

WILTSHIRE

EST. FARM 1991

FOODS

SPRING 2025

That home-cooked  
**TASTE**  
*delivered*

Discover our  
**BRAND**  
**NEW** menu!



*A Taste*  
**of Asia**

**FREE DELIVERY\*** | **NO SUBSCRIPTION TO WORRY ABOUT!**



# That home-cooked **TASTE** delivered

## Eat well the easy way this spring

If a full supermarket shop is all a bit much, or cooking up complete meals seems more trouble than it's worth, there's no need to compromise on the quality of what you're eating. With Wiltshire Farm Foods you can enjoy **delicious, satisfying meals, without any effort in the kitchen** – or needing to depend on anyone else.

Spring's the perfect time for trying something new and you'll find lots of mouthwatering additions this season, including vibrant flavours from the East in our exciting **new Taste of Asia menu**. If you've a sweet tooth, don't miss our tempting new **Chef's Kitchen desserts** – seriously irresistible!

Don't forget, **delivery is free<sup>▲</sup>** and there's **no subscription** to worry about – your friendly local driver will simply be there with your meals whenever you wish. Choose what you fancy from the freezer – no need to defrost – and enjoy **that home-cooked taste** without any effort at all!

Best wishes,



*Phil Rimmer*  
**HEAD  
CHEF**

<sup>▲</sup> In a small number of areas there may be a minimum spend.

**100%  
SATISFACTION  
GUARANTEED**

With our meals you've  
nothing to lose. We'll  
replace any meal you're not  
happy with **for free!**

Keep the film lid from the top of your meal (if you can), then give us a call and we'll sort the rest.  
(See page 106 for Terms and Conditions)



# Start browsing or go straight to your **FAVOURITES**

## Main Meals

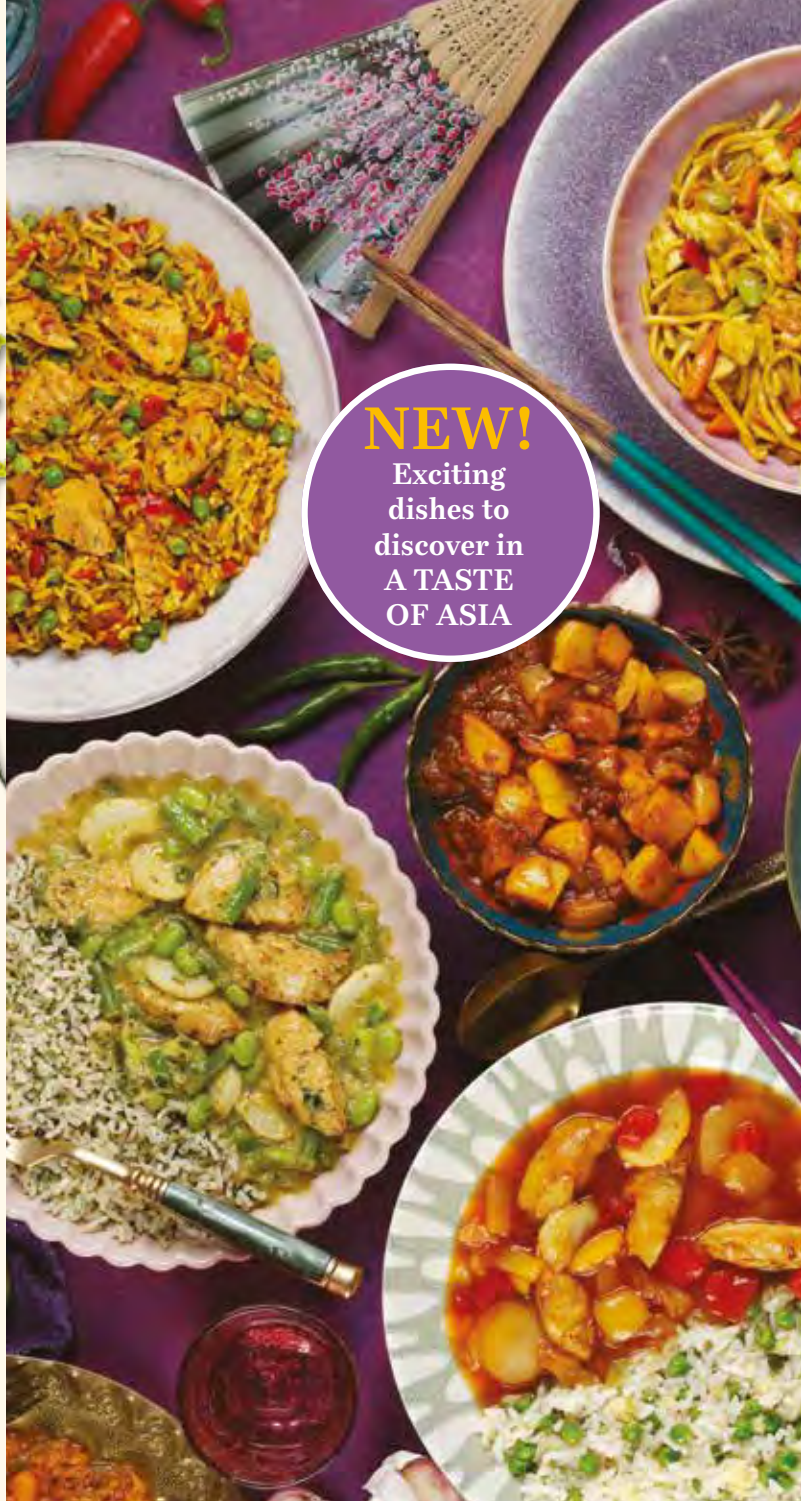
- 12** Beef
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**NEW!**

Exciting  
dishes to  
discover in  
A TASTE  
OF ASIA

## Look out for these **SYMBOLS**



**Vegan**

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



**Gluten-free**

All our meals labelled as gluten-free meet the strict standards agreed by Coeliac UK.



**Vegetarian**

Vegetarian meals with no meat/fish derivatives.



# So much choice

*- and it's all so easy!*

We all have different tastes and preferences – which is why we have over 300 delicious dishes to choose from! From favourite flavours to new inspiration, there's always something tasty to try. Keep a few meals handy in the freezer then pop what you fancy straight into your microwave or oven. No defrosting needed - and nothing to get forgotten about in the fridge!

*Something for every appetite*

## Main

Perfect for every day  
from page 12

## Hearty

For a larger appetite  
from page 81

## Mini

A light meal or for a smaller appetite  
from page 72

*Something for every budget*

*And that goes for different diets too...*

Dining with an allergy or intolerance can be difficult, but we make it easy with our dedicated 'Free From' menu on page 86. It's free from all 14 major allergens.

For further information about allergens, please visit our website or ask your local team for our Information on Allergens and Special Diets.

## Essentials

Great value freezer-fillers  
from page 51

## The Chef's Kitchen

When you want a little luxury  
from page 41



# How it works

*Simply order when you want - there's no subscription.*

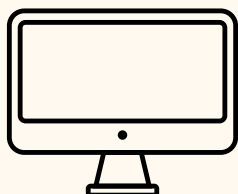


Scan this QR code with your smartphone or tablet to download the app – it's free!

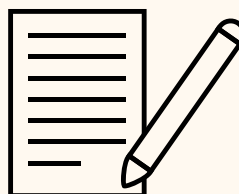
## 1 Choose how you want to order



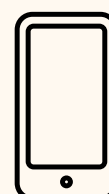
Call your friendly local team



Go online - it's simple and secure

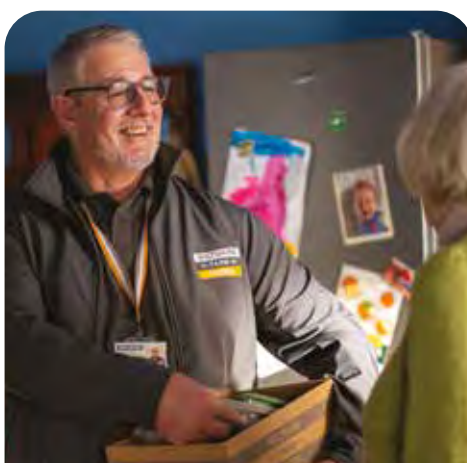


Order direct with your delivery driver



Use our handy app - it's very easy

Pay on delivery or at time of ordering



## 2

*Select your delivery day*

We'll let you know the delivery days in your area so you can choose.

## 3

*We deliver for FREE\**

Your friendly local driver will even put your food away in the freezer if you wish.

\* In a small number of areas there may be a minimum spend.

## 4

*Cook from Frozen*

Pop straight from the freezer into the microwave or oven. Instructions are on the label.



# Quality you can count on

Our recipes are created with every care by our team of award-winning chefs, under the watchful eye of our in-house dietitian. So you can be sure they're full of quality ingredients as well as delicious!

Frozen for freshness, savour complete meals with that home-cooked taste. Veggies, sauces and sides all perfectly prepared, and delicious every time.

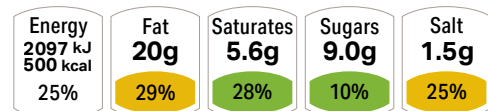
How wonderful to save all that time and effort and still enjoy great quality food!

## Understanding what's inside

Every meal inside this brochure displays the well-known '**traffic light**' system, so you can see what's in your meals at a glance.



Each meal contains



% of an adult's reference intake

### Our food is free from:

Artificial flavours

Artificial colours

HVOs as ingredients

(Hydrogenated Vegetable Oils)

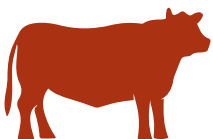
Artificial trans fatty acids

GMOs

(Genetically Modified Organisms)

## Ingredients sourced with care

We strive to source sustainably and treat our trusted suppliers fairly.



All our beef comes from British and Irish Farm Assured suppliers

\*Excludes Corned Beef

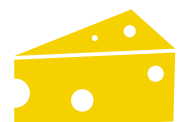


100% of the fish we use is sustainably sourced

(as specified by the Marine Conservation Society)



All our Bramley apples are 100% British



Our West Country Cheddar comes from Wyke Farms in Somerset





# WELL BALANCED\*

We all know the importance of looking after ourselves and now we're pleased to be able to give you a helping hand when it comes to making healthy choices.

## WELL BALANCED

Discover **dishes specifically selected** to support a healthy diet. They are **low in saturated fat** to help maintain healthy blood cholesterol levels, and a **good source of protein** to support muscle mass maintenance and keep bones strong.

As you'd expect from Wiltshire Farm Foods, each dish is delicious - and they count as one of your five a day!  
**Meals that support you in living well** - that taste great too!

## ALL OF OUR WELL BALANCED\* MEALS ARE:

LOW IN  
SATURATED  
FAT

A SOURCE  
OF PROTEIN

1 OF YOUR  
5 A DAY

LOW IN  
SUGAR

A SOURCE  
OF FIBRE

Lots of choice – and lots of flavour!

Why not try...



ROAST CHICKEN  
BREAST WITH STUFFING

See page 18



FISHERMAN'S PIE

See page 32



LAMB IN GRAVY

See page 30

Find our **Well  
Balanced** meals  
in your brochure  
wherever you  
see this sign.

WELL  
BALANCED\*

*We've put together this range  
to make it easier for you  
to pick options with your  
health in mind. Always  
easy, always delicious!*



**Phil Rimmer**  
Head Chef

\* Enjoy as part of a varied and balanced diet and a healthy lifestyle - low in saturated fat to help maintain healthy blood cholesterol levels and a good source of protein to support muscle mass maintenance and keep bones strong.



# Caring for the world around us



It's not just our customers we care deeply for. Our planet is precious and it's our responsibility as a business to take action to protect it.

Our goal is to reduce our carbon footprint all the way down to 'net zero' by 2040, with lots of initiatives in place – and even more in the pipeline!

We're introducing even more solar panels at our Wiltshire Kitchens – and we now have 100 electric delivery vans on the road that you might have seen out and about.

This brochure is even printed on 100% recycled paper!



## Packaging perfected

Thanks to the great strides we've made,  
the only packaging left with you is the lid!

### *No meal sleeves*

We did away with cardboard meal sleeves many years ago, putting the environment before looks.

### *Reusing boxes*

We reuse the cardboard boxes we deliver meals in over and over again – then recycle them!

### *Reducing plastic*

All our meal trays are now made from up to 80% recycled material and are fully recyclable!

### *Driving change*

As founding members of the UK Plastics Pact, we work to improve and increase recycling.





# Not your regular *recycling*



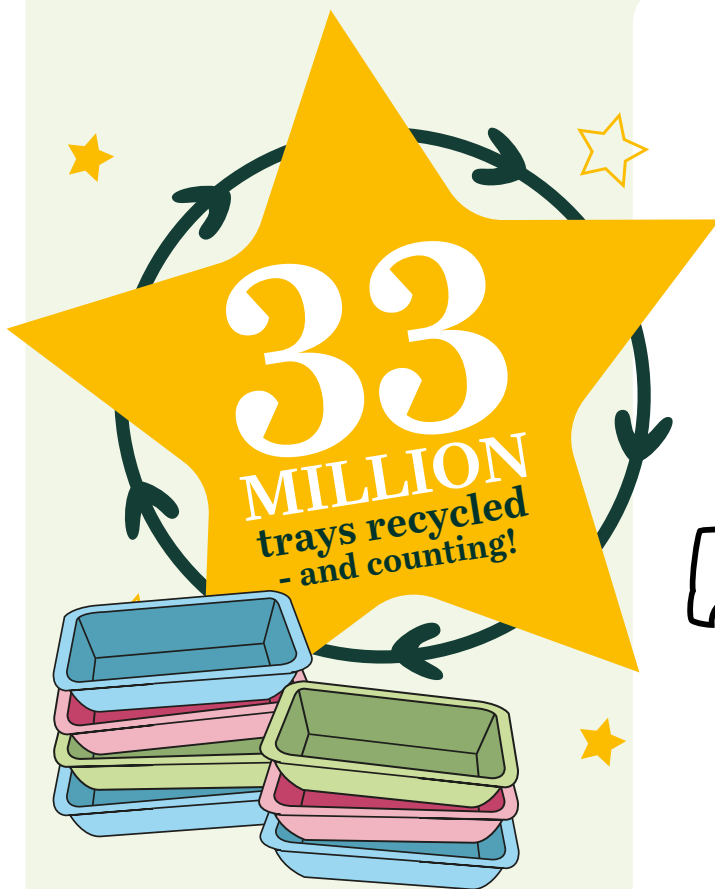
## *Did you know that we have our own meal tray recycling system?*

We were horrified to learn that as little as 39% of plastic meal trays get collected through kerbside recycling. Then nearly half of what's collected is sent abroad where it could get burned, or dumped in landfill!

We couldn't stand the thought of our meal trays ending up this way, so we've created a superior system...

### *Why our system is better*

Return your trays to us instead and we guarantee that **100% of the plastic** will be recycled into new Wiltshire Farm Foods trays.



### *How our recycling scheme works*



#### **1 Wash**

Once you've finished your meal, remove the lid and wash your tray. They are dishwasher safe too.



#### **2 Collect**

Hand your clean Wiltshire Farm Foods trays to your driver. We are unable to accept black or clear trays.



#### **3 Recycle**

100% of your trays will be made into brand-new trays.  
(Not currently operating in Isle of Man.)

*Thanks again for doing your bit - let's keep it going!*



# Here for you

## *Service with a smile*

Sometimes the old-fashioned way is the best way! Being able to call to order – and knowing there'll be a friendly voice on the end of the line who'll take the time to chat and help... at Wiltshire Farm Foods, it's service as standard.

No overseas call centres with long phone queues here - simply call and speak to your lovely local team. Thanks to our additional helpline, there's someone available 24/7. Our website is another easy way to shop and ask questions, with real people manning our handy online chat.

When your meals arrive, your driver is a friendly face you'll get to know, happy to lend a hand and put your meals away.



*Join our  
community*



Follow us for lots more fun and chat!

## Proud to be rated...

## *Excellent!*

It means everything to know that we're keeping our customers happy after over 30 years delivering tasty meals. With more than 53,000 reviews now, the verdict is still... EXCELLENT!



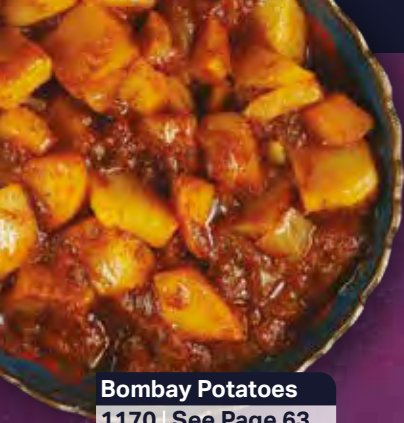
**Trustpilot**



Rated EXCELLENT  
at time of writing December 2024.







**Bombay Potatoes**  
1170 | See Page 63

Discover our NEW menu

# A Taste of Asia



**Take your tastebuds  
on a tour of Asia with  
our exciting new dishes!**

You'll find all your Indian and Chinese  
favourites plus authentic new creations  
from our award-winning chefs.



**Singapore Style Noodles**  
4317 | See Page 60



**Chicken Biryani**  
4310 | See Page 61

Try an aromatic curry or  
a vibrant noodle dish; each  
one is seasoned to perfection  
and ready effortlessly in  
a matter of minutes.  
Who needs a takeaway?



**Thai Green Chicken Curry**  
4311 | See Page 61



Created by

*Phil Rimmer*  
**HEAD CHEF**

*Jethro Lawrence*  
**DEVELOPMENT CHEF**



# Beef

Satisfying pies, savoury stews, classic casseroles and our much-loved roast beef, all ever so easy.



**“** Another meal that's brilliant, my wife said she couldn't even make it as good as yours! **”**

Mr P, Wiltshire Farm Foods Customer

214 Steak & Mushroom Casserole | See page 17





## Chilli Con Carne

Minced beef simmered in a rich tomato, red kidney bean and chilli sauce. Served with vegetable rice.

**8191** **£5.29** 350g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1400 kJ 333 kcal 17%	8.8g 13%	3.0g 15%	4.7g 5%	1.6g 27%

% of an adult's reference intake



## Cottage Pie

Classic cottage pie made from minced beef and mashed potato. Served with peas and carrots.

**208** **£4.59** 380g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1307 kJ 312 kcal 16%	11g 16%	3.2g 16%	5.6g 6%	1.4g 23%

% of an adult's reference intake



## Beef Hotpot

Chunks of beef cooked with mixed vegetables and topped with sauté potatoes. Served with carrots and green beans.

**207** **£5.15** 350g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1439 kJ 343 kcal 17%	13g 19%	5.2g 26%	9.0g 10%	1.3g 22%

% of an adult's reference intake



## Spaghetti Bolognese

Spaghetti with a rich minced beef and Bolognese sauce.

**4275** **£5.49** 340g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1511 kJ 359 kcal 18%	11g 16%	3.4g 17%	7.1g 8%	1.6g 27%

% of an adult's reference intake

•Enjoy as part of a varied and balanced diet and a healthy lifestyle - low in saturated fat to help maintain healthy blood cholesterol levels and a good source of protein to support muscle mass maintenance and keep bones strong.





### Corned Beef Hash

A delicious dish of corned beef, diced onions and potatoes. Served with peas and carrots.

**203** **£4.59** 360g GF

Each meal contains

Energy 1350 kJ 322 kcal 16%	Fat <b>12g</b> 17%	Saturates <b>3.3g</b> 17%	Sugars <b>6.7g</b> 7%	Salt <b>1.6g</b> 27%
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% of an adult's reference intake



### Beef & Dumpling Red Wine Stew

Chunks of beef with courgette, peppers and red onion in a red wine gravy. Served with mashed potato, green beans, broccoli and a dumpling.

**7537** **£5.65** 400g

Each meal contains

Energy 1701 kJ 406 kcal 20%	Fat <b>19g</b> 27%	Saturates <b>7.7g</b> 39%	Sugars <b>5.3g</b> 6%	Salt <b>2.0g</b> 33%
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% of an adult's reference intake



### Savoury Minced Beef

A British classic of savoury minced beef and mashed potato. Served with carrots.

**209** **£4.55** 350g GF

Each meal contains

Energy 1321 kJ 316 kcal 16%	Fat <b>16g</b> 23%	Saturates <b>4.3g</b> 22%	Sugars <b>6.2g</b> 7%	Salt <b>1.3g</b> 22%
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% of an adult's reference intake



### Beef Bourguignon

Tender slices of silverside beef in a rich red wine sauce with button onions, mushrooms and bacon. Served with roast potatoes and cauliflower cheese.

