may be advised to reduce their fat or salt intake, or to choose meals in line with a healthy balanced diet. For them, the best choices may be from our Healthier Choice range.

The diet for those with diabetes does not need to be sugar free. Moderate amounts of sugar are generally OK as part of a healthy balanced diet, and this can include desserts. For those at risk of malnutrition, who also have diabetes, specialist individual advice should be provided to ensure they can meet their nutritional needs and achieve good blood sugar control.

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.

Notes	Notes

Customer services helpline 01225 753 636

Find out more about our appetite for better www.apetito.co.uk





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