

Breakfast Options

	Barocde	Product Title	Kcal per portion
Yogurts	867412	Count on Us Fat Free Mango & Passion fruit	65
	852111	Count on Us Fat Free Natural yogurt 450g	65
	867436	Count on Us Fat Free Peach & Papaya	65
	615051	Eat Well Organic Natural Low Fat Yogurt 454g	74
	852210	Low Fat Natural Yogurt 450g	81
	854252	Low fat Greek Yogurt	89
	913249	Count on Us Cherry Bakewell Yogurt	95
	783385	Simply More Natural Yogurt with Vitamin D	95
	852203	Low Fat Natural Yogurt 150g	98
	876919	Active Health Vanilla Yogurt	119
	853408	Timperley Rhubarb & Madagascar Vanilla Probiotic Yogurt	120
	852258	Strawberry Low Fat Yogurt	122
	853446	Blackdown Blackcurrant & Wild Blueberry Probiotic Yogurt	126
	853378	Alphonso Mango & Yellow Passionfruit Probiotic Yogurt	128
	852227	Peach & Apricot Low fat Yogurt	129
	853392	Heritage Raspberry & Mediterranean Peach Probiotic Yogurt	130
	868280	DIGESTIVE PRUNE BIG POT 450g - no sterol	131
	914338	Active health Peach & Nectarine Yogurt 150g	137
	852104	Black Cherry Low fat Yogurt	138
	914130	Active Health Rhubarb Yogurt 150g	143
	903806	Active Health Vanilla Yogurt 150ml	143
	903813	Active Health Strawberry Yogurt 150ml	153
	852166	Greek Yogurt 450g	155
	615068	Organic Greek Style Yogurt 454g	155
	903790	Active Health Prune Yogurt 150g	158
	519007	Elsanta Strawberries & Cream Luxury Yogurt	179
	852272	William Pear & Wild Blackberry Luxury Yogurt	183
	852159	Greek Yogurt 150g	190
	864305	Greek Yogurt with Honey 150g	210
	518963	Heather Honey Lakemead yogurt	219
	518994	Luxury Madagascar vanilla yogurt	222
852197	Lemon & Lime Curd Luxury Yogurt	254	
852241	Salted caramel & Hazelnut Luxury Yogurt	273	
Groceries	933490	10 PORRIDGE SACHETS	110
	933506	10 GOLDEN SYRUP PORRIDGE SACHETS	150
	249652	EW Fruits, Nuts and Flakes	180
	348058	Honey, Nuts and Flakes	180
	513210	Cranberry & blueberry quick oats	235
	698849	Honey quick porridge	235
	809252	Ambient Breakfast Fruit Pots	238
	818926	Apple cinnamon and sultana porridge (sachets)	240
	819121	Cranberry & blueberry quick oats	240
	819220	Honey quick porridge	240
	878098	Simply Bran Flakes	240
	698917	Funtional 3 seed & oat granola	245
	787642	Golden Syrup Instant Porridge Pots - Multipack	245
	819022	Malty flakes with chocolate coated cornflakes & raspberries	245
	698832	Prebiotic quick porridge	245

Breakfast Options

Barocde	Product Title	Kcal per portion
933247	5 GRAIN AND 3 SEED PORRIDGE	250
912754	3 SEED GRANOLA	255
933216	4 NUT AND FLAME RAISIN GRANOLA	255
933223	INSTANT GOLDEN SYRUP PORRIDGE POT (X4)	255
819527	Strawberry & Almond Crunch	255
787635	Cranberry & Raspberry Instant Porridge Pots - Multipack	260
698863	Fruit & fibre muesli	200
698870	Fruit & nut muesli	200
698887	Muesli	200
886703	Oatbran gapfill	200
704885	Spelt & fruit muesli	200
819411	Wheat Biscuits	200
698924	Super luxury fruited muesli	205
698856	Berry & orange infused granola	210
819084	EW Fruits, Nuts and Flakes	220
933261	INSTANT PORRIDGE POT (x4)	225
819077	Berries cherries & flakes	230
882255	Simply fruit and fibre cereal	185
818919	Apple & Cinnamon Flakes	189
937429	4 BERRY MUESLI	190
598736	Eat Well maple and pecan coated multi flake with yogurt coated corn	190
379229	Count on us berries, cherries and flakes	195