**4297** **£6.99** 400g GF

Each meal contains

Energy 1841 kJ 439 kcal 22%	Fat <b>18g</b> 26%	Saturates <b>6.8g</b> 34%	Sugars <b>8.9g</b> 10%	Salt <b>2.4g</b> 40%
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% of an adult's reference intake





### Beef Curry with Rice

Aromatic beef curry cooked with spices, creamed coconut, sultanas, mango chutney and yoghurt. Served with seasoned rice.

**4271** **£6.55** 415g



Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2757 kJ 658 kcal 33%	<b>29g</b> 41%	<b>12g</b> 60%	<b>11g</b> 12%	<b>1.6g</b> 27%

% of an adult's reference intake



### Roast Beef & Yorkshire Pudding

Tender steam roasted beef. Served with a Yorkshire pudding, roast potatoes, sprouts, carrots and gravy.

**7536** **£6.25** 420g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1478 kJ 351 kcal 18%	<b>8.8g</b> 13%	<b>1.8g</b> 9%	<b>5.1g</b> 6%	<b>2.2g</b> 37%

% of an adult's reference intake



### Beef with Mashed Potato

Silverside beef in gravy with a Yorkshire pudding. Served with smooth mashed potato, green beans and peas.

**7251** **£5.65** 370g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1377 kJ 328 kcal 16%	<b>12g</b> 17%	<b>2.5g</b> 13%	<b>4.3g</b> 5%	<b>1.8g</b> 30%

% of an adult's reference intake



### Luxury Cottage Pie

Best minced beef and slow-cooked brisket in a red wine gravy topped with smooth, buttery mash and finished with Cheddar and ciabatta breadcrumbs.

**4281** **£5.95** 400g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1832 kJ 438 kcal 22%	<b>21g</b> 30%	<b>6.5g</b> 33%	<b>6.6g</b> 7%	<b>2.5g</b> 42%

% of an adult's reference intake



The CHEF'S KITCHEN

### Beef Stroganoff

Rich and creamy, the deep, rounded flavours of slow-cooked beef come alive with Dijon mustard, brandy and a hint of smoked paprika. Accompanied by parsley rice.

**4313** **£6.75** 410g

GF

Each meal contains

Energy 2403 kJ 572 kcal 29%	Fat 21g 30%	Saturates 7.7g 39%	Sugars 4.6g 5%	Salt 1.6g 27%
% of an adult's reference intake				



### Steak & Kidney Pie

Beef steak, pork kidney, shortcrust pastry and gravy make for a classic. Served with mashed potato, carrots and peas.

**211** **£4.99** 370g

Each meal contains

Energy 2342 kJ 561 kcal 28%	Fat 30g 43%	Saturates 11g 55%	Sugars 5.7g 6%	Salt 1.4g 23%
% of an adult's reference intake				



The CHEF'S KITCHEN

### Beef & Stilton Pie

Slow-cooked beef, root vegetables and tasty blue Stilton beneath a flaky puff pastry lid. Braised red cabbage with apple & port, and mash complete the dish.

**7515** **£6.85** 450g

Each meal contains

Energy 2886 kJ 691 kcal 35%	Fat 36g 51%	Saturates 16g 80%	Sugars 25g 28%	Salt 2.4g 40%
% of an adult's reference intake				



### Cumberland Pie

Minced beef cooked in rich gravy, topped with a mashed potato and cheese crumb.

**507** **£5.59** 400g

Each meal contains

Energy 1860 kJ 444 kcal 22%	Fat 19g 27%	Saturates 5.5g 28%	Sugars 3.5g 4%	Salt 2.2g 37%
% of an adult's reference intake				



The CHEF'S KITCHEN

### Luxury Roast Beef (Oven Cook Only)

Tender, melt in the mouth beef, slow-cooked to perfection, with red wine gravy, golden roasties, Yorkshire pudding, cauliflower cheese, peas and carrots.

**5127** **£7.75** 549g

Each meal contains

Energy 2366 kJ 563 kcal 28%	Fat 20g 29%	Saturates 6.9g 35%	Sugars 7.1g 8%	Salt 2.7g 45%
% of an adult's reference intake				





THE CHEF'S KITCHEN

## Luxury Lasagne

Best minced beef, dry cured oak smoked bacon, ripe tomatoes and red wine, layered between sheets of pasta and topped with our rich cheese sauce.

**0684** **£6.55** 405g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2641 kJ 631 kcal	<b>30g</b>	<b>11g</b>	<b>13g</b>	<b>2.2g</b>
32%	43%	55%	14%	37%

% of an adult's reference intake



## Steak & Mushroom Casserole

Tender chunks of steak with mushrooms and mixed vegetables. Served with mashed potato, broccoli and mashed carrot.

**214** **£5.55** 360g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1331 kJ 318 kcal	<b>16g</b>	<b>4.4g</b>	<b>6.9g</b>	<b>0.91g</b>
16%	23%	22%	8%	15%

% of an adult's reference intake

*Fancy a delicious side dish?*

### Vegetable Medley with Parsley Butter

Carrot, courgette and asparagus, simply seasoned with parsley butter, sea salt and cracked black pepper.

**1141** **£1.89** 110g

Each pack contains

Energy	Fat	Saturates	Sugars	Salt
385 kJ 93 kcal	<b>7.9g</b>	<b>5.0g</b>	<b>2.9g</b>	<b>0.09g</b>
5%	11%	25%	3%	1%

% of an adult's reference intake



## Savoury Minced Beef in a Yorkshire Pudding

A giant Yorkshire pudding filled with savoury minced beef in gravy, fluffy mashed potato and peas.

**5500** **£6.15** 305g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1765 kJ 420 kcal	<b>13g</b>	<b>2.8g</b>	<b>5.8g</b>	<b>1.5g</b>
21%	19%	14%	6%	25%

% of an adult's reference intake

Beef



# Chicken & Turkey

All your favourite flavours: honey & mustard, sweet & sour, barbecue, mushroom, or classic stuffing and gravy.



## Roast Chicken Breast with Stuffing

Steam roasted chicken breast with stuffing. Served with roast potatoes, gravy, carrots and sprouts.

549

£5.99 390g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1317 kJ 313 kcal	7.6g	1.3g	5.4g	1.4g
16%	11%	7%	6%	23%

% of an adult's reference intake

“ Can't fault it. There is plenty of chicken which is tender and tasty, the roast potatoes are lovely and the vegetables are cooked perfectly. Good value for money. ”

Mrs J, Wiltshire Farm Foods Customer





## Chicken & Mushroom Puff Pastry Pie

Chicken in a chestnut mushroom sauce topped with puff pastry. Served with mashed potato, carrots and green beans.

**7260** **£4.99** 428g

Each meal contains

Energy  
2045 kJ  
489 kcal  
24%

Fat  
**25g**  
36%

Saturates  
**8.1g**  
41%

Sugars  
**5.9g**  
7%

Salt  
**1.6g**  
27%

% of an adult's reference intake

Chicken & Turkey

## Chicken & Vegetable Casserole

A delicious chicken and mixed vegetable casserole. Served with mashed potato, carrots and green beans.

**8138** **£4.75** 410g

GF

Each meal contains

Energy  
1250 kJ  
299 kcal  
15%

Fat  
**13g**  
19%

Saturates  
**2.5g**  
13%

Sugars  
**8.4g**  
9%

Salt  
**1.4g**  
23%

% of an adult's reference intake



• Enjoy as part of a varied and balanced diet and a healthy lifestyle - low in saturated fat to help maintain healthy blood cholesterol levels and a good source of protein to support muscle mass maintenance and keep bones strong.





## Chicken Supreme

Chicken breast with bacon in a creamy mustard and white wine sauce. Served with mashed potato and a medley of green beans & peas.

4301

£6.29 440g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1832 kJ 437 kcal 22%	18g 26%	4.7g 24%	6.5g 7%	2.2g 37%

% of an adult's reference intake



## Sweet & Sour Chicken

Tender chicken pieces in sweet and sour sauce with pineapple and peppers. Served with rice, peas and peppers.

8194

£4.75 415g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1792 kJ 424 kcal 21%	6.6g 9%	1.2g 6%	27g 30%	1.3g 22%

% of an adult's reference intake



## Chicken & Vegetable Pie

Tender chicken and vegetables in sauce, topped with short-crust pastry. Served with mashed potato, cauliflower, carrots and green beans.

252

£4.59 440g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1943 kJ 465 kcal 23%	21g 30%	7.6g 38%	6.7g 7%	1.7g 28%

% of an adult's reference intake



## Chicken Stir-Fry

Tender chicken pieces with oriental vegetables in a spring onion, garlic and black bean sauce. Served with egg noodles.

4303

£5.95 400g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1622 kJ 385 kcal 19%	9.0g 13%	1.3g 7%	11g 12%	2.4g 40%

% of an adult's reference intake





## Coq au Vin

Tender chicken slow-cooked in red wine and brandy with bacon, chestnut mushrooms and button onions. Accompanied by extra buttery mash, and green beans.

**4312** **£6.55** 440g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1794 kJ 429 kcal	<b>22g</b>	<b>7.4g</b>	<b>5.5g</b>	<b>1.8g</b>
21%	31%	37%	6%	30%

% of an adult's reference intake



## Luxury Sweet & Sour Chicken

Tender pieces of chicken breast with peppers, pineapple and water chestnuts in a sweet and sharp sauce. Served with egg fried rice with peas and spring onion.

**4176** **£5.95** 465g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2071 kJ 490 kcal	<b>8.5g</b>	<b>1.2g</b>	<b>37g</b>	<b>0.47g</b>
25%	12%	6%	41%	8%

% of an adult's reference intake



## Chicken Curry with Rice

Tender pieces of chicken in a mildly spiced curry sauce. Served with yellow long grain rice.

**8156** **£4.69** 360g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1609 kJ 381 kcal	<b>7.3g</b>	<b>1.6g</b>	<b>8.8g</b>	<b>1.1g</b>
19%	10%	8%	10%	18%

% of an adult's reference intake



## Honey Mustard Chicken

Chicken breast in a honey and mustard sauce. Served with mashed potato, peas, carrots, sweetcorn and green beans.

**8154** **£5.29** 395g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1563 kJ 373 kcal	<b>16g</b>	<b>5.1g</b>	<b>9.5g</b>	<b>1.8g</b>
19%	23%	26%	11%	30%

% of an adult's reference intake



## Turkey with Stuffing

Turkey\* with sage and onion stuffing in gravy. Served with roast potatoes, savoy cabbage, mashed carrots & swede.

**4242** **£6.15** 395g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1301 kJ 309 kcal	<b>7.5g</b>	<b>1.3g</b>	<b>6.6g</b>	<b>1.8g</b>
15%	11%	7%	7%	30%

% of an adult's reference intake



## Hunter's Chicken

Juicy pieces of chicken\* with bacon, smothered in a tangy barbecue sauce and topped with mozzarella. Served with diced potatoes and green beans.

**4286** **£5.99** 370g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1433 kJ 341 kcal	<b>13g</b>	<b>3.3g</b>	<b>9.7g</b>	<b>1.5g</b>
17%	19%	17%	11%	25%

% of an adult's reference intake



## Chicken Lasagne

Pieces of chicken in a rich herby tomato sauce layered between lasagne sheets, with a creamy cheese sauce topped with a Regato crumb.

**4284** **£6.29** 400g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2400 kJ 571 kcal	<b>21g</b>	<b>6.6g</b>	<b>16g</b>	<b>1.8g</b>
29%	30%	33%	18%	30%

% of an adult's reference intake



## Chicken in Gravy

Tasty chicken pieces in gravy. Served with mashed potato, green beans, peas, carrots and sweetcorn.

**256** **£4.99** 355g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1244 kJ 297 kcal	<b>13g</b>	<b>2.2g</b>	<b>3.6g</b>	<b>1.5g</b>
15%	19%	11%	4%	25%

% of an adult's reference intake



## Chicken Hotpot

A filling hotpot with pieces of chicken, mushroom, swede, carrot and parsnip, topped with sauté potatoes. Served with carrots and Romano beans.

**4207** **£5.59** 400g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1286 kJ 306 kcal	<b>9.1g</b>	<b>3.1g</b>	<b>9.7g</b>	<b>1.2g</b>
15%	13%	16%	11%	20%

% of an adult's reference intake



## Roast Chicken & Yorkshire Pudding (Oven Cook Only)

Tender steam roasted chicken breast with a pork stuffing ball in gravy. Served with roast potatoes, a Yorkshire pudding, carrots and peas.

**5124** **£7.55** 535g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2085 kJ 495 kcal	<b>13g</b>	<b>2.2g</b>	<b>6.5g</b>	<b>2.3g</b>
25%	19%	11%	7%	38%

% of an adult's reference intake

\* Please refer to page 106

\* Enjoy as part of a varied and balanced diet and a healthy lifestyle - low in saturated fat to help maintain healthy blood cholesterol levels and a good source of protein to support muscle mass maintenance and keep bones strong.



# Pork

Always tasty, always effortless, from sausages just the way you like them to a tempting new pie.



**“ A Sunday Roast you can enjoy anytime. Very tasty. ”**

Mr S, Wiltshire Farm Foods Customer

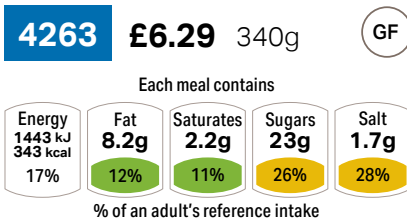
**7531 Roast Pork in Apple and Cider Gravy | See page 25**





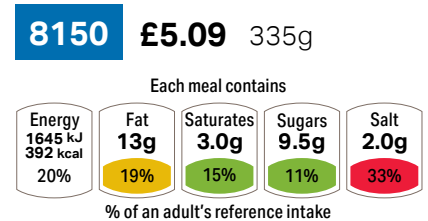
### Wiltshire Ham

Slices of Wiltshire cured ham in port sauce with orange and cranberry. Served with roast potatoes, red cabbage with apple & port and Brussels sprouts.



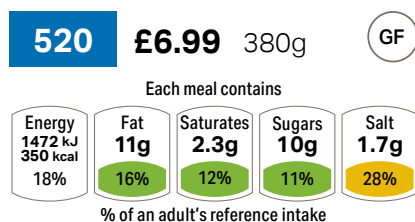
### Sausage, Chips & Beans

Two tasty pork sausages in a rich onion gravy. Served with chips and baked beans.



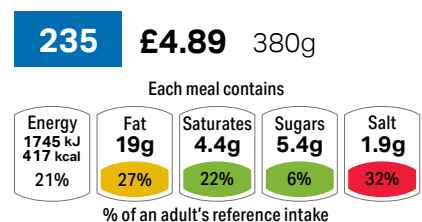
### Gammon with Pineapple

Sliced gammon in a sweet sauce. Served with diced potatoes, a pineapple ring and peas.



### Bangers & Mash

Delicious pork sausages in a rich gravy. Served with peas and smooth mashed potato.





**NEW**

## Gammon & Cheddar Pie

Gammon in a Cheddar, Regato cheese and mustard sauce, with a shortcrust pastry top. Served with mashed potato and peas.

“The rich, cheesy sauce with the mash makes such a comforting combination.”



**Phil Rimmer**  
Head Chef

**4315** £5.39 380g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2561 kJ 613 kcal	34g	14g	6.9g	2.3g
31%	49%	70%	8%	38%

% of an adult's reference intake



## Pork Loin & Stuffing

Tender sliced pork loin in gravy with sage stuffing. Served with mashed potato, savoy cabbage and carrots.

**225** £6.75 350g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1267 kJ 303 kcal	14g	3.0g	6.0g	1.6g
15%	20%	15%	7%	27%

% of an adult's reference intake



## Luxury Sausage & Mash

Our extra meaty butcher's choice sausages, ladled with lashings of rich and tasty sage & red onion gravy. Add golden Wyke Farms Cheddar mash and minted garden veg... perfection.

**4305** £6.45 400g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2199 kJ 528 kcal	32g	11g	10g	2.9g
26%	46%	55%	11%	48%

% of an adult's reference intake



## Roast Pork in Apple and Cider Gravy

Sliced pork\* in a delicious apple gravy made with Somerset cider. Served with roast potatoes, broccoli and carrots.

**7531** £6.75 380g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1234 kJ 294 kcal	8.1g	2.3g	8.3g	1.4g
15%	12%	12%	9%	23%

% of an adult's reference intake

\* Please refer to page 106

• Enjoy as part of a varied and balanced diet and a healthy lifestyle - low in saturated fat to help maintain healthy blood cholesterol levels and a good source of protein to support muscle mass maintenance and keep bones strong.

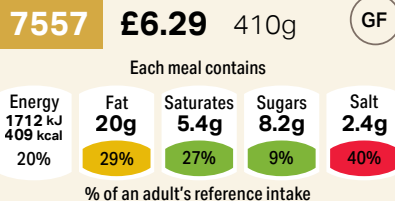
Pork





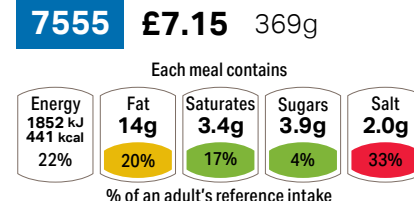
### Ham Hock & Piccalilli Gratin

Layers of pulled ham hock, piccalilli cream sauce, and tender piccalilli-inspired vegetables topped with cubed potato and mozzarella. Accompanied by garden vegetables.



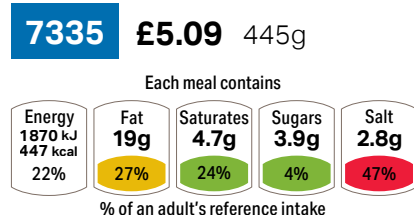
### Mixed Grill

The perfect combination of pork sausage, gammon, chicken fillets, mushrooms & tomatoes. Served with chips and peas.



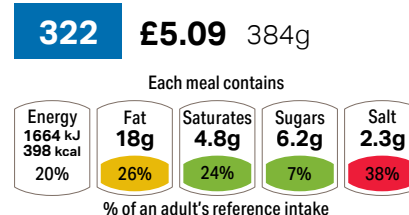
### Faggots in Gravy with Mash & Peas

Three classic seasoned pork faggots in a tasty rich onion gravy. Served with mashed potato and peas.



### Cumberland Sausages

Two Cumberland sausages in a tasty gravy. Served with mashed potato, carrots and peas.





# Lamb

A quality take on all-time classic dishes, made with British, Irish and New Zealand lamb.



**“Loved this meal, it was very tasty will definitely order again. ”**  
**Great to keep in the freezer as a quick and easy meal.**

Mr M, Wiltshire Farm Foods Customer

240 Lancashire Hotpot | See page 29





### Liver & Bacon Casserole

Lambs' liver with onion and dry cured smoked bacon. Served with mashed potato, green beans and carrots.

**324** **£4.59** 365g GF

Each meal contains

Energy 1321 kJ 316 kcal 16%	Fat <b>15g</b> 21%	Saturates <b>3.9g</b> 20%	Sugars <b>6.1g</b> 7%	Salt <b>1.3g</b> 22%
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% of an adult's reference intake



### Lamb & Vegetable Casserole

Delicious lamb shoulder with mixed root vegetables. Served with mashed carrot, green beans and boiled potatoes.

**8148** **£5.35** 350g GF

Each meal contains

Energy 1393 kJ 333 kcal 17%	Fat <b>15g</b> 21%	Saturates <b>6.5g</b> 33%	Sugars <b>6.2g</b> 7%	Salt <b>1.3g</b> 22%
--------------------------------------	--------------------------	---------------------------------	-----------------------------	----------------------------

% of an adult's reference intake



### Roast Lamb in Mint Gravy

Succulent roast lamb in mint gravy. Served with roast potatoes, mashed carrot & swede and green beans.

**533** **£6.79** 350g GF

Each meal contains

Energy 1267 kJ 302 kcal 15%	Fat <b>10g</b> 14%	Saturates <b>3.4g</b> 17%	Sugars <b>4.4g</b> 5%	Salt <b>1.2g</b> 20%
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% of an adult's reference intake

## The CHEF'S KITCHEN

Fancy a delicious side dish?



### Cauliflower & Broccoli Cheese

Perfectly cooked florets of cauliflower and broccoli with Cheddar cheese sauce.

**664** **£2.89** 250g GF V

Each pack contains

Energy 1289 kJ 310 kcal 16%	Fat <b>21g</b> 30%	Saturates <b>7.2g</b> 36%	Sugars <b>9.6g</b> 11%	Salt <b>1.1g</b> 18%
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% of an adult's reference intake





## Lamb's Liver & Bacon in Onion Gravy

Lamb's liver and bacon in onion gravy, served with mashed potato, carrots and red cabbage with apple.

**4260** **£6.15** 405g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1507 kJ 360 kcal 18%	15g 21%	5.0g 25%	13g 14%	2.1g 35%

% of an adult's reference intake



## Lancashire Hotpot

Lamb casserole topped with sauté potatoes. Served with carrots, cauliflower and green beans.

**240** **£5.45** 410g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1685 kJ 402 kcal 20%	18g 26%	9.2g 46%	8.7g 10%	1.8g 30%

% of an adult's reference intake



## Shepherd's Pie

Delicious minced mutton in gravy, topped with a layer of mashed potato. Served with carrots and peas.

**245** **£4.99** 380g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1415 kJ 338 kcal 17%	15g 21%	5.5g 28%	5.9g 7%	1.7g 28%

% of an adult's reference intake



## Irish Stew

Lamb stew with pearl barley, carrots, leeks and potatoes. Served with mashed root vegetables, savoy cabbage and mashed potato.

**241** **£5.39** 360g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1317 kJ 315 kcal 16%	14g 20%	5.9g 30%	7.0g 8%	1.3g 22%

% of an adult's reference intake



## Lamb in Honey & Mint Sauce

Slow-cooked lamb shoulder, tender and tasty with the sweetness of honey to enhance the rich minted gravy. Served with mashed potato topped with lemon parsley ciabatta breadcrumbs, and a side of carrots, green beans and Romano beans.

**7548** **£7.09** 385g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1271 kJ 303 kcal	9.4g	2.1g	13g	1.8g
15%	13%	11%	14%	30%

% of an adult's reference intake

“Lamb and mint are a match made in heaven and make this gravy so tasty.”

**JETHRO LAWRENCE**

*Development Chef*



The CHEF'S KITCHEN



## Luxury Shepherd's Pie

Slow-cooked lamb and red wine bring a rich flavour balanced out with the sweet potato & carrot mash. Topped with a cheese, parsley and ciabatta crumb.

**4235** **£6.75** 400g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2047 kJ 489 kcal	24g	9.2g	10g	2.0g
24%	34%	46%	11%	33%

% of an adult's reference intake

The CHEF'S KITCHEN



## Lamb in Gravy

Tender lamb\* slices in rich gravy. Served with roast potatoes, peas and carrots.

**237** **£5.99** 350g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1352 kJ 322 kcal	10g	3.5g	4.5g	1.1g
16%	14%	18%	5%	18%

% of an adult's reference intake

\* Please refer to page 106

• Enjoy as part of a varied and balanced diet and a healthy lifestyle - low in saturated fat to help maintain healthy blood cholesterol levels and a good source of protein to support muscle mass maintenance and keep bones strong.



# Fish

All the fish we use in our Wiltshire Kitchen is sustainable, as specified by the Marine Conservation Society. Also, 100% of the wild fish we source comes from Marine Stewardship Council (MSC) certified fisheries.



“Absolutely fabulous, just like fish and chips from the chippy.”

Mrs P, Wiltshire Farm Foods Customer

7503 Fish & Chips (Oven Cook Only) | See page 35





### Fisherman's Pie

Smoked haddock, white fish and peas in a creamy dill sauce, finished with a fluffy mashed potato topping. Served with carrots and peas.

4223

£5.09 445g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1620 kJ 386 kcal	14g	3.5g	9.4g	1.4g
19%	20%	18%	10%	23%

% of an adult's reference intake



### Salmon Fillet in Mint Butter Sauce

Wild salmon fillet with mint butter sauce. Served with boiled potatoes, carrots and peas.

7754

£7.55 480g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1554 kJ 370 kcal	11g	4.4g	8.0g	1.2g
19%	16%	22%	9%	20%

% of an adult's reference intake



### Seafood Paella

A Spanish classic. Prawns, smoked haddock and chorizo with peas and peppers. Served with tomato and paprika infused rice.

4306

£6.15 360g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1853 kJ 442 kcal	20g	2.6g	8.2g	1.8g
22%	29%	13%	9%	30%

% of an adult's reference intake



### Breaded Fish & Chips

Breaded white fish served with golden chips and peas.

304

£4.59 305g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1732 kJ 412 kcal	13g	1.4g	3.0g	0.62g
21%	19%	7%	3%	10%

% of an adult's reference intake

\*Enjoy as part of a varied and balanced diet and a healthy lifestyle - low in saturated fat to help maintain healthy blood cholesterol levels and a good source of protein to support muscle mass maintenance and keep bones strong.





THE CHEF'S KITCHEN

## Cod in a Mediterranean Vegetable Sauce

White wine, sweet paprika and grilled Mediterranean vegetables with our sustainably caught cod. Teamed with parsley white rice and green beans.

7756

£7.39 475g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1627 kJ 387 kcal	13g	2.7g	7.0g	1.2g
19%	19%	14%	8%	20%

% of an adult's reference intake



## Fish in Parsley Sauce

A delicious piece of white fish in parsley sauce. Served with mashed potato, green beans and carrots.

314

£4.59 380g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1287 kJ 308 kcal	15g	7.2g	5.9g	1.3g
15%	21%	36%	7%	22%

% of an adult's reference intake

*Simply heat and enjoy!*



## Complete meals – the easy way

Rustling up a quick bite is one thing – making full meals like these is quite another. Enjoy that home-cooked taste, effortlessly.



## Salmon & Broccoli Supreme

Tender chunks of salmon with broccoli florets in a tasty sauce. Served with mashed potato, carrots and peas.

318

£4.75 370g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1425 kJ 341 kcal	16g	3.9g	7.1g	0.96g
17%	23%	20%	8%	16%

% of an adult's reference intake

Fish





THE CHEF'S KITCHEN

### Cod Mornay

Premium loin of sustainably caught cod in our signature Wyke Farms Cheddar sauce – rich, savoury and satisfying. Served with parsley tumbled baby potatoes and garden vegetables.

<b>7558</b>	<b>£7.35</b>	390g	GF
Each meal contains			
Energy 1439 kJ 344 kcal 17%	Fat <b>14g</b> 20%	Saturates <b>5.9g</b> 30%	Sugars <b>6.0g</b> 7%
% of an adult's reference intake			
Salt <b>1.1g</b> 18%			



### Salmon Crumble

Salmon pieces in a cheesy sauce, topped with a breaded cheese crumble. Served with mashed potato and minted vegetables.

<b>552</b>	<b>£5.45</b>	360g	
Each meal contains			
Energy 2106 kJ 504 kcal 25%	Fat <b>28g</b> 40%	Saturates <b>8.1g</b> 41%	Sugars <b>5.3g</b> 6%
% of an adult's reference intake			
Salt <b>1.4g</b> 23%			



### Spaghetti with King Prawns in a Creamy Lemon Sauce

Succulent king prawns and courgettes in a creamy garlic and lemon sauce. Served on a bed of spaghetti.

<b>4290</b>	<b>£5.95</b>	380g	
Each meal contains			
Energy 1660 kJ 395 kcal 20%	Fat <b>13g</b> 19%	Saturates <b>5.2g</b> 26%	Sugars <b>6.9g</b> 8%
% of an adult's reference intake			
Salt <b>0.94g</b> 16%			



### Fishcake with Mushy Peas

A smoked haddock, pollock, spring onion and Cheddar cheese fishcake. Served with parsley fried potatoes and mushy peas.

<b>7530</b>	<b>£5.15</b>	305g	
Each meal contains			
Energy 1596 kJ 381 kcal 19%	Fat <b>15g</b> 21%	Saturates <b>2.3g</b> 12%	Sugars <b>4.3g</b> 5%
% of an adult's reference intake			
Salt <b>0.92g</b> 15%			

\*Enjoy as part of a varied and balanced diet and a healthy lifestyle - low in saturated fat to help maintain healthy blood cholesterol levels and a good source of protein to support muscle mass maintenance and keep bones strong.





## Tuna Pasta Bake

Pasta with tuna baked in a rich tomato & basil sauce. Topped with a creamy white sauce and a sprinkling of Cheddar cheese.

**4289** **£5.49** 320g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1791 kJ 426 kcal	<b>16g</b>	<b>5.3g</b>	<b>9.5g</b>	<b>1.2g</b>
21%	23%	27%	11%	20%

% of an adult's reference intake



## Fish & Chips (Oven Cook Only)

Delicious battered white fish\* served with chunky chips.

**7503** **£5.45** 310g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2123 kJ 506 kcal	<b>19g</b>	<b>2.0g</b>	<b>3.0g</b>	<b>1.3g</b>
25%	27%	10%	3%	22%

% of an adult's reference intake

## The CHEF'S KITCHEN

Fancy a delicious side dish?



### Vegetable Medley with Parsley Butter

Carrot, courgette and asparagus, simply seasoned with parsley butter, sea salt and cracked black pepper.

**1141** **£1.89** 110g

GF

V

Each pack contains

Energy	Fat	Saturates	Sugars	Salt
385 kJ 93 kcal	<b>7.9g</b>	<b>5.0g</b>	<b>2.9g</b>	<b>0.09g</b>
5%	11%	25%	3%	1%

% of an adult's reference intake



### Luxury Fish Pie

Flaked salmon and king prawns in a luxurious smoked haddock sauce with Dijon mustard, white wine, cream and lemon. Regato cheese and chives top the buttery mash.

**4298** **£6.55** 410g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1898 kJ 454 kcal	<b>24g</b>	<b>10g</b>	<b>5.2g</b>	<b>2.5g</b>
23%	34%	50%	6%	42%

% of an adult's reference intake

\* Please refer to page 106

| TASTE THE QUALITY IN EVERY MOUTHFUL |

Fish



# Vegetarian

Pies, pasta, bakes, curries and effortless omelettes;  
going meat-free has never been easier.



**“ Outstanding quality food. Flavours are superb. ”**  
**Red cabbage is gorgeous. Restaurant quality.**

Miss L, Wiltshire Farm Foods Customer

**7552 Broccoli, Cauliflower & Stilton Hotpot | See page 39**





## Vegetable Curry

A mix of onions, carrot tips, green beans and cauliflower in a tomato and coconut sauce. Served with yellow basmati rice.

**7272**

**£4.85**

430g



Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1705 kJ 407 kcal	17g	5.1g	9.9g	1.4g
20%	24%	26%	11%	23%

% of an adult's reference intake



## Omelette, Chips & Beans

A deliciously fluffy omelette, served with chips and baked beans.

**343**

**£4.55**

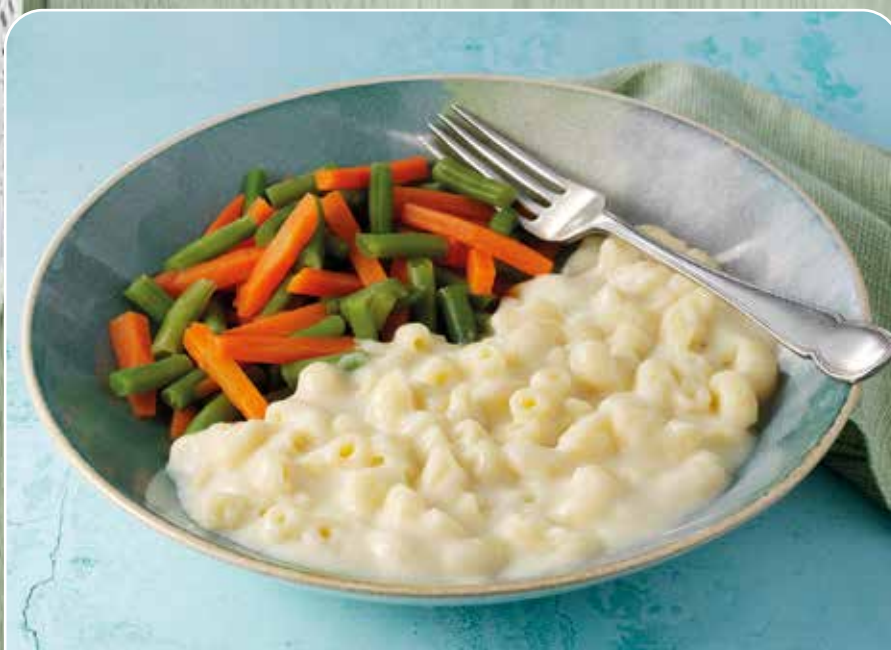
370g



Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2060 kJ 493 kcal	23g	3.9g	8.3g	1.4g
25%	33%	20%	9%	23%

% of an adult's reference intake



## Macaroni Cheese

Macaroni in a creamy sauce made with Cheddar cheese and topped with a Regato crumb. Served with green beans and carrots.

**4222**

**£4.55**

400g



Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2143 kJ 512 kcal	24g	12g	9.0g	1.8g
26%	34%	60%	10%	30%

% of an adult's reference intake



## Vegetable Lasagne

Colourful vegetables and tomato sauce layered between pasta, covered with cheese sauce and sprinkled with Cheddar cheese. Served with carrots and green beans.

**609**

**£5.09**

465g



Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2014 kJ 480 kcal	20g	6.2g	17g	1.7g
24%	29%	31%	19%	28%

% of an adult's reference intake





THE CHEF'S KITCHEN

## Luxury Macaroni Cheese

Perfectly cooked pasta in our decadent signature three-cheese sauce, rich with Wyke Farms Cheddar. Finished with crisp ciabatta breadcrumbs and Italian Regato cheese for a really full flavour.

4300

£5.75 340g

V

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2982 kJ 714 kcal 36%	40g 57%	24g 120%	9.3g 10%	2.4g 40%

% of an adult's reference intake



## Provençale Vegetable Bake

Courgette, haricot beans and peppers in tomato sauce topped with sauté potatoes. Served with green beans, peas and broccoli.

8196

£4.59 435g

GF

VEGAN

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1414 kJ 336 kcal 17%	8.7g 12%	2.7g 14%	11g 12%	1.2g 20%

% of an adult's reference intake



## Mushroom Stroganoff

Sliced Chestnut mushrooms in a creamy smoked paprika and brandy sauce. Served with pea and parsley rice.



7535

£5.29 420g

GF

V

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1772 kJ 423 kcal 21%	15g 21%	3.4g 17%	3.8g 4%	1.5g 25%

% of an adult's reference intake

## Cheese, Onion, Leek & Potato Bake

Diced potatoes, leeks and onions in cheese sauce. Served with green beans and mashed root vegetables.

554

£4.55 400g

GF

V

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1598 kJ 382 kcal 19%	20g 29%	8.1g 41%	11g 12%	1.1g 18%

% of an adult's reference intake

\*Enjoy as part of a varied and balanced diet and a healthy lifestyle - low in saturated fat to help maintain healthy blood cholesterol levels and a good source of protein to support muscle mass maintenance and keep bones strong.





## Cheese & Mushroom Omelette

A fluffy omelette filled with mushrooms and mature Cheddar cheese. Served with fried, diced potatoes and peas.



## Broccoli, Cauliflower & Stilton Hotpot

Broccoli and cauliflower in a rich and creamy Stilton sauce, topped with sauté potatoes and a parsley crumb. Served with braised red cabbage.

**7339** **£5.55** 350g GF V

Each meal contains

Energy 1862 kJ 445 kcal 22%	Fat <b>21g</b> 30%	Saturates <b>5.2g</b> 26%	Sugars <b>5.7g</b> 6%	Salt <b>0.82g</b> 14%
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% of an adult's reference intake

**7552** **£5.15** 440g V

Each meal contains

Energy 2280 kJ 545 kcal 27%	Fat <b>26g</b> 37%	Saturates <b>13g</b> 65%	Sugars <b>26g</b> 29%	Salt <b>1.6g</b> 27%
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% of an adult's reference intake



## Cauliflower Cheese & Broccoli Bake

Tender pieces of cauliflower and broccoli in a delicious cheesy sauce. Served with parsley boiled potatoes.

**588** **£5.59** 420g GF V

Each meal contains

Energy 1856 kJ 444 kcal 22%	Fat <b>23g</b> 33%	Saturates <b>11g</b> 55%	Sugars <b>7.4g</b> 8%	Salt <b>1.4g</b> 23%
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% of an adult's reference intake



## Luxury Vegetable Lasagne

Deliciously intense Mediterranean vegetables, sweet basil and vibrant tomato layered with pasta and the rich savouriness of our signature cheese sauce. Finished with parsley and Regato cheese.

**4314** **£5.65** 405g V

Each meal contains

Energy 2198 kJ 525 kcal 26%	Fat <b>24g</b> 34%	Saturates <b>8.0g</b> 40%	Sugars <b>17g</b> 19%	Salt <b>1.8g</b> 30%
--------------------------------------	--------------------------	---------------------------------	-----------------------------	----------------------------

% of an adult's reference intake





THE CHEF'S KITCHEN

## Vegetable & Red Wine Pie

The earthy flavours of root vegetables, green lentils, butter beans and red wine paired perfectly with the sweetness of redcurrant jelly beneath a puff pastry lid. With Wyke Farms Cheddar mash and peas.

**7556** **£5.75** 433g

V

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2292 kJ 548 kcal 27%	23g 33%	11g 55%	9.4g 10%	2.0g 33%
% of an adult's reference intake				



## Tomato & Mozzarella Pasta

Macaroni pasta mixed with chunky tomato sauce topped with grated mozzarella cheese.

**4201** **£4.59** 320g

V

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1312 kJ 312 kcal 16%	8.3g 12%	4.3g 22%	5.5g 6%	1.6g 27%
% of an adult's reference intake				



## Root Vegetable Spaghetti Bolognese

Spaghetti topped with a classic Bolognese sauce made with lentils, swede, carrots, onion, celeriac and celery.

**4255** **£5.15** 330g

VEGAN

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1370 kJ 324 kcal 16%	5.7g 8%	0.8g 4%	6.6g 7%	0.96g 16%
% of an adult's reference intake				



## Vegetarian Cottage Pie

**Quorn** mince in tomato and onion sauce with ruby port, topped with mashed potato. Served with peas and carrots.

**694** **£5.85** 450g

GF V

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1361 kJ 324 kcal 16%	5.6g 8%	0.7g 4%	12g 13%	1.2g 20%
% of an adult's reference intake				



## Ricotta & Spinach Tortelloni

Spinach and ricotta tortelloni with a rich tomato ratatouille sauce, topped with mozzarella.

**4269** **£5.39** 320g

V

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1474 kJ 352 kcal 18%	15g 21%	4.5g 23%	12g 13%	1.6g 27%
% of an adult's reference intake				



# The CHEF'S KITCHEN

*Treat yourself to*

## OUR LUXURY MENU

When you're in the mood for something extra special, these finest dishes give you a taste of gastropub dining at home.

Don't miss our two new decadent desserts!

2178

Peach Melba  
Ice Cream Dessert  
Page 50

1175

Baby Potatoes  
with Lemon &  
Black Pepper  
Page 48

3145

Millionaire's  
Dessert  
Page 49

7756

Cod in a  
Mediterranean  
Vegetable Sauce  
Page 46

4300

Luxury Macaroni  
Cheese  
Page 47

4313

Beef Stroganoff  
Page 42





Divinely rich

## Beef Stroganoff

Rich and creamy, the deep, rounded flavours of slow-cooked beef come alive with Dijon mustard, brandy and a hint of smoked paprika. Accompanied by parsley rice.

**4313** **£6.75** 410g

GF

Each meal contains

Energy 2403 kJ 572 kcal 29%	Fat 21g 30%	Saturates 7.7g 39%	Sugars 4.6g 5%	Salt 1.6g 27%
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% of an adult's reference intake

“ We’ve breathed new life into this nostalgic dinner party classic. ”

**JETHRO LAWRENCE**

*Development Chef*



## Luxury Cottage Pie

Best minced beef and tender chunks of slow-cooked brisket in a red wine gravy topped with smooth, buttery mash. Wyke Farms Cheddar and ciabatta breadcrumbs create a delicious finish.

**4281** **£5.95** 400g

Each meal contains

Energy 1832 kJ 438 kcal 22%	Fat 21g 30%	Saturates 6.5g 33%	Sugars 6.6g 7%	Salt 2.5g 42%
--------------------------------------	-------------------	--------------------------	----------------------	---------------------

% of an adult's reference intake



## Ham Hock & Piccalilli Gratin

Layers of pulled ham hock, piccalilli cream sauce, and tender piccalilli-inspired vegetables topped with cubed potato and mozzarella. Accompanied by garden vegetables.