Marks and Spencer Products for Breakfasts, Lunches Dinners
Less than 300 kcal



Lunches

	Barocde	Product Title	Kcal per portion
Food On The Move	826402	FTG Classic fruit salad	76
	888479	FOTM MISO SOUP HTE	90
	876346	6 GREEN THAI PRAWN FRESH SALAD WRAPS WITH CARROT CRUDITE AND SWEET CH	105
	682794	Greek Salad (Produce)	110
	779500	King prawn and Loch muir smoked salmon sandwich	110
	692953	Roasted Felafel & Houmous Wrap FOTM Dual UPT	110
	671194	Smoked Salmon & Cream Cheese Maylands Dual Tray Size	110
	854023	Tropical Fruit Salad	116
	619417	Spicy Red pepper houmous & crudite dipper	124
	925167	FOTM Count on Us - Berry Fruit Dipper	125
	699822	Count on Us Vietnamese Chicken Salad	138
	716598	Brown Rice Sushi	140
	925846	Miso Tuna Salad bites	146
	699792	Count on Us Sweet Chilli Veg Sushi Wrap	150
	652384	Egg & Tomato SW	151
	619400	FTG Houmous & Carrot Dipper	157
	696142	FTG Count on Us Tuna Layer Sml	165
	823357	FOTM - Leek & Potato Soup	170
	875585	Oriental Sushi Rice Balls Snack Pack	170
	823302	FOTM Butternut Squash Soup HTE	175
	699785	Count on Us Teriyaki Tuna Sushi Wrap	178
	599955	6 BASIL CHICKEN FRESH SALAD WRAPS WITH RED PEPPER CRUDITE AND TOMATO DI	180
	682787	Chorizo & Rice Salad (Produce)	185
	890229	FOTM Nacho Cheese Tortillas	200
	875578	King Prawn and Mango Sushi Rice Salad	205
	802727	Fusion Sushi	210
	782852	Swiss Style Summer berry Breakfast muesli	210
	818889	LTG Sushi Platter	218
	818483	FOTM Count on Us Beef, tomato and rocket sandwich	220
	927819	Red leicester and tomato Pinwheel wraps	220
	583213	FTG Sushi - Medium fish & veg selection	221
	699730	Count on Us Chilli Prawn Wrap	226
	545037	FTG Large Veg Samosa	227
	911030	FOTM Count on Us Chicken & Bacon Caesar Pasta Salad	229
	907958	FOTM Count on Us Sweet Chilli Prawn Noodle Salad	230
	783231	Count on Us Roasted butternut squash, red pepper houmas wrap	232
	875615	Chicken, Duck and Vegetable Sushi Selection	235
	607063	FTG Count on Us Flat bread - Chargrilled Vegetables & Pomegranate dressing	235
	461641	Count on Us Tuna Salad sandwich	243
	649247	Count on Us British Beef & Mustard Roll	245
	897150	FOTM Chicken, Vegetable & Supergrain Soup HTE	245
	911986	SFL FOTM Italian style meatball soup	245
911993	SFL FOTM Thai Chicken soup	245	
699679	Count on Us Tuna & Red Pepper Crunch SW	248	
699624	Count on Us 3 Cheese & Celery SW	250	
649254	Count on Us British Ham, Turkey & Coleslaw Roll	250	
371421	Sushi Selection	250	
716796	FTG Seafood Sticks	253	
784207	FOTM SFL Italian bean and cheese salad	255	
856973	SFL Chargrilled Chicken & Pasta Salad - FOTM	255	
783248	SFL Flatbread with chicken and Chorizo	255	
783194	Count on Us Tuna salad sandwich	256	
701983	FTG SFL King Prawn, Lentil & Wild Rice Salad	257	