**7557** **£6.29** 410g

GF

Each meal contains

Energy 1712 kJ 409 kcal 20%	Fat 20g 29%	Saturates 5.4g 27%	Sugars 8.2g 9%	Salt 2.4g 40%
--------------------------------------	-------------------	--------------------------	----------------------	---------------------

% of an adult's reference intake



## Cod Mornay

Premium loin of sustainably caught cod in our signature Wyke Farms Cheddar sauce – rich, savoury and satisfying. Served with parsley tumbled baby potatoes and garden vegetables.

7558

£7.35

390g

GF

Each meal contains

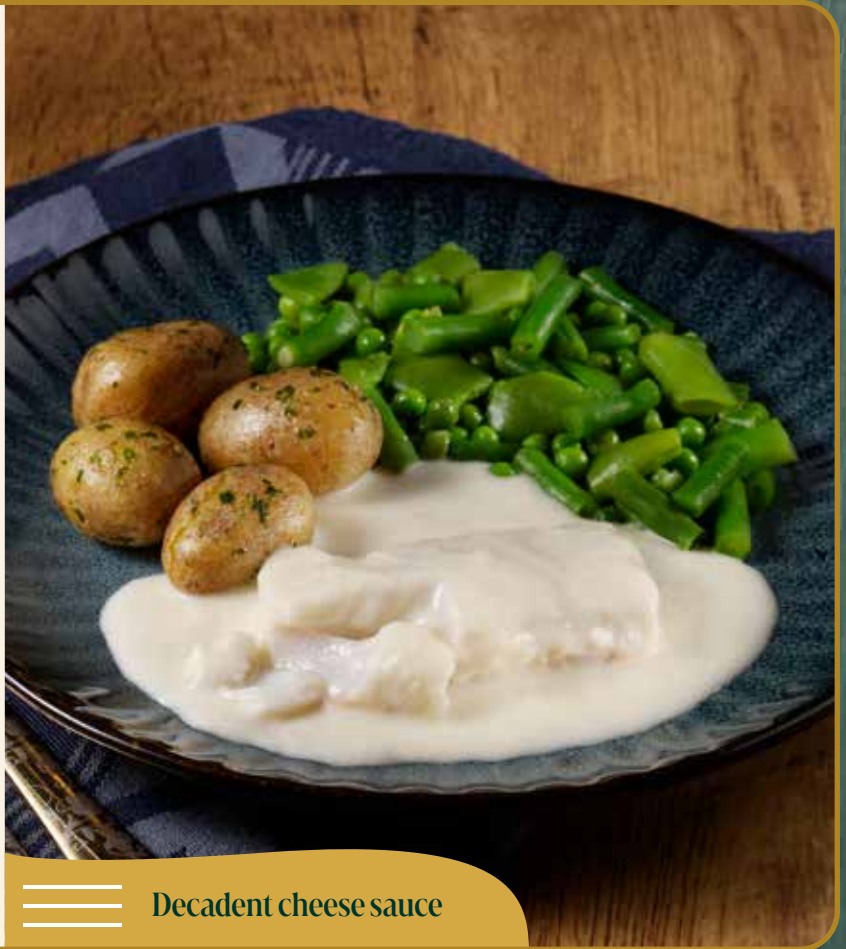
Energy	Fat	Saturates	Sugars	Salt
1439 kJ 344 kcal	14g	5.9g	6.0g	1.1g
17%	20%	30%	7%	18%

% of an adult's reference intake

“If you love our Luxury Macaroni Cheese, try our signature cheese sauce teamed with fish.”

**PHIL RIMMER**

*Head Chef*



Decadent cheese sauce

## Beef Bourguignon

Tender slices of silverside beef in a rich red wine sauce with silverskin button onions, mushrooms and bacon lardons. Served with roast potatoes and our Wyke Farms Cheddar cauliflower cheese.

4297

£6.99

400g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1841 kJ 439 kcal	18g	6.8g	8.9g	2.4g
22%	26%	34%	10%	40%

% of an adult's reference intake

“You can taste the quality of our beef in every slow-cooked, melting mouthful.”

**JETHRO LAWRENCE**

*Development Chef*



Rich & tender







Juicy & aromatic

## Lamb in Honey & Mint Sauce

Slow-cooked lamb shoulder, tender and tasty with the sweetness of honey to enhance the rich minted gravy. Served with mashed potato topped with lemon parsley ciabatta breadcrumbs, and a side of carrots, green beans and Romano beans.

**7548** **£7.09** 385g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1271 kJ 303 kcal 15%	<b>9.4g</b> 13%	<b>2.1g</b> 11%	<b>13g</b> 14%	<b>1.8g</b> 30%
% of an adult's reference intake				

“Lamb and mint are a classic pairing, enhanced here by a hint of honey.”

**JETHRO LAWRENCE**

*Development Chef*

## Coq au Vin

Tender chicken slow-cooked in red wine and brandy with bacon lardons, earthy chestnut mushrooms and silverskin button onions. Accompanied by our extra buttery mash and green beans.

**4312** **£6.55** 440g

GF

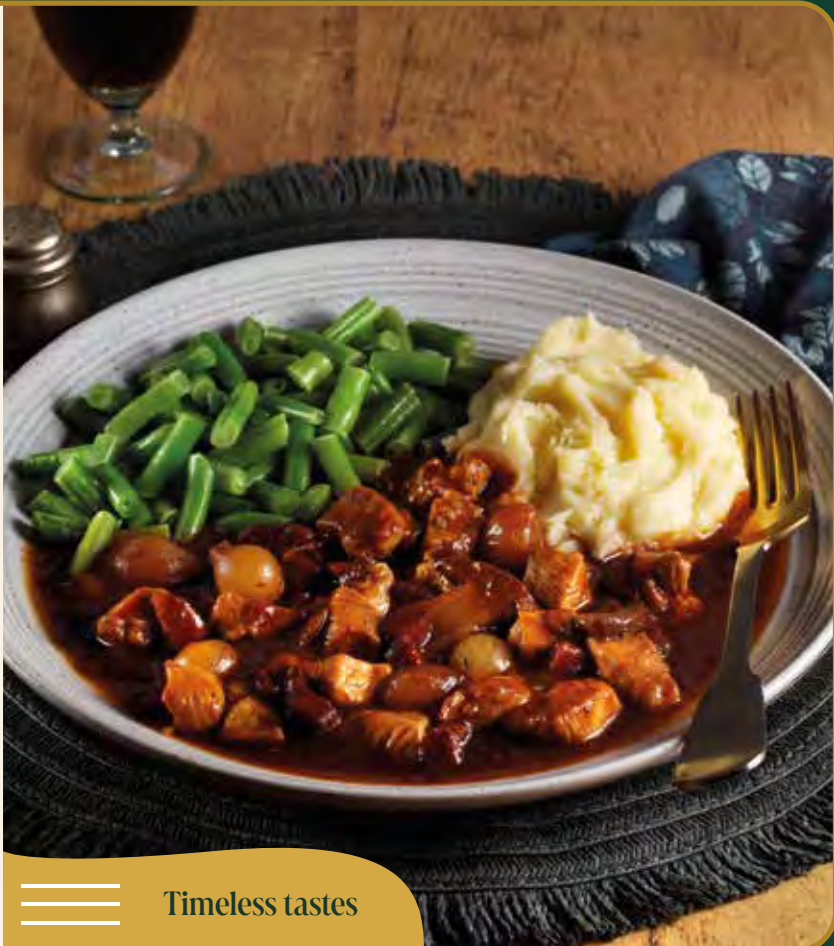
Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1794 kJ 429 kcal 21%	<b>22g</b> 31%	<b>7.4g</b> 37%	<b>5.5g</b> 6%	<b>1.8g</b> 30%
% of an adult's reference intake				

“This timeless French classic is just as tasty as you remember.”

**JETHRO LAWRENCE**

*Development Chef*



Timeless tastes



## Luxury Sausage & Mash

Our extra meaty butcher's choice sausages, ladled with lashings of rich and tasty sage & red onion gravy. Add golden Wyke Farms Cheddar mash and minted garden veg... perfection.

**4305** **£6.45** 400g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2199 kJ 528 kcal 26%	32g 46%	11g 55%	10g 11%	2.9g 48%

% of an adult's reference intake

“The sage and red onion bring savouriness and sweetness that set the dish off.”

**JETHRO LAWRENCE**

*Development Chef*



Butcher's best



## Beef & Stilton Pie

Slow-cooked beef, root vegetables and tasty blue Stilton beneath a flaky puff pastry lid. Braised red cabbage with apple & port, and mash complete the dish.

**7515** **£6.85** 450g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2886 kJ 691 kcal 35%	36g 51%	16g 80%	25g 28%	2.4g 40%

% of an adult's reference intake



## Luxury Sweet & Sour Chicken

Tender pieces of chicken breast with bright peppers, juicy pineapple and crunchy water chestnuts in a brilliant balance of sweet and sharp sauce. Served with fluffy egg fried rice with peas and spring onion.

**4176** **£5.95** 465g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2071 kJ 490 kcal 25%	8.5g 12%	1.2g 6%	37g 41%	0.47g 8%

% of an adult's reference intake





## Cod in a Mediterranean Vegetable Sauce

White wine, sweet paprika and grilled Mediterranean vegetables with our sustainably caught cod. Teamed with parsley white rice and green beans.

<b>7756</b>	<b>£7.39</b>	475g	GF
Each meal contains			
Energy 1627 kJ 387 kcal 19%	Fat <b>13g</b> 19%	Saturates <b>2.7g</b> 14%	Sugars <b>7.0g</b> 8%
			Salt <b>1.2g</b> 20%
% of an adult's reference intake			



## Luxury Fish Pie

Flaked salmon and king prawns in a luxurious smoked haddock sauce with Dijon mustard, white wine, cream and lemon. Regato cheese and chives top the buttery mash.

<b>4298</b>	<b>£6.55</b>	410g	GF
Each meal contains			
Energy 1898 kJ 454 kcal 23%	Fat <b>24g</b> 34%	Saturates <b>10g</b> 50%	Sugars <b>5.2g</b> 6%
			Salt <b>2.5g</b> 42%
% of an adult's reference intake			



## Vegetable & Red Wine Pie

The earthy flavours of root vegetables, green lentils, butter beans and red wine paired perfectly with the sweetness of redcurrant jelly beneath a puff pastry lid. With Wyke Farms Cheddar mash and peas.

<b>7556</b>	<b>£5.75</b>	433g	V
Each meal contains			
Energy 2292 kJ 548 kcal 27%	Fat <b>23g</b> 33%	Saturates <b>11g</b> 55%	Sugars <b>9.4g</b> 10%
			Salt <b>2.0g</b> 33%
% of an adult's reference intake			



## Luxury Shepherd's Pie

Slow-cooked lamb and red wine bring a rich flavour balanced out with the sweet potato & carrot mash. Topped with a cheese, parsley and ciabatta crumb.

<b>4235</b>	<b>£6.75</b>	400g	
Each meal contains			
Energy 2047 kJ 489 kcal 24%	Fat <b>24g</b> 34%	Saturates <b>9.2g</b> 46%	Sugars <b>10g</b> 11%
			Salt <b>2.0g</b> 33%
% of an adult's reference intake			





## Luxury Vegetable Lasagne

Deliciously intense Mediterranean vegetables, sweet basil and vibrant tomato layered with pasta and the rich savouriness of our signature cheese sauce. Finished with parsley and Regato cheese.

**4314** **£5.65** 405g



Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2198 kJ 525 kcal 26%	<b>24g</b> 34%	<b>8.0g</b> 40%	<b>17g</b> 19%	<b>1.8g</b> 30%

% of an adult's reference intake



## Luxury Macaroni Cheese

Perfectly cooked pasta in our decadent signature three cheese sauce, rich with Wyke Farms Cheddar. Finished with crisp ciabatta breadcrumbs and Italian Regato cheese for a really full flavour.

**4300** **£5.75** 340g



Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2982 kJ 714 kcal 36%	<b>40g</b> 57%	<b>24g</b> 120%	<b>9.3g</b> 10%	<b>2.4g</b> 40%

% of an adult's reference intake



## Luxury Roast Beef (Oven Cook Only)

Tender, melt in the mouth beef, slow-cooked to perfection, with red wine gravy, golden roasties, Yorkshire pudding, cauliflower cheese, peas and carrots.

**5127** **£7.75** 549g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2366 kJ 563 kcal 28%	<b>20g</b> 29%	<b>6.9g</b> 35%	<b>7.1g</b> 8%	<b>2.7g</b> 45%

% of an adult's reference intake



## Luxury Lasagne

Bursting with our best minced beef, dry cured oak smoked bacon, ripe tomatoes and red wine, layered between satisfying sheets of durum wheat pasta and topped with our rich cheese sauce.

**0684** **£6.55** 405g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2641 kJ 631 kcal 32%	<b>30g</b> 43%	<b>11g</b> 55%	<b>13g</b> 14%	<b>2.2g</b> 37%

% of an adult's reference intake





### Extra Buttery Mash

You can really taste the Wyke Farms butter in this beautifully smooth and comforting mashed potato.

**327** **£1.49** 150g GF V

Each pack contains

Energy	Fat	Saturates	Sugars	Salt
941 kJ 226 kcal 11%	<b>15g</b> 21%	<b>6.5g</b> 33%	<b>1.1g</b> 1%	<b>0.41g</b> 7%

% of an adult's reference intake



### Cauliflower & Broccoli Cheese

Perfectly cooked florets of cauliflower and broccoli with Cheddar cheese sauce.

**664** **£2.89** 250g GF V

Each pack contains

Energy	Fat	Saturates	Sugars	Salt
1289 kJ 310 kcal 16%	<b>21g</b> 30%	<b>7.2g</b> 36%	<b>9.6g</b> 11%	<b>1.1g</b> 18%

% of an adult's reference intake

## Superior sides



### Baby Potatoes with Lemon & Black Pepper

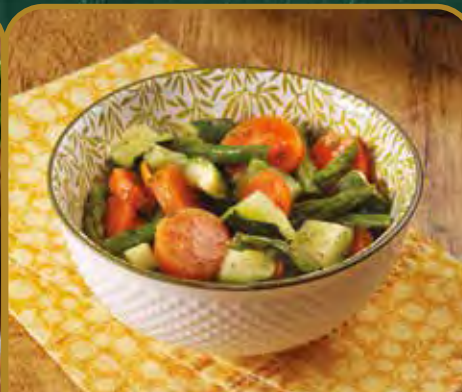
Baby potatoes tumbled in salt and cracked black pepper, with a hint of Sicilian lemon for a Mediterranean twist.

**1175** **£2.05** 130g GF VEGAN

Each pot contains

Energy	Fat	Saturates	Sugars	Salt
653 kJ 156 kcal 8%	<b>8.2g</b> 12%	<b>0.6g</b> 3%	<b>1.1g</b> 1%	<b>0.41g</b> 7%

% of an adult's reference intake



### Vegetable Medley with Parsley Butter

Enjoy a trio of perfectly prepared vegetables, effortlessly. Carrot, courgette and asparagus, simply seasoned with parsley butter, sea salt and cracked black pepper.

**1141** **£1.89** 110g GF V

Each pack contains

Energy	Fat	Saturates	Sugars	Salt
385 kJ 93 kcal 5%	<b>7.9g</b> 11%	<b>5.0g</b> 25%	<b>2.9g</b> 3%	<b>0.09g</b> 1%

% of an adult's reference intake



### Braised Red Cabbage

Tender red cabbage and sweet apple in Wyke Farms butter with Ruby Port. Subtly seasoned with warming nutmeg and cinnamon.

**1148** **£2.05** 160g GF V

Each pot contains

Energy	Fat	Saturates	Sugars	Salt
731 kJ 174 kcal 9%	<b>5.5g</b> 8%	<b>3.5g</b> 18%	<b>24g</b> 27%	<b>0.78g</b> 13%

% of an adult's reference intake



**NEW**



Caramel cravings

## Millionaire's Dessert

A luxurious and indulgent dessert. Chocolate sponge topped with a buttery shortbread crumble, served with a rich salted caramel and dark chocolate sauce.

**3145** **£2.15** 130g

V

Each dessert contains

Energy	Fat	Saturates	Sugars	Salt
1653 kJ 396 kcal 20%	22g 31%	9.6g 48%	31g 34%	0.43g 7%
% of an adult's reference intake				

“ One for the  
chocoholics – and the  
caramel lovers too! ”

**JETHRO LAWRENCE**  
*Development Chef*

and decadent desserts

## Black Forest Dessert

A moist chocolate sponge topped with a chocolate almond flavoured crumb, with sour cherries and a French brandy chocolate sauce.

**3146** **£2.15** 130g

V

Each dessert contains

Energy	Fat	Saturates	Sugars	Salt
1454 kJ 347 kcal 17%	16g 23%	5.0g 25%	31g 34%	0.25g 4%
% of an adult's reference intake				

“ Our twist on the  
classic combination of  
chocolate and cherries. ”

**JETHRO LAWRENCE**  
*Development Chef*



Darkly decadent





## West Country Clotted Cream Rice Pudding

Luxuriously thick with the unmistakable richness of clotted cream, finished with a touch of butter and nutmeg to round out the warming flavours.

**842** **£2.25** 160g GF V

Each dessert contains

Energy	Fat	Saturates	Sugars	Salt
1560 kJ 375 kcal	<b>27g</b>	<b>16g</b>	<b>15g</b>	<b>0.22g</b>
19%	39%	80%	17%	4%

% of an adult's reference intake



## Peach Melba Ice Cream Dessert

An irresistible confection of creamy peach and raspberry ripple ice cream atop a light sponge. Finished with a zingy raspberry sauce and sweet white chocolate shavings.

**2178** **£3.09** 120g V

Each dessert contains

Energy	Fat	Saturates	Sugars	Salt
1165 kJ 281 kcal	<b>12g</b>	<b>7.3g</b>	<b>35g</b>	<b>0.22g</b>
14%	17%	37%	39%	4%

% of an adult's reference intake



## Plum & Cherry Crumble

Soft and divine dark orchard fruits perfectly paired with a golden oaty crumble topping.

**3778** **£2.39** 135g VEGAN

Each dessert contains

Energy	Fat	Saturates	Sugars	Salt
1314 kJ 312 kcal	<b>9.8g</b>	<b>3.4g</b>	<b>27g</b>	<b>0.05g</b>
16%	14%	17%	30%	1%

% of an adult's reference intake



## Tiramisu

Fluffy mascarpone mousse and soft, coffee-soaked sponge with a boozy kick of Marsala wine – bliss! Topped with cocoa powder for a delicious hint of bitterness.

**2177** **£2.65** 80g V

Each dessert contains

Energy	Fat	Saturates	Sugars	Salt
742 kJ 176 kcal	<b>3.6g</b>	<b>2.6g</b>	<b>15g</b>	<b>0.13g</b>
9%	5%	13%	17%	2%

% of an adult's reference intake



## Crème Caramel

A dreamy set custard drenched in a dark and decadent caramel sauce with just the right balance of sweetness.

**477** **£2.69** 120g V

Each dessert contains

Energy	Fat	Saturates	Sugars	Salt
1162 kJ 277 kcal	<b>10g</b>	<b>6.5g</b>	<b>26g</b>	<b>0.14g</b>
14%	14%	33%	29%	2%

% of an adult's reference intake



# ESSENTIALS

Everyday favourites for less

*“Pleased to see the introduction of the ‘Essentials’ menu.  
They are a good and tasteful addition to the range.  
And the prices are attractive!”*

Miss L, Wiltshire Farm Foods Customer

**8508**  
**Essentials**  
**Chilli Con Carne**  
page 55

**8505**  
**Essentials**  
**Cottage Pie**  
page 52

**8500**  
**Essentials**  
**Butter Bean &  
Cauliflower Curry**  
page 54

**MICROWAVE  
FROM FROZEN**

**MEALS  
FROM £3.09**

**SAME GREAT  
QUALITY**



You can depend on our Essentials menu to bring you the Wiltshire Farm Foods quality you know and love, at fantastic everyday value prices. Stock up your freezer with a great mix of budget-friendly favourites, and you'll always have something in for a quick and easy hot meal.



Created together by our chefs and dietitians, each dish is designed to deliver on quality as well as flavour. A helping hand in these times of rising prices.

## The same great quality you know and trust

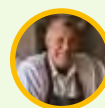
- ✓ Prices from £3.09 to £3.99
- ✓ Free Delivery<sup>▲</sup>
- ✓ Meals come complete with sides so no wastage
- ✓ Microwave from frozen - no need to power the oven
- ✓ All made with the same high quality ingredients as our standard dishes



### ESSENTIALS Cottage Pie

Minced beef in gravy topped with mashed potato. Served with carrots and peas.