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Lunches

	Barocde	Product Title	Kcal per portion
	699686	Count on Us Ham Salad & Mustard SW	258
	672757	Count on Us Chicken No Mayo Maylands Dual Tray Size	260
	908016	Count on Us TURKEY & HAM SANDWICH FOTM	260
	784214	FOTM SFL Spanish style paella salad	260
	435239	FTG Granola Yogurt Split Pot	260
	620208	Count on Us CHICKEN NO MAYO SW FOTM	261
	907972	FFL SPANISH CHICKEN & BEAN SALAD FOTM	262
	895576	FOTM Festive Sushi Tasting Pack	265
	850964	SFL Bento Box w Chilli and Coriander Chicken & Asian Style Noodle Salad - FOTM	265
	690911	Chicken Miso Ramen Noodle Soup	268
	659895	FTG Chicken Bacon and Potato salad	268
	688239	Count on Us Tuna Layer Dual Tray Size	270
	534864	E/W Sweet Chilli Chicken & Butternut Squash FTG large salad	270
	381642	FTG Count on Us Med Tuna Lge Salad	270
	723053	FTG Houmous & Felafel Dipper	270
	630481	FTG Honduran Prawn Dipper	279
	783200	SFL Pastrami Scandinavian Seed Bread	279
	850827	Count on Us King Prawn Wrap - FOTM	280
	907477	Count on Us ORIENTAL TUNA AND EDAMAME BEAN WRAP FOTM	280
	778848	Count on Us Turkey & roast Butternut squash stuffing	280
	823401	FOTM - Vietnamese Style Vegetable Noodle Soup	285
	502276	FTG reduced fat humous with focaccia sticks	285
	907453	Count on Us CHICKEN, TOMATO & BASIL SW FOTM	289
	907491	FFL New York Turkey & Pastrami Club FOTM	291
	785204	FOTM SFL Asian salmon salad	292
	926232	British herb Chicken and roasted vegetable pasta Salad	295
	897433	FOTM Xmas Pudding Chocolate Mousse	295
	831789	Christmas Pudding Smoothie - FOTMh	300
	850858	Count on Us Prawn & Rocket Salad w Lemon & Basil Dressing - FOTM	300
	606677	FTG Count on Us - SALAD / KING PRAWN & BLACK RICE	300
	876414	KING PRAWN & AVOCADO LEAFY SALADS FOTM	300
	850889	SFL Jerk Chicken with Mango Salsa Chargrilled Wrap - FOTM	300
Groceries	816397	Cream of Mushroom Soup	92
	816229	Chunky Chicken & Vegetable Soup	94
	698399	Chunky country vegetable	95
	698429	Chunky vegetable & 3 bean chilli	95
	705387	EW Pea and Ham Soup	95
	698221	Pea & ham	95
	816403	Minestrone Soup	96
	816311	Chunky Lentil & Bacon Soup	98
	816328	Cream of Vegetable Soup	98
	816243	Vegetable & 3 Bean Soup	102
	816335	Pea & Ham Soup	104
	816274	Butternut Squash, Sweet Potato & Parmesan Soup	106
	816342	Cream of Asparagus Soup	108
	698276	Cream of asparagus	115
	698092	Cream of mushroom	115
	816236	Cream of Chicken Soup	125
	851985	Taka Dhal Soup	126
	816359	Cream of tomato Soup	138
Solutions	895637	Carrot and Coriander Soup EU	84
	895675	Leek and Maris Piper Potato Soup EU	90
	895620	Butternut Squash Soup EU	93

Lunches

	Barocde	Product Title	Kcal per portion
Traditional Meal	895729	Tomato and Basil Soup EU	114
	907033	FTO Tomato & Basil Soup x 3	120
	772334	super beetroot soup	120
	895712	Super Vegetable Soup EU	120
	945653	Mushroom Soup EU	123
	945561	Broccoli and Stilton Soup EU	132
	953061	Super Bean, Lentil & Barley Soup	135
	946636	Tomato, Borlotti Bean & Kale Soup	135
	811842	Beef & Oxtail Soup	150
	907040	FTO Butternut Squash Soup x 3	150
	220552	Spicy Red Lentil and Tomato Soup	150
	641906	Steak and Ale Soup	150
	811835	Irish Stew Soup	165
	940184	Parsnip Soup	165
	266437	gazpacho	180
	895736	Pea and Ham Soup EU	195
	649445	Scotch Broth Soup	195
	690379	tomato, chickpea and chorizo	195
	641111	Tuscan Bean Soup	195
	806091	Jersey Royal Potato, Spring Onion & Rocket Soup	225
	941471	Red Lentil & Smoked Bacon Soup	225
	287562	Spiced Roast Parsnip Soup	225
	953054	TUSCAN INSPIRED SAUSAGE & BEAN SOUP	186
	954723	moroccan chicken soup	227
	641135	Sweetcorn and Smoked Bacon Chowder Soup	240
	806107	Pea & Mint Soup	243
811828	Cassoulet Soup	255	

**Marks and Spencer Products for Breakfast, Lunches and Dinners
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Dinner options

	Barocde	Product Title	Kcal per portion
Groceries	955041	Count on Us Red Thai Chicken Curry	184
	809696	Canned Chicken Thai Green Curry	230
	809634	Canned Chunky Steak	230
	809863	Canned Steak & Kidney	230
	444651	sweet & sour chicken	230
	700481	Sweet & sour cooking sauce 2010	230
	809627	Canned Chunky Steak Small	235
	444507	hot beef curry	240
	444613	hot chicken curry	240
	809894	Canned Hot Beef Curry	250
	809849	Canned Hot Chicken Curry	260
	809856	Canned Mild Chicken Curry	260
	444545	Chunky Steak large	226
	809665	Canned Chunky Chicken Small	225
	444620	mild chicken curry	220
	809719	Canned Chunky Chicken	220
	444729	Chunky Chicken Large	220
	955034	Count on Us Smoky Chipotle Chilli Con Carne	198
	444484	chilli con carne	200
Healthy Meal Solutions	794558	Vegetarian Cumberland sausages	75
	119252	Count on Us Cauliflower cheese	106
	492058	Count on Us Haddock Mornay	145
	216272	Count on Us carrot & swede mash	153
	245258	count on us potato mash with cabbage and spring onion	160
	870962	Forever Fishes Breaded Cod Fish Shapes	163
	783040	Count on Us chive mash	165
	206778	count on us braised steak	170
	138109	count on us chicken, tomato and basil	170
	206778	Count on Us braised steak	173
	870924	Sweet potato topped Chicken Pie	176
	807845	Count on Us 2 Breadcrumbed chicken breasts	180
	458719	Count on Us Chicken Forestiere	180
	771245	Meatballs & spaghetti snackpot	190
	770637	Sausages & beans snackpot	191
	806145	Oakham Chicken caterpillars	200
	870948	Butternut Squash and Cod croquettes with peas and sweetcorn	208
	293877	Count on Us 2 filled steak and red wine yorkshire puddings	210
	784306	Laksa noodle snackpot	210
	711814	Spaghetti with meatballs	214
	907187	Count on Us Asian Style Cod with noodles	215
	907309	FL Asian Haddock and Cod Coconut Curry	220
	811798	Tuscan Bean,pasta and vegetable stew	220
	847056	Miso broth with marinated Tofu & Asian Vegetables	230
	783156	Count on Us Chilli con carne snackpot	232
	599061	EW Fish Pie Banded Pack	235
	907330	FL 2 Herb marinated chicken breasts in a rich mushroom & masala wine	240
	847094	Mushroom Dim Sum bowl	250
	492164	Count on Us Minted Lamb with Spring Veg	254

Dinner options

	Barocde	Product Title	Kcal per portion
	213134	count on us prawns and noodles in sweet chilli sauce	260
	783026	Mediterranean seafood stew	263
	870955	Chicken,Ham & Sweetcorn Pasta	264
	783002	Count on Us Red Thai chicken curry snackpot	268
	784313	Feta & Felafel snackpot	270
	794824	Mexican bean & butternut chilli snackpot	270
	654081	EW Oakham Chicken Christmas trees	275
	912785	FL Slow cooked pork ,cannelini beans & leeks	275
	847063	Moroccan Chicken Filo pie	275
	392891	Kids Mighty Meaty pasta	279
	470162	Chargrilled Chicken with Spring Veg	280
	702614	Meatball Minestrone	280
	783118	Count on Us Chicken in mushroom sauce with new potatoes & green be	283
	783019	SFL Spanish style chicken & chorizo soup	288
	702188	Chicken & noodle laksa soup	289
	674683	Count on Us Chicken & Vegetable Chow Mein	289
	702362	Count on Us Roast pork in gravy	290
	907224	FL Slow Cooked Venison in Red Wine & Onion Sauce	292
	783132	Count on Us Chicken Tikka masala snackpot	298
	939577	Count on Us Chicken in a sticky balsamic glaze	300
	458603	Count on Us Chicken Tagliatelle	300
	907156	Count on Us King Prawns & Giant Count on Uss Count on Uss Salsa Roja	300
	521000	Eat Well Meal for One Cod Mornay	300
Salads	868655	Spinach and Mizuna Super Salad with dressing	10
	868693	Watercress Spinach and Rocket Super salad with dressing	10
	505994	Oriental style Edamame Soya Bean Salad with Chilli & Coriander dressing	69
	933377	santini salad bowl 225	70
	605458	New potato & free range egg salad	75
	801492	Prawn Cocktail Tray Salad	80
	505864	beetroot, & cherry tomato salad with creamy lemon dressing	81
	713313	small beetroot bowl	81
	505871	ham, omega-3 egg & tomato salad with vinaigrette dressing	85
	249270	Beetroot Salad	89
	624121	DELI SIDE SALAD - sprouting seed	90
	920070	POT SHOTS Caesar	95
	605458	New potato & free range egg salad	105
	868341	EW Crunchy Rainbow super bowl	107
	247375	Deli style Tomato & Mozzarella salad	110
	474610	greek salad CO	110
	796941	Spiced Butternut, Feta and Cranberry	110
	659444	Salad bowls - tomato and red pepper	111
	199148	Deli style Greek salad	114
	701716	Franchise orzo pasta	115
	564489	Orzo Pasta salad with slow roasted tomatoes	115
	401166	Tomato & Mozzarella Cheese Salad CO	115
	671422	LITU carrot salad	120
	920063	Large Santini Salad Bowl with French Dressing	124
	548199	SALAD BOWLS - Italian style salad (ex box)	124