“With veggies included, enjoy a complete meal the easy way.”



**Phil Rimmer**  
*Head Chef*

**8505**

**£3.69** 390g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1260 kJ 300 kcal	11g	2.8g	6.8g	1.4g
15%	16%	14%	8%	23%

% of an adult's reference intake

• Enjoy as part of a varied and balanced diet and a healthy lifestyle - low in saturated fat to help maintain healthy blood cholesterol levels and a good source of protein to support muscle mass maintenance and keep bones strong.

▲ In a small number of areas there may be a minimum spend.





### ESSENTIALS Pasta Bolognese

Minced beef in a tomato and herb sauce with penne pasta.

**8504** £3.99 330g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1349 kJ 320 kcal 16%	<b>8.1g</b> 12%	<b>2.7g</b> 14%	<b>5.1g</b> 6%	<b>1.5g</b> 25%

% of an adult's reference intake



### ESSENTIALS Chicken Curry

Pieces of chicken in a mildly spiced tomato sauce. Served with yellow rice.

**8502** £3.59 350g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1456 kJ 345 kcal 17%	<b>6.8g</b> 10%	<b>1.5g</b> 8%	<b>4.4g</b> 5%	<b>0.97g</b> 16%

% of an adult's reference intake

## Savour the flavour for less!



### ESSENTIALS Cheese & Onion Pie

Cheddar cheese and onion topped with mashed potato and served with Romano beans.

**8501** £3.09 410g

GF

V

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1577 kJ 378 kcal 19%	<b>17g</b> 24%	<b>8.1g</b> 41%	<b>6.7g</b> 7%	<b>1.6g</b> 27%

% of an adult's reference intake



### ESSENTIALS Sausage Casserole

Slices of sausage with carrot and swede in gravy. Served with mashed potato and peas.

**8512** £3.65 375g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1552 kJ 371 kcal 19%	<b>16g</b> 23%	<b>4.2g</b> 21%	<b>6.5g</b> 7%	<b>1.8g</b> 30%

% of an adult's reference intake

| COMPLETE MEALS, READY EFFORTLESSLY |





### ESSENTIALS Minced Beef Hotpot

Minced beef in gravy, topped with diced potatoes and served with carrots and swede.

**8509** £3.99 360g GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1226 kJ 292 kcal	12g	3.0g	8.9g	1.2g
15%	17%	15%	10%	20%

% of an adult's reference intake



### ESSENTIALS Macaroni Cheese

Macaroni in a tasty cheese sauce, served with Romano beans.

**8511** £3.45 370g V

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1721 kJ 410 kcal	13g	7.3g	6.4g	1.2g
21%	19%	37%	7%	20%

% of an adult's reference intake

## Favourite dishes, perfect prices



### ESSENTIALS Fish Pie

White fish in a creamy dill sauce with a mashed potato topping. Served with carrots.

**8510** £3.99 415g GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1347 kJ 321 kcal	12g	2.6g	11g	1.0g
16%	17%	13%	12%	17%

% of an adult's reference intake



### ESSENTIALS Butter Bean & Cauliflower Curry

Butter beans, cauliflower and potato in a mildly spiced tomato curry sauce. Served with yellow rice.

**8500** £3.09 370g GF VEGAN

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1734 kJ 413 kcal	15g	1.5g	3.5g	0.98g
21%	21%	8%	4%	16%

% of an adult's reference intake





## ESSENTIALS Chilli Con Carne

Minced beef in a lightly spiced tomato sauce with kidney beans and peppers. Served with white rice.

**8508** **£3.99** 350g **GF**

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1629 kJ 386 kcal	<b>8.3g</b>	<b>2.7g</b>	<b>2.8g</b>	<b>1.2g</b>
19%	12%	14%	3%	20%

% of an adult's reference intake



## ESSENTIALS Chicken & Vegetable Stew

Chicken, swede and carrots in a tasty gravy. Served with mashed potato and peas.

**8503** **£3.65** 360g **GF**

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1344 kJ 321 kcal	<b>13g</b>	<b>2.5g</b>	<b>5.7g</b>	<b>1.3g</b>
16%	19%	13%	6%	22%

% of an adult's reference intake

# Quality you can trust



## ESSENTIALS Creamy Chicken Casserole

A creamy garlic chicken casserole served with mashed potato and Brussels sprouts.

**8513** **£3.89** 385g **GF**

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1482 kJ 355 kcal	<b>18g</b>	<b>4.3g</b>	<b>6.2g</b>	<b>1.7g</b>
18%	26%	22%	7%	28%

% of an adult's reference intake



## ESSENTIALS Sweet & Sour Chicken

Pieces of chicken in a sweet and sour sauce with pineapple and peppers. Served with white rice.

**8507** **£3.99** 350g **GF**

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1732 kJ 410 kcal	<b>7.2g</b>	<b>1.3g</b>	<b>15g</b>	<b>1.3g</b>
21%	10%	7%	17%	22%

% of an adult's reference intake

\*Enjoy as part of a varied and balanced diet and a healthy lifestyle - low in saturated fat to help maintain healthy blood cholesterol levels and a good source of protein to support muscle mass maintenance and keep bones strong.



# Soups & Snacks

For a quick and easy lunch, supper or any-time top-up.  
Soup, toastie, quiche – what do you fancy?

**NEW**

## French Onion Soup

A comforting classic, our French Onion Soup is enriched with butter, Somerset cider and a splash of French Brandy.

**1171** **£1.75** 200g GF V

Each soup contains

Energy  
542 kJ  
129 kcal  
6%

Fat  
5.1g  
7%

Saturates  
0.8g  
4%

Sugars  
7.9g  
9%

Salt  
1.1g  
18%

% of an adult's reference intake

## Cheesy Potato Wedges

Chunky skin-on potato wedges covered in a tasty cheese sauce. Topped with Cheddar cheese.

**1142** **£2.25** 155g GF V

Each meal contains

Energy  
909 kJ  
217 kcal  
11%

Fat  
11g  
16%

Saturates  
4.9g  
25%

Sugars  
2.5g  
3%

Salt  
0.57g  
9%

% of an adult's reference intake



## Chicken & Vegetable Soup

A chunky chicken soup with onions, green beans, carrots, peas and leeks.

**1132**

**£1.55** 200g

GF

Each soup contains

Energy  
630 kJ  
151 kcal  
8%

Fat  
**8.0g**  
11%

Saturates  
**1.1g**  
6%

Sugars  
**2.2g**  
2%

Salt  
**0.96g**  
16%

% of an adult's reference intake

## Pork Pie

Lightly seasoned pork in a rich hot water crust pastry. Simply thaw and serve.

**2209**

**£1.99** 140g

Each pie contains

Energy  
2166 kJ  
520 kcal  
26%

Fat  
**35g**  
50%

Saturates  
**14g**  
70%

Sugars  
**1.8g**  
2%

Salt  
**1.8g**  
30%

% of an adult's reference intake

“The best pork pie I have tasted.”

Mr G, Wiltshire Farm Foods Customer





## Chunky Vegetable Soup

A tasty vegetable soup made with tomatoes, green beans, carrots, courgettes, butternut squash and savoy cabbage.

**1133** **£1.55** 200g

Each soup contains

Energy 437 kJ 105 kcal 5%	Fat <b>6.1g</b> 9%	Saturates <b>0.5g</b> 3%	Sugars <b>4.5g</b> 5%	Salt <b>1.1g</b> 18%
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% of an adult's reference intake



## Cheese & Onion Quiche (pack of 2)

Shortcrust pastry filled with a blend of fluffy eggs, mature Cheddar cheese, onions and chives.

**2210** **£4.35** 100g x 2

Each slice contains

Energy 1028 kJ 246 kcal 12%	Fat <b>13g</b> 19%	Saturates <b>6.1g</b> 31%	Sugars <b>2.9g</b> 3%	Salt <b>0.62g</b> 10%
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% of an adult's reference intake



## Leek & Potato Soup

A delicious combination of leek and potato seasoned with chives.



## Sausage Roll (pack of 2)

Delicately seasoned pork sausage meat baked into a delicious flaky golden pastry. Simply thaw and serve.

**1131** **£1.55** 200g

Each soup contains

Energy 462 kJ 110 kcal 6%	Fat <b>5.8g</b> 8%	Saturates <b>0.9g</b> 5%	Sugars <b>4.8g</b> 5%	Salt <b>1.0g</b> 17%
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% of an adult's reference intake

**2206** **£2.25** 90g x 2

Each sausage roll contains

Energy 1261 kJ 302 kcal 15%	Fat <b>19g</b> 27%	Saturates <b>8.4g</b> 42%	Sugars <b>1.8g</b> 2%	Salt <b>0.97g</b> 16%
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% of an adult's reference intake





### Cream of Tomato Soup

A creamy tomato soup with a hint of basil and a sprinkling of black pepper.

**1129** **£1.55** 200g GF V

Each soup contains

Energy 415 kJ 100 kcal 5%	Fat <b>6.0g</b> 9%	Saturates <b>2.0g</b> 10%	Sugars <b>5.8g</b> 6%	Salt <b>1.1g</b> 18%
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% of an adult's reference intake



### Three Cheese Toastie

Cheddar cheese sandwiched between two slices of toasted white bread. Topped with a creamy béchamel sauce and sprinkled with Red Leicester & Mozzarella.

**2204** **£4.09** 120g V

Each toastie contains

Energy 1279 kJ 305 kcal 15%	Fat <b>11g</b> 16%	Saturates <b>6.2g</b> 31%	Sugars <b>2.7g</b> 3%	Salt <b>1.3g</b> 22%
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% of an adult's reference intake

## Craving something sweet?

These treats are perfect with a cuppa.



Find them on pages 90-93



### Jacket Potato with Baked Beans & Cheddar Cheese

A fluffy jacket potato topped with baked beans in a tomato sauce and sprinkled with Cheddar cheese.

**4267** **£4.79** 405g GF V

Each 100g contains

Energy 395 kJ 94 kcal 5%	Fat <b>1.6g</b> 2%	Saturates <b>0.8g</b> 4%	Sugars <b>3.2g</b> 4%	Salt <b>0.37g</b> 6%
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% of an adult's reference intake



# A Taste of Asia

Bring a burst of flavour to your mealtimes with our exciting new menu, featuring vibrant new flavours alongside your favourite Indian and Chinese classics. Our chefs have worked their magic to deliver colourful and delicious dishes you'll love.

**NEW**

## Singapore Style Noodles

Tender pieces of chicken breast, egg noodles, edamame beans and vegetables in a medium spiced curry sauce.

**4317** **£5.69** 390g

Each meal contains

Energy  
1615 kJ  
383 kcal  
19%

Fat  
**10g**  
14%

Saturates  
**1.3g**  
7%

Sugars  
**11g**  
12%

Salt  
**2.5g**  
42%

% of an adult's reference intake

**NEW**

## King Prawn Curry

Succulent king prawns and peppers in a medium spiced tomato sauce. Served with a cumin & coriander tumbled rice.

**4309** **£6.19** 445g

GF

Each meal contains

Energy  
1941 kJ  
462 kcal  
23%

Fat  
**18g**  
26%

Saturates  
**1.6g**  
8%

Sugars  
**6.8g**  
8%

Salt  
**1.3g**  
22%

% of an adult's reference intake



**NEW**

### Chicken Biryani

Tender pieces of chicken in a warming and creamy biryani masala sauce. Served with a coriander infused basmati rice.

**4310****£6.15**

390g

GF

Each meal contains

Energy  
1810 kJ  
432 kcal  
22%

Fat  
18g  
26%

Saturates  
2.8g  
14%

Sugars  
8.5g  
9%

Salt  
1.7g  
28%

% of an adult's reference intake

**NEW**

### Thai Green Chicken Curry

Tender pieces of chicken in a fragrant coconut, lemongrass, lime and chilli sauce with water chestnuts, edamame beans and spring onions. Served with coriander rice.

**4311****£5.89**

465g

Each meal contains

Energy  
2230 kJ  
532 kcal  
27%

Fat  
23g  
33%

Saturates  
7.5g  
38%

Sugars  
8.4g  
9%

Salt  
2.0g  
33%

% of an adult's reference intake

*A Taste of Asia*



Discover  
a world  
of flavour



### Chicken Tikka Masala

Marinated chicken in a medium spiced creamy tomato sauce. Served with yellow basmati rice.

**4166** £5.49 455g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2127 kJ 506 kcal 25%	19g 27%	5.9g 30%	13g 14%	1.4g 23%

% of an adult's reference intake



### Chicken Stir-Fry

Tender chicken pieces with oriental vegetables in a spring onion, garlic and black bean sauce. Served with egg noodles.

**4303** £5.95 400g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1622 kJ 385 kcal 19%	9.0g 13%	1.3g 7%	11g 12%	2.4g 40%

% of an adult's reference intake



## Bombay Potatoes

A popular Indian side dish of diced potatoes seasoned with coriander and cumin in a warmly spiced tomato sauce.

“Brilliantly balanced spices warm you with every mouthful.”



**Phil Rimmer**  
Head Chef

**1170**
**£2.29**

230g



Each pack contains

Energy	Fat	Saturates	Sugars	Salt
849 kJ 203 kcal 10%	11g 16%	0.8g 4%	4.9g 5%	0.47g 8%

% of an adult's reference intake



## Chicken Curry with Rice

Tender pieces of chicken in a mildly spiced curry sauce. Served with yellow long grain rice.

**8156**
**£4.69**

360g



Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1609 kJ 381 kcal 19%	7.3g 10%	1.6g 8%	8.8g 10%	1.1g 18%

% of an adult's reference intake



## Sweet & Sour Chicken

Tender chicken pieces in sweet and sour sauce with pineapple and peppers. Served with rice, peas and peppers.

**8194**
**£4.75**

415g



Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1792 kJ 424 kcal 21%	6.6g 9%	1.2g 6%	27g 30%	1.3g 22%

% of an adult's reference intake





### Beef Curry with Rice

Aromatic beef curry cooked with spices, creamed coconut, sultanas, mango chutney and yoghurt. Served with seasoned rice.

**4271**
**£6.55** 415g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2757 kJ 658 kcal	<b>29g</b>	<b>12g</b>	<b>11g</b>	<b>1.6g</b>
33%	41%	60%	12%	27%

% of an adult's reference intake



### Chicken Korma

Marinated chicken in a lightly spiced creamy coconut sauce. Served with yellow basmati rice.

**7273**
**£5.49** 455g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2285 kJ 545 kcal	<b>24g</b>	<b>13g</b>	<b>11g</b>	<b>1.8g</b>
27%	34%	65%	12%	30%

% of an adult's reference intake



### Sweet & Sour Chicken with Noodles

Chicken with peppers, pineapple and water chestnuts mixed with a sweet and sour sauce. Served with egg noodles.

**4177**
**£5.95** 435g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2045 kJ 483 kcal	<b>6.5g</b>	<b>1.0g</b>	<b>47g</b>	<b>1.2g</b>
24%	9%	5%	52%	20%

% of an adult's reference intake



### Vegetable Curry

A mix of onions, carrot tips, green beans and cauliflower in a tomato and coconut sauce. Served with yellow basmati rice.

**7272**
**£4.85** 430g

GF

VEGAN

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1705 kJ 407 kcal	<b>17g</b>	<b>5.1g</b>	<b>9.9g</b>	<b>1.4g</b>
20%	24%	26%	11%	23%

% of an adult's reference intake



## Luxury Sweet & Sour Chicken

Tender pieces of chicken breast with bright peppers, juicy pineapple and crunchy water chestnuts in a brilliant balance of sweet and sharp sauce. Served with fluffy egg fried rice with peas and spring onion.

**4176** **£5.95** 465g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2071 kJ 490 kcal	<b>8.5g</b>	<b>1.2g</b>	<b>37g</b>	<b>0.47g</b>
25%	12%	6%	41%	8%

% of an adult's reference intake

“An elevated take on a takeaway favourite – no deep-fried batter, just delicious chicken.”

**PHIL RIMMER**  
*Head Chef*



==  
*The* **CHEF'S KITCHEN**  
==

*A Taste of Asia*

## Time for a cool delight?

Dip your spoon  
into these  
scrumptious cold  
desserts - the  
perfect way to  
finish your meal.

*Find them on  
pages 102-105*





# Italian & Mediterranean

Featuring authentic Italian pasta, these colourful tomato-based creations and decadent creamy dishes never fail to please.

## Ricotta & Spinach Tortelloni

Spinach and ricotta tortelloni with a rich tomato ratatouille sauce, topped with mozzarella.

4269

£5.39 320g

V

Each meal contains

Energy  
1474 kJ  
352 kcal  
18%

Fat  
15g  
21%

Saturates  
4.5g  
23%

Sugars  
12g  
13%

Salt  
1.6g  
27%

% of an adult's reference intake

“Tasty and filling, quick to microwave.”

Mrs Q, Wiltshire Farm Foods Customer



## Seafood Paella

A Spanish classic. Prawns, smoked haddock and chorizo with peas and peppers served with tomato and paprika infused rice.

**4306** **£6.15** 360g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1853 kJ 442 kcal	20g	2.6g	8.2g	1.8g
22%	29%	13%	9%	30%

% of an adult's reference intake

## Spaghetti with King Prawns in a Creamy Lemon Sauce

Succulent king prawns and courgettes in a creamy garlic and lemon sauce. Served on a bed of spaghetti.

**4290** **£5.95** 380g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1660 kJ 395 kcal	13g	5.2g	6.9g	0.94g
20%	19%	26%	8%	16%

% of an adult's reference intake





## Macaroni Cheese

Macaroni in a creamy sauce made with Cheddar cheese and topped with a Regato crumb. Served with green beans and carrots.

**4222** **£4.55** 400g



Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2143 kJ 512 kcal 26%	<b>24g</b> 34%	<b>12g</b> 60%	<b>9.0g</b> 10%	<b>1.8g</b> 30%

% of an adult's reference intake



## Luxury Vegetable Lasagne

Deliciously intense Mediterranean vegetables, sweet basil and vibrant tomato layered with pasta and the rich savouriness of our signature cheese sauce. Finished with parsley and Regato cheese.

**4314** **£5.65** 405g



Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2198 kJ 525 kcal 26%	<b>24g</b> 34%	<b>8.0g</b> 40%	<b>17g</b> 19%	<b>1.8g</b> 30%

% of an adult's reference intake



## Tomato & Mozzarella Pasta

Macaroni pasta mixed with chunky tomato sauce topped with grated mozzarella cheese.

**4201** **£4.59** 320g



Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1312 kJ 312 kcal 16%	<b>8.3g</b> 12%	<b>4.3g</b> 22%	<b>5.5g</b> 6%	<b>1.6g</b> 27%

% of an adult's reference intake



## Cod in a Mediterranean Vegetable Sauce

White wine, sweet paprika and grilled Mediterranean vegetables with our sustainably caught cod. Teamed with parsley white rice and green beans.

**7756** **£7.39** 475g



Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1627 kJ 387 kcal 19%	<b>13g</b> 19%	<b>2.7g</b> 14%	<b>7.0g</b> 8%	<b>1.2g</b> 20%

% of an adult's reference intake



## Lasagne

Beef Bolognese layered between lasagne sheets, with a cheese sauce. Served with carrots and Romano beans.

**4204** **£6.15** 445g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2130 kJ 509 kcal 25%	<b>24g</b> 34%	<b>9.6g</b> 48%	<b>14g</b> 16%	<b>1.7g</b> 28%

% of an adult's reference intake



## Spaghetti Carbonara

An Italian classic of spaghetti and sweet cured bacon\* in a creamy cheese sauce.

**4288** **£5.65** 295g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1827 kJ 436 kcal 22%	<b>20g</b> 29%	<b>9.1g</b> 46%	<b>8.9g</b> 10%	<b>1.8g</b> 30%

% of an adult's reference intake

\* Please refer to page 106





THE CHEF'S KITCHEN

## Luxury Lasagne

Our best minced beef, dry cured oak smoked bacon, ripe tomatoes and red wine, layered between sheets of pasta and topped with cheese sauce.

**0684** **£6.55** 405g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2641 kJ 631 kcal 32%	<b>30g</b> 43%	<b>11g</b> 55%	<b>13g</b> 14%	<b>2.2g</b> 37%

% of an adult's reference intake



## Spaghetti Bolognese

Spaghetti with a rich minced beef and Bolognese sauce.

**4275** **£5.49** 340g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1511 kJ 359 kcal 18%	<b>11g</b> 16%	<b>3.4g</b> 17%	<b>7.1g</b> 8%	<b>1.6g</b> 27%

% of an adult's reference intake



## Tuna Pasta Bake

Pasta with tuna baked in a rich tomato & basil sauce, topped with a creamy white sauce and a sprinkling of Cheddar cheese.

**4289** **£5.49** 320g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1791 kJ 426 kcal 21%	<b>16g</b> 23%	<b>5.3g</b> 27%	<b>9.5g</b> 11%	<b>1.2g</b> 20%

% of an adult's reference intake



## Chicken Lasagne

Pieces of chicken in a rich herby tomato sauce layered between lasagne sheets, with a creamy cheese sauce topped with a Regato crumb.

**4284** **£6.29** 400g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2400 kJ 571 kcal 29%	<b>21g</b> 30%	<b>6.6g</b> 33%	<b>16g</b> 18%	<b>1.8g</b> 30%

% of an adult's reference intake



THE CHEF'S KITCHEN

## Luxury Macaroni Cheese

Perfectly cooked pasta in our decadent signature three-cheese sauce, rich with Wyke Farms Cheddar. Finished with crisp ciabatta breadcrumbs and Italian Regato cheese for a really full flavour.

**4300** **£5.75** 340g V

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2982 kJ 714 kcal 36%	<b>40g</b> 57%	<b>24g</b> 120%	<b>9.3g</b> 10%	<b>2.4g</b> 40%

% of an adult's reference intake



# Extra Tender

Low and slow cooking brings out all the flavours of our ingredients. Wonderfully tender, right down to the veggies.



“ Tasty and the chicken melts in your mouth. ”

Mr B, Wiltshire Farm Foods Customer

4712 Extra Tender Chicken in Gravy | See page 71



# The CHEF'S KITCHEN

Fancy a delicious side dish?



## Braised Red Cabbage

Tender red cabbage and sweet apple in Wyke Farms butter with Ruby Port. Subtly seasoned with warming nutmeg and cinnamon.

**1148** **£2.05** 160g GF V

Each pot contains

Energy	Fat	Saturates	Sugars	Salt
731 kJ 174 kcal 9%	5.5g 8%	3.5g 18%	24g 27%	0.78g 13%

% of an adult's reference intake



## Extra Tender Beef Casserole

Slow cooked beef brisket, root vegetables and mushrooms in a rich sauce. Served with mashed potato, tender broccoli and cauliflower.

**7723** **£7.35** 395g GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1255 kJ 300 kcal 15%	14g 20%	3.2g 16%	5.8g 6%	2.0g 33%

% of an adult's reference intake



## Extra Tender Beef Hotpot

Minced beef in a flavoursome gravy, topped with perfectly seasoned parsley potatoes. Served with green beans and carrots.

**4709** **£5.65** 410g GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1528 kJ 365 kcal 18%	17g 24%	4.3g 22%	7.0g 8%	1.8g 30%

% of an adult's reference intake



## Extra Tender Chicken in Gravy

Chicken pieces in a delicious gravy, served with diced potatoes, Brussels sprouts and mashed swede.

**4712** **£5.65** 400g GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1391 kJ 331 kcal 17%	12g 17%	1.2g 6%	7.7g 9%	1.3g 22%

% of an adult's reference intake

Extra Tender



# Mini Meals

If our standard-sized meals feel a little overwhelming, try these smaller portions, with 139-275 calories each.

## Cumberland Sausage Mini Meal

A delicious Cumberland sausage in gravy. Served with mashed potato, carrots and peas.

**1102** £4.15 207g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
872 kJ 208 kcal 10%	9.9g 14%	2.4g 12%	2.8g 3%	1.3g 22%

% of an adult's reference intake

## Gammon with Pineapple Mini Meal

Gammon in a sweet sauce. Served with pineapple, diced potatoes and peas.

**1113** £4.35 200g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
726 kJ 173 kcal 9%	5.3g 8%	1.1g 6%	7.1g 8%	0.93g 15%

% of an adult's reference intake





### Chicken with Stuffing **Mini Meal**

Chicken breast in gravy with a mini stuffing ball. Served with roast potatoes, carrots and Brussels sprouts.

**1101** £4.15 220g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
791 kJ 188 kcal 9%	<b>4.6g</b> 7%	<b>0.8g</b> 4%	<b>2.8g</b> 3%	<b>1.1g</b> 18%

% of an adult's reference intake



**NEW**

### Beef Bourguignon **Mini Meal**

A slice of Silverside beef in a rich red wine sauce with silverskin onions, mushrooms and bacon lardons. Served with roast potatoes and carrots.

**1177** £4.35 240g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
884 kJ 210 kcal 11%	<b>6.4g</b> 9%	<b>1.5g</b> 8%	<b>5.8g</b> 6%	<b>1.4g</b> 23%

% of an adult's reference intake





### Sweet & Sour Chicken Mini Meal

Tender chicken pieces in a sweet and sour sauce with pineapple and peppers. Served with rice, peas and peppers.

**044** £4.09 205g

GF

Each meal contains					
Energy 883 kJ 209 kcal 10%	Fat 4.0g 6%	Saturates 0.7g 4%	Sugars 16g 18%	Salt 0.75g 12%	
% of an adult's reference intake					



### Chicken Curry with Rice Mini Meal

Tender pieces of chicken in a mildly spiced curry sauce. Served with yellow long grain rice.

**1163** £3.99 220g

GF

Each meal contains					
Energy 1021 kJ 242 kcal 12%	Fat 4.7g 7%	Saturates 1.0g 5%	Sugars 5.7g 6%	Salt 0.73g 12%	
% of an adult's reference intake					



### Lancashire Hotpot Mini Meal

Lamb and vegetable casserole topped with sauté potatoes. Served with carrots, cauliflower and green beans.

**1117** £4.09 220g

GF

Each meal contains					
Energy 856 kJ 204 kcal 10%	Fat 9.0g 13%	Saturates 4.6g 23%	Sugars 4.7g 5%	Salt 0.89g 15%	
% of an adult's reference intake					



### Shepherd's Pie Mini Meal

A classic Shepherd's pie made with minced mutton, topped with a layer of mashed potato.

**098** £4.15 220g

GF

Each meal contains					
Energy 1096 kJ 263 kcal 13%	Fat 16g 23%	Saturates 6.0g 30%	Sugars 2.2g 2%	Salt 1.6g 27%	
% of an adult's reference intake					





### Irish Stew **Mini Meal**

Lamb stew with pearl barley, carrots, leeks and potatoes. Served with mashed root vegetables, savoy cabbage and mashed potato.

**1126** £4.15 220g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
792 kJ 189 kcal	<b>8.5g</b>	<b>3.7g</b>	<b>4.6g</b>	<b>0.81g</b>
9%	12%	19%	5%	13%

% of an adult's reference intake



### Cottage Pie **Mini Meal**

A classic cottage pie, made with minced beef and topped with mashed potato.

**097** £4.09 220g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
985 kJ 236 kcal	<b>12g</b>	<b>4.0g</b>	<b>2.2g</b>	<b>1.3g</b>
12%	17%	20%	2%	22%

% of an adult's reference intake



### Roast Beef **Mini Meal**

Sliced tender beef. Served with golden roast potatoes, gravy, Brussels sprouts and carrots.

**1104** £4.35 220g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
586 kJ 139 kcal	<b>3.2g</b>	<b>0.8g</b>	<b>2.9g</b>	<b>1.1g</b>
7%	5%	4%	3%	18%

% of an adult's reference intake



### Fish & Chips **Mini Meal**

Flaky white fish coated in golden breadcrumbs. Served with chips and peas.

**093** £4.09 185g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1002 kJ 238 kcal	<b>7.2g</b>	<b>0.8g</b>	<b>2.3g</b>	<b>0.43g</b>
12%	10%	4%	3%	7%

% of an adult's reference intake





### Chicken & Vegetable Casserole Mini Meal

Chicken and mixed vegetable casserole served with mashed potato, carrots and green beans.

1103

£3.99 220g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
672 kJ 160 kcal 8%	7.1g 10%	1.3g 7%	4.8g 5%	0.91g 15%

% of an adult's reference intake



### Chilli Con Carne Mini Meal

Minced beef simmered in a rich tomato, red kidney bean and chilli sauce. Served with vegetable rice.

1165

£3.65 230g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
874 kJ 208 kcal 10%	5.3g 8%	1.8g 9%	3.2g 4%	1.1g 18%

% of an adult's reference intake



### Roast Lamb in Mint Gravy Mini Meal

Succulent roast lamb in a minted gravy. Served with roast potatoes and green beans.



### Spaghetti Bolognese Mini Meal

Spaghetti with a rich minced beef and Bolognese sauce topped with cheese.



### Macaroni Cheese Mini Meal

Macaroni in a creamy sauce made with Cheddar cheese and topped with a Regato crumb. Served with green beans and carrots

1106

£4.35 220g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
647 kJ 154 kcal 8%	5.5g 8%	1.7g 9%	2.0g 2%	0.91g 15%

% of an adult's reference intake

1108

£4.15 220g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
964 kJ 229 kcal 11%	7.7g 11%	2.8g 14%	4.2g 5%	1.1g 18%

% of an adult's reference intake

1128

£3.79 220g

V

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1152 kJ 275 kcal 14%	14g 20%	6.9g 35%	5.0g 6%	1.1g 18%

% of an adult's reference intake





## Hunter's Chicken Mini Meal

Juicy pieces of chicken\* smothered in a tangy barbecue sauce and topped with smoked bacon and mozzarella. Served with diced potatoes and green beans.

**1168** £4.15 230g (GF)

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
857 kJ 204 kcal 10%	7.6g 11%	1.8g 9%	5.9g 7%	0.89g 15%

% of an adult's reference intake



## Fisherman's Pie Mini Meal

Smoked haddock, white fish and peas in a creamy dill sauce, finished with a fluffy mashed potato topping.

**036** £4.09 220g (GF)

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1051 kJ 251 kcal 13%	13g 19%	3.6g 18%	3.5g 4%	1.1g 18%

% of an adult's reference intake



## Fish in Parsley Sauce Mini Meal

Delicious pieces of white fish in parsley sauce. Served with mashed potato, green beans and carrots.

**1118** £4.09 220g (GF)

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
817 kJ 195 kcal 10%	10g 14%	4.8g 24%	3.0g 3%	0.76g 13%

% of an adult's reference intake



## Steak & Mushroom Casserole Mini Meal

Tender chunks of chuck steak and mushrooms. Served with mashed potato and carrots.

**1110** £4.15 210g (GF)

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
855 kJ 204 kcal 10%	10g 14%	3.1g 16%	4.6g 5%	0.61g 10%

% of an adult's reference intake

\* Please refer to page 106



# Mini Meals Extra

*Making every mouthful count*

Smaller portioned meals containing a good source of protein to help maintain healthy bones and muscles.

Designed for those with lighter appetites who need a nutritional boost, these tasty meals provide essential nourishment to support your well-being.

583 Salmon Bake  
Mini Meal Extra  
Page 80

1578  
Chicken Hotpot  
Mini Meal Extra  
Page 80

597 Cheese &  
Potato Bake  
Mini Meal Extra  
Page 80

- ✓ Smaller Portions
- ✓ Source of Protein
- ✓ Nutritional Boost

\*Dishes in the Mini Meals Extra menu contain at least 500 calories and 20g of protein. Enjoy as part of a varied and balanced diet and a healthy lifestyle.





## Pasta Carbonara

### Mini Meal Extra

Penne pasta with succulent pieces of chicken and smoked flavoured ham\* in a creamy carbonara sauce with mushrooms.

**584** £4.75 290g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2135 kJ 508 kcal 25%	20g 29%	6.0g 30%	6.5g 7%	1.7g 28%

% of an adult's reference intake



## Corned Beef Hash

### Mini Meal Extra

A warming dish of corned beef, diced onions, potatoes and peas.

**589** £4.95 290g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2142 kJ 512 kcal 26%	25g 36%	4.7g 24%	3.4g 4%	1.7g 28%

% of an adult's reference intake



## Ham & Leek Bake

### Mini Meal Extra

Chunks of ham\* in a leek sauce topped with diced potatoes.

**587** £4.89 295g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2124 kJ 507 kcal 25%	25g 36%	5.3g 27%	11g 12%	1.8g 30%

% of an adult's reference intake



Even if your appetite's not what it was, it's so important to get the calories and protein your body needs. Mini Meals Extra are an easy way to get more nutrition from a smaller portion.

”

**Sophia Cornelius**  
Wiltshire Farm Foods  
Dietitian

\* Please refer to page 106

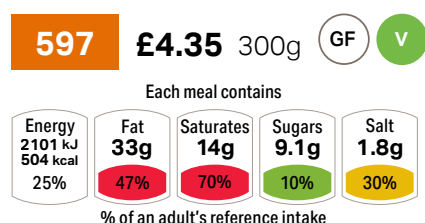




## Cheese & Potato Bake

### Mini Meal Extra

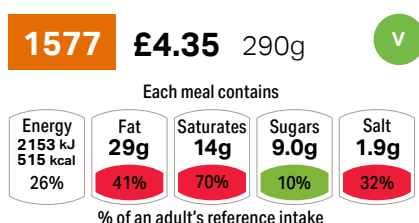
Broccoli florets in a tasty cheese sauce with onion, topped with fried diced potatoes.



## Macaroni Cheese

### Mini Meal Extra

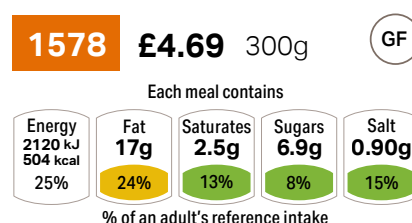
Macaroni pasta in a deliciously creamy sauce made with Cheddar & Regato cheese.



## Chicken Hotpot

### Mini Meal Extra

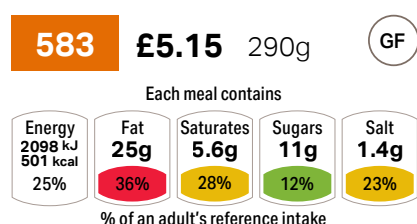
A tasty hotpot with diced chicken, carrots and swede, topped with sauté potatoes.



## Salmon Bake

### Mini Meal Extra

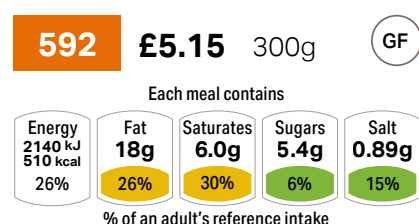
Flaked salmon and peas in a cheesy white sauce topped with diced potatoes.



## Beef Stroganoff

### Mini Meal Extra

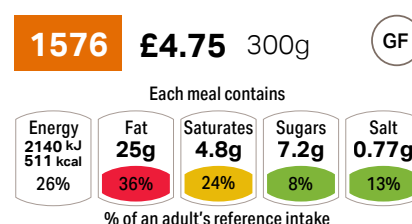
Succulent beef and mushrooms in a creamy white wine sauce. Served with white rice.



## Chicken Biryani

### Mini Meal Extra

Tender pieces of chicken cooked with fragrant spices, coriander and coconut. Served with fruity sultana rice.





# Hearty Meals

On those days you're a bit hungrier, or for meals you love the most, dig in to a larger portion.



**“** *Excellent Sunday dinner without all the hassle.  
Quality is fantastic and highly recommended.* **”**

Mrs H, Wiltshire Farm Foods Customer

7105 Hearty Roast Beef & Yorkshire Pudding | See page 83





### Hearty Roast Chicken

Steam roasted chicken breast and stuffing in a delicious gravy. Served with roast potatoes, carrots and sprouts.

**7101** £7.35 500g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1708 kJ 405 kcal 20%	8.8g 13%	1.5g 8%	7.3g 8%	1.9g 32%

% of an adult's reference intake



### Hearty Chicken Curry with Rice

Tender pieces of chicken in a mildly spiced curry sauce. Served with yellow long grain rice.

**7144** £6.29 510g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2310 kJ 547 kcal 27%	11g 16%	2.4g 12%	14g 16%	1.8g 30%

% of an adult's reference intake



### Hearty Chicken & Vegetable Casserole

Chicken pieces cooked with chestnut mushrooms and root vegetables. Served with mashed potato, carrots and green beans.

**142** £5.65 500g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1388 kJ 330 kcal 17%	11g 16%	1.7g 9%	8.8g 10%	1.7g 28%

% of an adult's reference intake



### Hearty Cottage Pie

Minced beef cooked in a savoury sauce and topped with mashed potato. Served with carrots and peas.

**7100** £6.59 565g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1947 kJ 464 kcal 23%	17g 24%	5.2g 26%	9.3g 10%	2.1g 35%

% of an adult's reference intake





### Hearty Shepherd's Pie

Tender minced mutton cooked in gravy and topped with mashed potato. Served with carrots and peas.

**160**

**£6.75** 500g



Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1857 kJ 444 kcal 22%	<b>21g</b> 30%	<b>7.6g</b> 38%	<b>8.1g</b> 9%	<b>2.3g</b> 38%
% of an adult's reference intake				



### Hearty Cumberland Sausages

Three filling Cumberland sausages in a rich sauce. Served with mashed potato, carrots and peas.

**7102**

**£7.09** 530g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2348 kJ 561 kcal 28%	<b>27g</b> 39%	<b>7.1g</b> 36%	<b>8.0g</b> 9%	<b>3.4g</b> 57%
% of an adult's reference intake				

## The CHEF'S KITCHEN

Fancy a delicious side dish?



### Extra Buttery Mash

You can really taste the Wyke Farms butter in this beautifully smooth and comforting mashed potato.

**327**

**£1.49** 150g



Each pack contains

Energy	Fat	Saturates	Sugars	Salt
941 kJ 226 kcal 11%	<b>15g</b> 21%	<b>6.5g</b> 33%	<b>1.1g</b> 1%	<b>0.41g</b> 7%
% of an adult's reference intake				



### Hearty Roast Beef & Yorkshire Pudding

Tender steam roasted silverside beef in gravy. Served with a Yorkshire pudding, roast potatoes, sprouts and carrots.

**7105**

**£7.95** 500g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1793 kJ 426 kcal 21%	<b>10g</b> 14%	<b>2.4g</b> 12%	<b>6.5g</b> 7%	<b>2.5g</b> 42%
% of an adult's reference intake				





### Hearty Sweet & Sour Chicken

Tender chicken pieces in sweet and sour sauce with pineapple and peppers. Served with rice, peas and peppers.

**7106** £5.75 500g GF

Each meal contains

Energy 2153 kJ 510 kcal 26%	Fat <b>8.8g</b> 13%	Saturates <b>1.6g</b> 8%	Sugars <b>35g</b> 39%	Salt <b>1.8g</b> 30%
--------------------------------------	---------------------------	--------------------------------	-----------------------------	----------------------------

% of an adult's reference intake



### Hearty Bangers & Mash

Three filling sausages in a delicious gravy. Served with mashed potato and peas.

**133** £6.35 510g

Each meal contains

Energy 2124 kJ 507 kcal 25%	Fat <b>19g</b> 27%	Saturates <b>4.5g</b> 23%	Sugars <b>6.9g</b> 8%	Salt <b>2.7g</b> 45%
--------------------------------------	--------------------------	---------------------------------	-----------------------------	----------------------------

% of an adult's reference intake



### Hearty Chilli Con Carne

Minced beef simmered in a rich tomato, red kidney bean and chilli sauce. Served with vegetable rice.

**7146** £6.15 500g GF

Each meal contains

Energy 1958 kJ 465 kcal 23%	Fat <b>12g</b> 17%	Saturates <b>3.9g</b> 20%	Sugars <b>7.4g</b> 8%	Salt <b>2.5g</b> 42%
--------------------------------------	--------------------------	---------------------------------	-----------------------------	----------------------------

% of an adult's reference intake



### Hearty Roast Lamb in Mint Gravy

Tender lamb slices in delicious minted gravy. Served with roast potatoes, green beans, mashed carrot & swede.

**195** £7.99 500g GF

Each meal contains

Energy 1727 kJ 411 kcal 21%	Fat <b>14g</b> 20%	Saturates <b>5.0g</b> 25%	Sugars <b>7.3g</b> 8%	Salt <b>1.7g</b> 28%
--------------------------------------	--------------------------	---------------------------------	-----------------------------	----------------------------

% of an adult's reference intake





## Hearty Steak & Kidney Pie

Beef steak and pork kidney, shortcrust pastry and gravy make for a classic. Served with mashed potato, carrots and peas.

**7126** **£6.85** 520g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2953 kJ 707 kcal	38g	13g	7.4g	2.1g
35%	54%	65%	8%	35%

% of an adult's reference intake



## Hearty Fisherman's Pie

Smoked haddock, white fish and peas in a creamy dill sauce, finished with a fluffy mashed potato topping. Served with carrots and peas.