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Barocde	Product Title	Kcal per portion
537872	3 Bean Salad	125
683159	3 bean salad dual tray size	125
920353	Avocado Bowl	125
156479	EAT WELL carrot and coriander salad	125
868679	asparagus tomato and pasta with a creamy parmesan dressing	130
627634	Large deli sides - carrot salad	130
715591	Sides - king prawn and rice	130
868631	tabbouleh	132
611138	DELI SIDES - fireburst salad	134
901314	CO Tabbouleh 700g	135
877398	FR rainbow deli side	135
619448	rainbow deli side	135
539364	Santini tomato salad with classic french dressing	139
683180	Santini tray dual tray size	139
868372	EW Super Green Bowl	140
931953	FR Spanish Rice and Butterbean	140
920049	Spanish Rice and Butterbean	140
701730	EW carrot salad	142
931922	FR quinoa and edamame bean deli side	142
868617	quinoa and edamame bean deli side	142
659062	Large deli side salad - Rice lentil aubergine	145
877336	FR super nutty wholefood	151
797016	Super Nutty Wholefood	151
701792	franchise trial - EW giant cous cous	152
495929	Giant couscous & wheatberries with roasted butternut squash	152
869041	waldorf salad (gap fill)	152
677493	Reduced fat House salad dressing	153
868853	Piccolini Italain Salad Leafy Bowl	154
901154	CO Lentil and Goat's cheese 800g	155
868358	EW Pomegranate and 3 grain super bowl	155
876964	FR lentil and goat's cheese	158
797566	Lentils, Giant Cous Cous and Goats Cheese	158
920131	Super Barley and Cauliflower	165
401210	LITU Gourmet Caesar salad	167
547994	Super wholefood salad with basil and mint vinaigrette	169
877022	FR Caesar salad bowl	171
796958	Herb Cous Cous with Santini Tomatoes	175
717601	LITU - Spanish style rice salad	175
185677	Couscous and roasted vegetables	179
701754	Franchise store - cous cous and veg	179
431415	Moroccan Style Couscous Salad CO	180
659598	chorizo rice salad	185
931946	FR Greek Salad Bowl	186
794985	Greek Salad Bowl	186
701778	franchise store - Morroccan cous cous	187
891615	Moroccan style fruity cous cous	187
868396	Egg Salad Layer	190
878029	FR large Moroccan couscous	190

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	Barocde	Product Title	Kcal per portion
	920018	Lentil and Pecan Couscous	192
	467834	french bread croutons	200
	139892	Sea Salt & Black Pepper Croutons	203
	920957	Tomato and Mozzarella Bowl	204
	105903	Prawn Layered Salad	205
	106061	Prawn Layered Salad Dual Tray Size	205
	715553	SIDES - BBQ honey and mustard pasta	205
	207218	Eat well tuna layer	215
	877367	FR large pasta spinach and pine nuts	215
	683173	pasta spinach pine dual tray size	215
	196819	pasta with spinach, pine nuts & pesto dressing	215
	401197	Coleslaw CO	220
	837576	LTG Spinach Pasta and Pine Nuts	220
	431408	Pasta Salad with Spinach & Pine Nuts CO	220
	797047	Count on Us Prawn and Salmon	225
	796965	Pistachio and Pomegranate Rice Salad	225
	505888	Chicken and bacon layer	235
	715706	Tuna Nicoise salad with charlotte potatoes, free range gg olives and fres	235
	867962	cheddar and pumpkin croutons	240
	959773	Count on Us Chicken Salsa Salad	264
	868587	new york deli pastrami salad	270
	877107	FR salmon and potato salad meal	275
	959605	FL Asian Style Chicken & Noodle Salad	284
	478786	Balsamic vinaigrette with extra virgin olive oil	290
	194044	Cheese layer	300
	916110	Count on Us Chargrilled chicken,broccoli and spelt	300
	858632	vegetable ratatouille	75
	350211	carrot and swede crush 300g	95
	284066	Roast British Beef in Gravy (Mini Meal)	130
	857673	Summer minestrone	135
	773621	ratatouille	145
	461313	Cod in Parsley sauce	155
	107556	honey roast parsnips	155
	830980	Super Vegetable Soup Serves One	155
	480703	Cauliflower Cheese with cured bacon	160
	894630	Creamed Greens in a Cheesy Smoked Bacon Sauce	160
	273961	Gammon in Parsley Sauce (Mini Meal)	160
	773614	puy lentils with smoked bacon	160
	708401	roasted butternut & carrot topped mash	160
	942904	Spanish Style Poached Runny Baked Eggs	160
	811934	Tomato & Bean Confit	160
	148023	vegetable bake 450g	160
	304474	Vegeterian Aubergine Bake	160
Meal Solutions	339827	Roast Lamb in mint gravy (Mini Meal)	170
	303125	lamb & rosemary casserole	180
	814348	Spiced Fajita Chicken	180
	945493	Smoked Haddock Chowder EU	183
	895743	Minestrone Soup EU	186