**140** **£6.15** 500g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1782 kJ 425 kcal	15g	3.6g	11g	1.5g
21%	21%	18%	12%	25%

% of an adult's reference intake



**NEW & IMPROVED**  
**Bombay**  
**Potatoes**

## Hearty Chicken Tikka Masala

Marinated chicken in a medium spiced creamy tomato sauce. Served with the classic Indian side of bombay potatoes and yellow basmati rice.

**7147** **£6.65** 540g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2498 kJ 596 kcal	25g	6.4g	16g	1.6g
30%	36%	32%	18%	27%

% of an adult's reference intake



## Hearty Irish Stew

Lamb stew with pearl barley, carrots, leeks and potatoes. Served with mashed root vegetables, savoy cabbage and mashed potato.

**7118** **£6.95** 500g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1880 kJ 449 kcal	20g	8.5g	9.1g	1.9g
22%	29%	43%	10%	32%

% of an adult's reference intake



## Hearty Beef Hotpot

Chunks of beef cooked with mixed vegetables and topped with sauté potatoes. Served with carrots and green beans.

**7114** **£7.09** 500g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2051 kJ 489 kcal	20g	7.7g	13g	2.3g
24%	29%	39%	14%	38%

% of an adult's reference intake

• Enjoy as part of a varied and balanced diet and a healthy lifestyle - low in saturated fat to help maintain healthy blood cholesterol levels and a good source of protein to support muscle mass maintenance and keep bones strong.



# Free From

Free from 14 major allergens and made without onion and garlic to make mealtimes a breeze.

8194 Free From  
Sweet & Sour  
Chicken  
Page 88



*All the meals in this section are free from:*

- |           |             |           |  |
|-----------|-------------|-----------|--|
| ✓ Soya    | ✓ Sesame    | ✓ Lupin   | ✓ Crustacean   |
| ✓ Mustard | ✓ Peanuts   | ✓ Fish    | ✓ Milk<br>(and all products produced or derived from milk) |
| ✓ Gluten  | ✓ Sulphites | ✓ Egg     |  |
| ✓ Celery  | ✓ Nuts      | ✓ Mollusc |  |

For definitions of 'Free From', 'Made Without' and 'May Contain', please turn to page 106.

Request a copy of our Information on Allergens and Special Diets for more information about our menu.





**WELL  
BALANCED**



### Free From Roast Chicken in Gravy

Steam roasted chicken in gravy. Served with golden roast potatoes, mashed carrot and peas.

**8192** £6.29 370g



Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1293 kJ 307 kcal 15%	<b>6.5g</b> 9%	<b>0.9g</b> 5%	<b>4.3g</b> 5%	<b>1.0g</b> 17%

% of an adult's reference intake



**WELL  
BALANCED**



### Free From Provençale Vegetable Bake

Courgette, haricot beans and peppers in tomato sauce topped with sauté potatoes. Served with green beans, peas and broccoli.

**8196** £4.59 435g



Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1414 kJ 336 kcal 17%	<b>8.7g</b> 12%	<b>2.7g</b> 14%	<b>11g</b> 12%	<b>1.2g</b> 20%

% of an adult's reference intake



### Free From Chilli Con Carne

Minced beef simmered in a rich tomato, red kidney bean and chilli sauce. Served with vegetable rice.

**8191** £5.29 350g



Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1400 kJ 333 kcal 17%	<b>8.8g</b> 13%	<b>3.0g</b> 15%	<b>4.7g</b> 5%	<b>1.6g</b> 27%

% of an adult's reference intake



### Free From Pork in Gravy

Three filling slices of pork\* in a tasty gravy. Served with roast potatoes, carrots and peas.

**7360** £6.15 405g



Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1388 kJ 330 kcal 17%	<b>10g</b> 14%	<b>2.8g</b> 14%	<b>5.2g</b> 6%	<b>1.8g</b> 30%

% of an adult's reference intake

\* Please refer to page 106

• Enjoy as part of a varied and balanced diet and a healthy lifestyle - low in saturated fat to help maintain healthy blood cholesterol levels and a good source of protein to support muscle mass maintenance and keep bones strong.

Free From





### Free From Sweet & Sour Chicken

Tender chicken pieces in sweet and sour sauce with pineapple and peppers. Served with rice, peas and peppers.

**8194** £4.75 415g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1792 kJ 424 kcal 21%	<b>6.6g</b> 9%	<b>1.2g</b> 6%	<b>27g</b> 30%	<b>1.3g</b> 22%

% of an adult's reference intake



### Free From Roast Lamb in Gravy

Succulent roast lamb in a mint gravy. Served with golden roast potatoes and minted green vegetables.

**8199** £6.79 370g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1433 kJ 342 kcal 17%	<b>14g</b> 20%	<b>3.7g</b> 19%	<b>3.9g</b> 4%	<b>1.5g</b> 25%

% of an adult's reference intake



### Free From Roast Beef in Gravy

Slices of steam roasted silverside beef in gravy. Served with roast potatoes, carrots and Romano beans.

**8190** £6.59 390g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1290 kJ 306 kcal 15%	<b>7.3g</b> 10%	<b>2.3g</b> 12%	<b>5.7g</b> 6%	<b>1.2g</b> 20%

% of an adult's reference intake



### Free From Chicken, Bacon & Thyme Hotpot

Chicken and bacon\* casserole topped with sauté potatoes. Served with broccoli, peas, green beans, mashed carrot & swede.

**8193** £5.29 360g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1425 kJ 340 kcal 17%	<b>11g</b> 16%	<b>4.5g</b> 23%	<b>8.0g</b> 9%	<b>1.0g</b> 17%

% of an adult's reference intake

\* Please refer to page 106

FREE DELIVERY, AMAZING VALUE!



# Breakfast

Begin your day with a hot, filling breakfast – absolutely effortlessly!



575 All Day Breakfast

Breakfast



## Sausage, Beans & Omelette

A tasty pork sausage with baked beans and a plain mini omelette.



## Porridge

A warming portion of creamy porridge.



## All Day Breakfast

A classic combination of back bacon, delicious pork sausage, plain omelette, baked beans and hash browns.

**095** £4.35 205g

Each meal contains

Energy 935 kJ 223 kcal 11%	Fat <b>6.9g</b> 10%	Saturates <b>2.0g</b> 10%	Sugars <b>7.0g</b> 8%	Salt <b>1.4g</b> 23%
-------------------------------------	---------------------------	---------------------------------	-----------------------------	----------------------------

% of an adult's reference intake

**022** £1.59 200g

Each pot contains

Energy 1115 kJ 267 kcal 13%	Fat <b>14g</b> 20%	Saturates <b>4.3g</b> 22%	Sugars <b>15g</b> 17%	Salt <b>0.21g</b> 3%
--------------------------------------	--------------------------	---------------------------------	-----------------------------	----------------------------

% of an adult's reference intake

**575** £5.99 320g

Each meal contains

Energy 1861 kJ 444 kcal 22%	Fat <b>19g</b> 27%	Saturates <b>4.5g</b> 23%	Sugars <b>7.3g</b> 8%	Salt <b>2.4g</b> 40%
--------------------------------------	--------------------------	---------------------------------	-----------------------------	----------------------------

% of an adult's reference intake



# Sweet Treats

Pop the kettle on – it's time for a treat! Irresistible creations for when you fancy a little something sweet.

## Custard Slices (pack of 2)

Vanilla custard sandwiched between puff pastry and topped with a layer of fondant icing.

2179

£3.65 92g x 2

V

Each slice contains

Energy  
1119 kJ  
268 kcal  
13%

Fat  
13g  
19%

Saturates  
6.5g  
33%

Sugars  
18g  
20%

Salt  
0.29g  
5%

% of an adult's reference intake



## Baked Vanilla Cheesecake

A creamy baked vanilla cheesecake on a crumbly oaty biscuit base.

2166

£3.05 108g

V

Each dessert contains

Energy  
1175 kJ  
281 kcal  
14%

Fat  
15g  
21%

Saturates  
8.4g  
42%

Sugars  
23g  
26%

Salt  
0.11g  
2%

% of an adult's reference intake







## Country Cake

A moist, golden cake filled with juicy currants and sultanas.

015

£3.75 195g

V

Each 65g portion contains

Energy  
1221 kJ  
292 kcal  
15%

Fat  
14g  
20%

Saturates  
1.7g  
9%

Sugars  
22g  
24%

Salt  
0.34g  
6%

% of an adult's reference intake

Sweet Treats

## Chocolate Chip Muffin

A delicious vanilla muffin packed full of dark chocolate chips. Perfect for breakfast or as a mid morning snack.

016

£1.55 75g

V

Each muffin contains

Energy  
1399 kJ  
335 kcal  
17%

Fat  
18g  
26%

Saturates  
3.1g  
16%

Sugars  
19g  
21%

Salt  
0.37g  
6%

% of an adult's reference intake





### Chocolate Éclairs (pack of 5)

Choux pastry with a sweet cream filling and chocolate topping.

<b>399</b>	<b>£4.75</b>	32g x 5	V
Each Éclair contains			
Energy 565 kJ 136 kcal 7%	Fat <b>9.8g</b> 14%	Saturates <b>5.9g</b> 30%	Sugars <b>5.5g</b> 6%
			Salt <b>0.08g</b> 1%
% of an adult's reference intake			



### Cherry & Almond Cake

A delicious almond flavoured sponge with fruity glacé cherry pieces.

<b>3030</b>	<b>£3.75</b>	178g	V
Each 59g portion contains			
Energy 1113 kJ 266 kcal 13%	Fat <b>12g</b> 17%	Saturates <b>1.5g</b> 8%	Sugars <b>20g</b> 22%
			Salt <b>0.28g</b> 5%
% of an adult's reference intake			



### Bramley Apple Pie

A slice of shortcrust pastry filled with Bramley apple pieces and lightly dusted with sugar.

<b>2164</b>	<b>£3.05</b>	117g	V
Each dessert contains			
Energy 1405 kJ 334 kcal 17%	Fat <b>11g</b> 16%	Saturates <b>4.2g</b> 21%	Sugars <b>23g</b> 26%
			Salt <b>0.03g</b> 1%
% of an adult's reference intake			

## Craving something savoury?

Our scrumptious snacks are perfect for a light lunch, supper, or a nibble when you're feeling peckish.



Find them on pages 56-59





## Lemon Drizzle Cake

A moist and zesty cake with a tangy lemon drizzle topping.



**012** **£3.75** 203g



Each 68g portion contains

Energy	Fat	Saturates	Sugars	Salt
1302 kJ 311 kcal	<b>16g</b>	<b>1.9g</b>	<b>21g</b>	<b>0.35g</b>
16%	23%	10%	23%	6%

% of an adult's reference intake

## Cream & Strawberry Jam Scones (pack of 2)

The perfect afternoon treat! Two delicious scones filled with cream and strawberry jam.

**2180** **£3.65** 98g x 2



Each scone contains

Energy	Fat	Saturates	Sugars	Salt
1340 kJ 320 kcal	<b>14g</b>	<b>8.2g</b>	<b>17g</b>	<b>0.99g</b>
16%	20%	41%	19%	16%

% of an adult's reference intake

## Just pick up the phone to order

At Wiltshire Farm Foods there are lots of easy ways to order – like our straightforward website and our handy app.

But sometimes you can't beat just picking up the phone. Your friendly local team are based not too far from you, and always have time for a bit of a chat.

*If you ring regularly, you'll probably get to know all of them!*





# Hot Desserts

Mouthwatering sponges, crumbles and pies  
– these childhood favourites will take you back!

**NEW**

## Black Forest Dessert

A moist chocolate sponge topped with a chocolate almond flavoured crumb, with sour cherries and a French brandy chocolate sauce.

**3146** **£2.15** 130g

V

Each dessert contains

Energy 1454 kJ 347 kcal 17%	Fat 16g 23%	Saturates 5.0g 25%	Sugars 31g 34%	Salt 0.25g 4%
--------------------------------------	-------------------	--------------------------	----------------------	---------------------

% of an adult's reference intake

The  
**CHEF'S KITCHEN**  
OUR LUXURY MENU

## Apple Crumble & Custard

Bramley apple topped with a golden oaty crumble. Served with custard.

**3126** **£1.75** 150g

V

Each dessert contains

Energy 1376 kJ 328 kcal 16%	Fat 14g 20%	Saturates 3.4g 17%	Sugars 22g 24%	Salt 0.30g 5%
--------------------------------------	-------------------	--------------------------	----------------------	---------------------

% of an adult's reference intake

“Puddings are delicious and a nice size portion.”

Mrs C, Wiltshire Farm Foods Customer





### Sticky Toffee Pudding & Custard

Sticky toffee pudding with dates and sweet toffee sauce, served with custard.

866

£1.65 160g

V

Each dessert contains

Energy  
1514 kJ  
362 kcal  
18%

Fat  
19g  
27%

Saturates  
7.5g  
38%

Sugars  
31g  
34%

Salt  
0.73g  
12%

% of an adult's reference intake



The  
**CHEF'S KITCHEN**  
OUR LUXURY MENU

**NEW**

### Millionaire's Dessert

A luxurious and indulgent dessert. Chocolate sponge topped with a buttery shortbread crumble, served with a rich salted caramel and dark chocolate sauce.

3145

£2.15 130g

V

Each dessert contains

Energy  
1653 kJ  
396 kcal  
20%

Fat  
22g  
31%

Saturates  
9.6g  
48%

Sugars  
31g  
34%

Salt  
0.43g  
7%

% of an adult's reference intake





### Bread and Butter Pudding & Custard

Layers of bread and butter, filled with juicy sultanas and currants, served with custard.

858

£1.65 155g



Each dessert contains

Energy	Fat	Saturates	Sugars	Salt
1057 kJ 252 kcal 13%	12g 17%	2.9g 15%	18g 20%	0.49g 8%

% of an adult's reference intake



The CHEF'S KITCHEN

### Plum & Cherry Crumble

Soft and divine dark orchard fruits perfectly paired with a golden oatly crumble topping.

3778

£2.39 135g



Each dessert contains

Energy	Fat	Saturates	Sugars	Salt
1314 kJ 312 kcal 16%	9.8g 14%	3.4g 17%	27g 30%	0.05g 1%

% of an adult's reference intake



### Ginger Sponge & Custard

A lightly ginger spiced sponge with custard.

825

£1.65 130g



Each dessert contains

Energy	Fat	Saturates	Sugars	Salt
1044 kJ 250 kcal 13%	14g 20%	1.3g 7%	16g 18%	0.45g 7%

% of an adult's reference intake



### Rhubarb Crumble & Custard

Tender pieces of rhubarb topped with a golden oatly crumble. Served with custard.

3127

£1.75 150g



Each dessert contains

Energy	Fat	Saturates	Sugars	Salt
1358 kJ 324 kcal 16%	15g 21%	3.4g 17%	21g 23%	0.24g 4%

% of an adult's reference intake





### Jam Sponge

A delicious gluten free sponge with a sweet raspberry, plum and apple jam.

<b>3701</b>	<b>£2.05</b>	120g	GF	V
Each dessert contains				
Energy 1865 kJ 444 kcal 22%	Fat 17g 24%	Saturates 4.6g 23%	Sugars 52g 58%	Salt 0.28g 5%
% of an adult's reference intake				



### Apple Pie & Custard

A delicious apple filling topped with shortcrust pastry and served with custard.

800

£1.65

156g

V

Each dessert contains

Energy

1260 kJ

301 kcal

15%

Fat

13g

19%

Saturates

3.6g

18%

Sugars

18g

20%

Salt

0.34g

6%

% of an adult's reference intake



### Lemon Sponge & Custard

A zesty lemon flavour sponge drizzled with tangy lemon sauce and served with custard.

824

£1.75

135g

V

Each dessert contains

Energy

1088 kJ

260 kcal

13%

Fat

14g

20%

Saturates

1.3g

7%

Sugars

19g

21%

Salt

0.43g

7%

% of an adult's reference intake



### Jam Sponge & Custard

Vanilla flavoured sponge with a raspberry, plum and apple jam, served with custard.

822

£1.75

149g

V

Each dessert contains

Energy

1366 kJ

325 kcal

16%

Fat

13g

19%

Saturates

1.3g

7%

Sugars

37g

41%

Salt

0.44g

7%

% of an adult's reference intake





THE CHEF'S KITCHEN

## West Country Clotted Cream Rice Pudding

Luxuriously thick with the unmistakable richness of clotted cream, finished with a touch of butter and nutmeg to round out the warming flavours.

842

£2.25 160g

GF

V

Each dessert contains

Energy	Fat	Saturates	Sugars	Salt
1560 kJ 375 kcal 19%	27g 39%	16g 80%	15g 17%	0.22g 4%

% of an adult's reference intake



## Lemon Sponge

A gluten free sponge pudding drizzled with a tangy lemon sauce.

3707

£2.05 120g

GF

V

Each dessert contains

Energy	Fat	Saturates	Sugars	Salt
1554 kJ 371 kcal 19%	17g 24%	4.5g 23%	31g 34%	0.25g 4%

% of an adult's reference intake



## Spotted Dick & Custard

Suet pudding made with sultanas and currants, served with custard.

852

£1.65 140g

V

Each dessert contains

Energy	Fat	Saturates	Sugars	Salt
1143 kJ 273 kcal 14%	13g 19%	3.8g 19%	17g 19%	0.54g 9%

% of an adult's reference intake



## Summer Fruit Crumble & Custard

A fruity mix of blackcurrants, apple and raspberries topped with a golden oaty crumble. Served with custard.

3128

£1.75 150g

V

Each dessert contains

Energy	Fat	Saturates	Sugars	Salt
1322 kJ 316 kcal 16%	14g 20%	3.4g 17%	21g 23%	0.26g 4%

% of an adult's reference intake





## Rice Pudding

Our classic rice pudding. Comforting, warming and an all-time favourite.



## Syrup Sponge & Custard

A fluffy sponge with golden syrup sauce and custard.

**830** **£1.65** 160g GF V

Each dessert contains

Energy 756 kJ 180 kcal 9%	Fat 4.9g 7%	Saturates 2.0g 10%	Sugars 17g 19%	Salt 0.15g 2%
------------------------------------	-------------------	--------------------------	----------------------	---------------------

% of an adult's reference intake

**819** **£1.65** 130g V

Each dessert contains

Energy 1090 kJ 260 kcal 13%	Fat 13g 19%	Saturates 1.2g 6%	Sugars 22g 24%	Salt 0.44g 7%
--------------------------------------	-------------------	-------------------------	----------------------	---------------------

% of an adult's reference intake

*No need to defrost*



***Cook from frozen  
– it couldn't be easier!***

Choose what you fancy from the freezer and pop straight into the microwave or oven.  
No defrosting, nothing going to waste!



## Bakewell Tart & Custard

A pastry base topped with raspberry, plum and apple jam layered in sponge and served with custard.

**838** **£1.65** 142g V

Each dessert contains

Energy 1537 kJ 367 kcal 18%	Fat 19g 27%	Saturates 3.9g 20%	Sugars 26g 29%	Salt 0.41g 7%
--------------------------------------	-------------------	--------------------------	----------------------	---------------------

% of an adult's reference intake



# Reduced Sugar Hot Desserts

No less scrumptious, but with at least 30% less sugar than our standard desserts.

925 Reduced Sugar Lemon Sponge & Custard  
Page 101



## Reduced Sugar Golden Syrup Sponge & Custard

A fluffy sponge with delicious golden syrup, served with custard. With sugars and sweetener.

## Reduced Sugar Blackcurrant Pie & Custard

Zesty blackcurrants topped with shortcrust pastry and served with custard. With sugar and sweetener.

**906** **£1.65** 150g



Each dessert contains

Energy	Fat	Saturates	Sugars	Salt
1156 kJ 277 kcal	15g	4.1g	14g	0.22g
14%	21%	21%	16%	4%

% of an adult's reference intake

**924** **£1.65** 130g



Each dessert contains

Energy	Fat	Saturates	Sugars	Salt
973 kJ 233 kcal	14g	1.6g	14g	0.38g
12%	20%	8%	16%	6%

% of an adult's reference intake





## Reduced Sugar Stewed Apple & Rice

Delicious and creamy rice pudding topped with stewed Bramley apples.

<b>990</b>	<b>£1.65</b>	155g	GF	V
Each dessert contains				
Energy 653 kJ 155 kcal 8%	Fat <b>3.1g</b> 4%	Saturates <b>1.3g</b> 7%	Sugars <b>12g</b> 13%	Salt <b>0.20g</b> 3%
% of an adult's reference intake				



## Reduced Sugar Apple & Blackberry Crumble & Custard

Apples and blackberries topped with a golden oaty crumble. Served with custard. With sugars and sweetener.