Dinner options

	Barocde	Product Title	Kcal per portion
Traditiona	946391	Bangers & Mash (Mini Meal)	190
	945417	Mini Meal Cod and Parsley	190
	895682	Paella Soup EU	193
	160100	chicken, ham & pineapple	195
	545501	Organic Beef & Vegetable Casserole	195
	692328	Chicken Provencale - Dual tray size	200
	49740	chicken forestiere	205
	89647	meatloaf in onion gravy	205
	304528	vegetable cumberland pie	205
	946704	Chicken, Bacon & Corn Chowder	210
	692496	potato topped shepherds pie - Dual tray size	210
	148030	vegetable bake 300g	210
	684637	2 baked potatoes dual tray size	215
	813662	Bubble & Squeak Gratin	215
	233149	chicken & peppers	215
	461306	Plaice Florentine	215
	694100	Roast potato with beef dripping - dual tray size	215
	122405	two baked potatoes	215
	326049	chicken in red wine sauce	216
	644631	Braised Vegetable Casserole with Mini Parsley Dumplings	220
	894593	Chicken Supreme Mini Meal	220
	774451	Fishermans Pie	220
	770446	Medium Cottage Pie (NEW UPC)	220
	358651	Shepherds Pie 200g	220
	692304	2 Chicken Fillets with Cheese and Ham - Dual tray size	225
	220415	Lancashire Hotpot	225
	708388	med veg & tomato topped mash with e.v olive oil	225
	811880	Petits Pois & Mash For One	225
	945875	Pork and Mash Mini Meal	225
	902786	Sweet potato mash gap	225
	389761	Cottage Pie 400g	230
	617000	Cous Cous, Chickpea & Feta Cheese Pancakes	230
	692526	mash potato topped shepherds pie 830g - Dual tray size	230
	287463	Shepherds Pie 400g	230
	942713	Chicken with a fruity curry sauce main for two	235
	461221	mini favourite steak and kidney casserole	240
	556538	Organic Roast Chicken & Vegetable Casserole	240
	461191	Sausage casserole	240
	170796	Shepherds Pie 800g	240
	389655	Cottage Pie 200g	245
	578226	Aberdeen Angus Steak and Stout Casserole	250
	942911	Beetroot & Celeriac Gratin	250
849623	Cottage Pie 800g	250	
305051	Beef Casserole	260	
773591	ham with puy lentils	265	
942942	Venison in a Port and Red Wine Sauce, with Vanilla Roasted Carrots and	265	
811897	Roasted Veg Cous Cous with Middle Eastern Spice	280	
773737	steak,ale & mushroom snack pot	285	

Dinner options

	Barcode	Product Title	Kcal per portion
	945851	Creamy cheese, leek & bacon chicken kiev main for two	290
	945844	Gammon steaks with cauliflower cheese melt (main for two)	290
	774529	Roast Chicken, Stuffing & Gravy Lattice Snack Twin Pack	290
	942928	Smoked Mash with Caramelised Ale Onion	290
	541244	Eat Well Roast Beef & Vegetables Meal For One	300
	461221	mini favourite steak and kidney casserole	300
	326148	SCOTTISH TROUT FILLETS IN A LEMON SAUCE	300