3957

£1.75

155g

V

Each dessert contains

Energy

1295 kJ

310 kcal

16%

Fat

17g

24%

Saturates

4.2g

21%

Sugars

8.3g

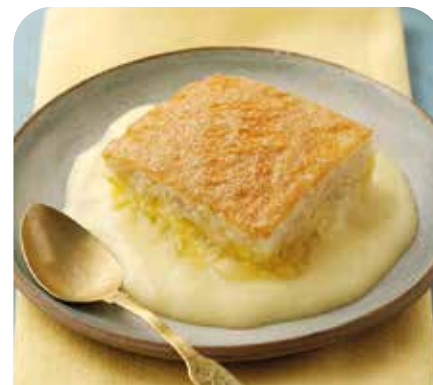
9%

Salt

0.24g

4%

% of an adult's reference intake



## Reduced Sugar Lemon Sponge & Custard

A delicious lemon flavour sponge with a drizzle of tangy lemon sauce. Served with custard. With sugars and sweetener.

925

£1.65

130g

V

Each dessert contains

Energy

963 kJ

231 kcal

12%

Fat

14g

20%

Saturates

1.6g

8%

Sugars

13g

14%

Salt

0.35g

6%

% of an adult's reference intake



## Reduced Sugar Rhubarb Crumble & Custard

Tender pieces of rhubarb topped with a golden oaty crumble. Served with custard. With sugars and sweetener.

3959

£1.75

155g

V

Each dessert contains

Energy

1270 kJ

304 kcal

15%

Fat

17g

24%

Saturates

4.2g

21%

Sugars

6.8g

8%

Salt

0.18g

3%

% of an adult's reference intake



## Reduced Sugar Apple Pie & Custard

Bramley apples topped with shortcrust pastry and served with custard. With sugar and sweetener.

900

£1.75

150g

V

Each dessert contains

Energy

1153 kJ

276 kcal

14%

Fat

14g

20%

Saturates

4.0g

20%

Sugars

11g

12%

Salt

0.27g

4%

% of an adult's reference intake



## Reduced Sugar Sultana Sponge & Custard

A fluffy sponge packed with juicy sultanas and served with custard. With sugars and sweetener.

926

£1.65

130g

V

Each dessert contains

Energy

991 kJ

238 kcal

12%

Fat

15g

21%

Saturates

1.7g

9%

Sugars

12g

13%

Salt

0.38g

6%

% of an adult's reference intake



# Cold Desserts

These mousses, ice creams and more are the perfect way to finish a delicious meal.

## Blackcurrant Cheesecake

A biscuit crumb base topped with a delicious cheesecake mousse and blackcurrant sauce

412

£1.95 94g

V

Each dessert contains

Energy 874 kJ 208 kcal 10%	Fat 6.4g 9%	Saturates 4.5g 23%	Sugars 25g 28%	Salt 0.28g 5%
-------------------------------------	-------------------	--------------------------	----------------------	---------------------

% of an adult's reference intake

## Crème Caramel

A dreamy set custard drenched in a dark and decadent caramel sauce with just the right balance of sweetness.

*The*  
**CHEF'S KITCHEN**  
OUR LUXURY MENU

477

£2.69 120g

V

Each dessert contains

Energy 1162 kJ 277 kcal 14%	Fat 10g 14%	Saturates 6.5g 33%	Sugars 26g 29%	Salt 0.14g 2%
--------------------------------------	-------------------	--------------------------	----------------------	---------------------

% of an adult's reference intake



The  
**CHEF'S KITCHEN**  
OUR LUXURY MENU

### Tiramisu

Fluffy mascarpone mousse and soft, coffee-soaked sponge with a boozy kick of Marsala wine – bliss! Topped with cocoa powder for a delicious hint of bitterness.

**2177** **£2.65** 80g



Each dessert contains

Energy	Fat	Saturates	Sugars	Salt
742 kJ 176 kcal	<b>3.6g</b>	<b>2.6g</b>	<b>15g</b>	<b>0.13g</b>
9%	5%	13%	17%	2%

% of an adult's reference intake

“Lovely dessert.  
The sponge  
& raspberry sauce  
really finish it off.”

Mr B, Wiltshire Farm  
Foods Customer

The  
**CHEF'S KITCHEN**  
OUR LUXURY MENU

### Peach Melba Ice Cream Dessert

An irresistible confection of creamy peach and raspberry ripple ice cream atop a light sponge. Finished with a zingy raspberry sauce and sweet white chocolate shavings.

**2178** **£3.09** 120g



Each dessert contains

Energy	Fat	Saturates	Sugars	Salt
1165 kJ 281 kcal	<b>12g</b>	<b>7.3g</b>	<b>35g</b>	<b>0.22g</b>
14%	17%	37%	39%	4%

% of an adult's reference intake





### Strawberry Trifle

Layers of strawberry filling, sponge and custard, topped with cream.



### Strawberries in Clotted Cream Ice Cream

Strawberry flavour ripple swirled through West Country clotted cream ice cream.



### Raspberry Trifle

Delicious layers of raspberry filling, sponge and custard, topped with cream.

**2148** **£1.95** 105g



Each dessert contains

Energy	Fat	Saturates	Sugars	Salt
887 kJ 211 kcal 11%	<b>8.0g</b> 11%	<b>6.0g</b> 30%	<b>10g</b> 11%	<b>0.18g</b> 3%

% of an adult's reference intake

**2143** **£2.25** 100g



Each dessert contains

Energy	Fat	Saturates	Sugars	Salt
1079 kJ 258 kcal 13%	<b>14g</b> 20%	<b>8.9g</b> 45%	<b>26g</b> 29%	<b>0.12g</b> 2%

% of an adult's reference intake

**2149** **£1.95** 105g



Each dessert contains

Energy	Fat	Saturates	Sugars	Salt
887 kJ 211 kcal 11%	<b>8.0g</b> 11%	<b>6.0g</b> 30%	<b>22g</b> 24%	<b>0.18g</b> 3%

% of an adult's reference intake

## Dreamy, creamy mousses



### Strawberry Mousse

A refreshing strawberry flavoured mousse. With sugar and sweetener.

**418** **£1.79** 65g



Each dessert contains

Energy	Fat	Saturates	Sugars	Salt
356 kJ 86 kcal 4%	<b>3.7g</b> 5%	<b>3.2g</b> 16%	<b>4.5g</b> 5%	<b>0.08g</b> 1%

% of an adult's reference intake



### Chocolate Mousse

A fluffy chocolate flavoured mousse. With sugar and sweetener.

**416** **£1.79** 65g



Each dessert contains

Energy	Fat	Saturates	Sugars	Salt
379 kJ 92 kcal 5%	<b>3.8g</b> 5%	<b>3.2g</b> 16%	<b>4.5g</b> 5%	<b>0.17g</b> 3%

% of an adult's reference intake



# Scrumptious sundaes



## Caramel Sundae

Vanilla flavoured ice cream swirled with caramel sauce.

**411**

**£1.95**

106g

GF

V

Each dessert contains

Energy	Fat	Saturates	Sugars	Salt
906 kJ 216 kcal	5.8g	4.9g	22g	0.23g
11%	8%	25%	24%	4%

% of an adult's reference intake



## Strawberry Sundae

Vanilla flavoured ice cream swirled with sweet strawberry sauce.

**410**

**£1.95**

106g

GF

V

Each dessert contains

Energy	Fat	Saturates	Sugars	Salt
853 kJ 203 kcal	5.2g	4.3g	21g	0.19g
10%	7%	22%	23%	3%

% of an adult's reference intake



## Raspberry Ripple in Clotted Cream Ice Cream

Raspberry flavour ripple swirled through dairy clotted cream ice cream.

**2152**

**£2.25**

100g

GF

V

Each dessert contains

Energy	Fat	Saturates	Sugars	Salt
1109 kJ 266 kcal	17g	10g	24g	0.14g
13%	24%	50%	27%	2%

% of an adult's reference intake



## Clotted Cream Ice Cream

Delicious ice cream made with fresh milk and West Country clotted cream.

**456**

**£2.25**

100g

GF

V

Each dessert contains

Energy	Fat	Saturates	Sugars	Salt
942 kJ 226 kcal	13g	7.8g	23g	0.10g
11%	19%	39%	26%	2%

% of an adult's reference intake



# Important information

## Our Recipes

Please note that recipes or suppliers may change from time to time if we cannot obtain the quality or quantity of ingredients we need, or to improve flavour. We therefore advise that you always refer to the label on your chosen dish, as this will show all the ingredients and indicate any allergens used in that specific recipe. While every effort is made to minimise changes, more than one recipe could be available at the same time. Ingredients and cooking instructions for our meals can also be found on our website or by contacting your local team.

## Our Meals

Our talented team of chefs create all our meal recipes in Trowbridge, Wiltshire. We source our ingredients from a range of carefully approved suppliers in the UK, Europe and worldwide.

All our main meals, mini meals and many of our snacks and desserts featured in this brochure are made by us and frozen for freshness in Wiltshire. Some of our desserts, snacks, puréed and minced meals are produced for us by suppliers in the UK and Europe.

## Ensuring Tenderness

\* We only buy our meat & fish from carefully selected suppliers who we work closely with to make sure we choose the right cuts for the recipe we are cooking.

In a small number of our meals (only those showing a star in the description) we use selected cuts of formed meat or fish to ensure your meal is as tender as possible.

Formed meat and fish are high quality ingredients; formed meat is made by binding together large individual pieces of meat into a regular shape and then slicing. Formed fish combines individual pieces of fish into regular portions.

## Definitions

### Free From

We work hard to ensure the relevant ingredients are not detectable, or if legal limits have been set that they are never exceeded e.g. gluten. We carry out scientific tests to make sure these strict standards are maintained.

### Made Without

This term shows that an ingredient is not deliberately used in a recipe. We take care to avoid any accidental inclusion, but very small amounts could be present, meaning they may not be suitable for someone living with a food allergy.

### May Contain

This highlights foods where a specific and unavoidable risk of accidental contamination has been identified i.e. where a supplier has told us that it's a possibility.

## Wiltshire Farm Foods Privacy Notice

It is important to us that you know how we will use the information that you provide to us, from when you make that first enquiry and then become a valued customer. We take data protection very seriously and value the privacy of our customers.

Please read the key points from our Privacy Notice, which can be found on our website [wiltshirefarmfoods.com](http://wiltshirefarmfoods.com) or by contacting your local outlet.

- Wiltshire Farm Foods (a division of apetito Ltd) deliver delicious meals and desserts through a network of outlets operated by ourselves and our franchise partners. We will only disclose the necessary information with your local outlet so that they can provide services to you
- If you provide information about someone else to us, it is your responsibility to ensure that the individual is happy for you to share their information with us. For example, a relative or loved one
- We will only process your information in compliance with the law, and will delete it when required to do so
- We will never sell or share your information to a third party
- We may contact you by post, telephone or email to make sure you are happy with our service and also with offers. You can change your contact preferences anytime or update your details either by speaking to your local outlet, contacting us through our website [wiltshirefarmfoods.com](http://wiltshirefarmfoods.com) or by calling us on 0800 066 2587
- To provide our service, we use trusted partners who have access to our data under strict conditions of confidentiality and security, for example to post your brochure

Wiltshire Farm Foods is a division of apetito Ltd which is registered as a data controller with the Information Commissioner's Office. Our registration number is Z5944325. You can contact our data protection officer at [dpo@apetito.co.uk](mailto:dpo@apetito.co.uk) with any concerns or queries you may have regarding your data, or to notify us that you no longer wish to receive marketing from us. You also have the right to make a complaint to the Information Commissioner's Office if you are unhappy with how we have handled your personal data.

**100%**  
**SATISFACTION**  
**GUARANTEED**

## Satisfaction Guaranteed

**Terms and conditions: our satisfaction guarantee applies to all meals purchased from Wiltshire Farm Foods. To request a replacement please contact your local team or tell your delivery driver.**

You must provide us with the film lid for the meal that is being replaced (at the time the replacement meal is delivered), otherwise we reserve the right to withhold the replacement meal. This guarantee is subject to fair use and we reserve the right to withhold replacement meals. We may amend the terms of this guarantee from time to time – please visit our website for the most up to date position.



# SOFTER *FOODS*

We believe everyone should look forward to a tasty and appetising meal, even with a swallowing difficulty. That's why we're so proud of our world-leading texture modified menu.

**BEST  
EVER**

*Menu*



# Our award-winning menu is now even **BETTER**



At Wiltshire Farm Foods, we are committed to creating **tasty, easy-to-eat dishes** in the **right texture for those with swallowing difficulties**. Our Softer Foods menu is already world-leading, and with exciting improvements to our Purée menu, it continues to set the standard and is now the best it's ever been!

Whether it's comforting classics or flavours from around the world, you'll find all your most loved meals from our Minced and Soft & Bite-Sized menus too. Keep your freezer stocked, then simply pop whatever you fancy straight into the oven or microwave. **Quality ingredients, fantastic flavours, and perfect textures made with care.**



*Jethro  
Lawrence*  
**DEVELOPMENT  
CHEF**



## Effortless **MEALS FOR ALL**



### Carefully created

Dine with confidence, safe in the knowledge that each dish is created in line with the latest texture guidance from the NHS.\*



### Brilliantly balanced

Thanks to the input of our expert dietitians, our meals meet a wide range of nutritional needs.



### Unsure which texture is right for you?

Please speak to your healthcare professional who will be able to advise you.

[\\*iddsi.org](http://*iddsi.org)

Let's hear it from  
**OUR CUSTOMERS**

**“ Wiltshire Foods excels in providing soft foods that prioritise nutrition, taste, and convenience, making them a reliable choice.**

Mr M, Wiltshire Farm Foods Customer



# Three carefully created textures

*So many tasty meals to choose from!*



**PAGES 110-122**

## Level 4 Purée Meals

These smooth texture dishes are perfectly puréed and filled with flavour.

**Try our Purée**  
Steak & Mushroom Casserole **page 117**



**PAGES 123-127**

## Level 5 Minced Meals

Effortless to prepare minced dishes that require minimal chewing.

**Try our Minced**  
Chicken Curry **page 125**



**PAGES 128-130**

## Level 6 Soft & Bite-Sized Meals

Enjoy softer textures and small, manageable pieces.

**Try our Soft & Bite-Sized**  
Beef Hotpot **page 130**

“*The food is delicious with a good selection, reasonably priced, easy to cook and saves me trying to make puréed food when I can spend that time better with Mum.*

Mrs C, Wiltshire Farm Foods Customer

“*My partner needs a puréed diet and is thoroughly enjoying the authentic taste of the meals.*

Mrs S, Wiltshire Farm Foods Customer



# Purée Meals

From Sausage & Mash to Scrambled Eggs on Toast, find all your favourites in an evenly smooth Level 4 texture.

## Purée Lamb in Mint Gravy

Puréed lamb in a mint gravy. Served with carrots & swede and duchess potatoes.

7357

£6.95 345g

GF

Each meal contains

Energy  
2248 kJ  
541 kcal  
27%

Fat  
37g  
53%

Saturates  
5.7g  
29%

Sugars  
6.5g  
7%

Salt  
2.0g  
33%

% of an adult's reference intake



## Purée Sticky Toffee Pudding & Custard

A sweet and creamy puréed toffee pudding served with custard.

7165

£1.79 170g

GF

V

Each dessert contains

Energy  
1394 kJ  
334 kcal  
17%

Fat  
21g  
30%

Saturates  
7.0g  
35%

Sugars  
22g  
24%

Salt  
0.58g  
10%

% of an adult's reference intake





**Puréed Hot  
Bacon Toastie**

A traditional British classic made with puréed white bread and bacon.

**7036**   **£4.15**   200g

Each pack contains

Energy 1237 kJ 296 kcal 15%	Fat <b>15g</b> 21%	Saturates <b>3.6g</b> 18%	Sugars <b>2.9g</b> 3%	Salt <b>1.0g</b> 17%
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% of an adult's reference intake

**Purée Beef Chilli**

A warming puréed beef chilli in a smoky tomato sauce with kidney beans. Served with rice and sweetcorn.

**7316**   **£6.79**   340g

GF

Each meal contains

Energy 2248 kJ 540 kcal 27%	Fat <b>36g</b> 51%	Saturates <b>4.7g</b> 24%	Sugars <b>9.3g</b> 10%	Salt <b>1.7g</b> 28%
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% of an adult's reference intake



**IMPORTANT:**

When heating our puréed dishes, always set your microwave to **HALF POWER**.





IMPROVED

Purée Chicken in Gravy

Puréed chicken breast in a chicken gravy. Served with broccoli and duchess potatoes.

7327

£6.75

340g

GF

Each meal contains

Energy 2144 kJ 516 kcal 26%	Fat 37g 53%	Saturates 5.4g 27%	Sugars 3.2g 4%	Salt 1.8g 30%
% of an adult's reference intake				



Purée Spaghetti Bolognese

Puréed beef in a rich tomato and herb sauce. Served on a bed of puréed spaghetti.

7397

£6.85

300g

Each meal contains

Energy 2145 kJ 515 kcal 26%	Fat 32g 46%	Saturates 9.0g 45%	Sugars 10g 11%	Salt 1.9g 32%
% of an adult's reference intake				



Purée Beef Hotpot

Puréed beef cooked in a rich gravy, topped with puréed sauté potatoes and served with creamy savoy cabbage.



7307

£6.95

275g

GF

Each meal contains

Energy 2105 kJ 507 kcal 25%	Fat 38g 54%	Saturates 6.3g 32%	Sugars 4.1g 5%	Salt 2.0g 33%
% of an adult's reference intake				

Purée Chicken Korma

Puréed chicken korma served with rice and broccoli.

7315

£6.75

340g

GF

Each meal contains

Energy 2247 kJ 541 kcal 27%	Fat 39g 56%	Saturates 7.3g 37%	Sugars 5.6g 6%	Salt 1.8g 30%
% of an adult's reference intake				





**Purée Tomato & Basil Pasta**

Puréed pasta in a delicious tomato and basil sauce. Served with peas.



7080

£6.39

275g

Each meal contains

Energy

2087 kJ

502 kcal

25%

Fat

35g

50%

Saturates

4.2g

21%

Sugars

9.5g

11%

Salt

1.8g

30%

% of an adult's reference intake

**Purée Cottage Pie**

A puréed rich beef filling topped with smooth mashed potato and served with peas.

7304

£6.89

300g

Each meal contains

Energy

2151 kJ

518 kcal

26%

Fat

36g

51%

Saturates

4.7g

24%

Sugars

5.3g

6%

Salt

1.8g

30%

% of an adult's reference intake



**Purée Sausage & Mash**

Puréed pork sausages with mashed potato and peas in a rich onion gravy.

7359

£6.59

340g

Each meal contains

Energy

2310 kJ

556 kcal

28%

Fat

40g

57%

Saturates

5.0g

25%

Sugars

6.5g

7%

Salt

1.9g

32%

% of an adult's reference intake



**Purée Vegetable & Bean Casserole**

A comforting puréed vegetable and bean casserole served with peas and sauté potatoes.

7049

£6.39

275g

Each meal contains

Energy

2133 kJ

514 kcal

26%

Fat

37g

53%

Saturates

3.5g

18%

Sugars

5.4g

6%

Salt

1.7g

28%

% of an adult's reference intake





**Purée Chicken & Vegetable Casserole**

Puréed chicken and vegetable casserole in gravy. Served with sauté potatoes and carrots & swede.

7358

£6.85

340g

GF

Each meal contains

Energy 2201 kJ 529 kcal 26%	Fat 36g 51%	Saturates 4.6g 23%	Sugars 8.9g 10%	Salt 1.8g 30%
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% of an adult's reference intake



**Purée Fish & Chips (Oven Cook Only)**

Tasty puréed white fish in a white sauce served with chips and peas.

7098

£6.85

275g

Each meal contains

Energy 2111 kJ 508 kcal 25%	Fat 35g 50%	Saturates 4.4g 22%	Sugars 5.6g 6%	Salt 1.8g 30%
--------------------------------------	-------------------	--------------------------	----------------------	---------------------

% of an adult's reference intake



**Purée Omelette, Chips & Beans**

Tasty puréed cheese omelette served with chips and baked beans.



7099

£6.59

275g

v

Each meal contains

Energy 2148 kJ 516 kcal 26%	Fat 36g 51%	Saturates 9.8g 49%	Sugars 6.0g 7%	Salt 1.5g 25%
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% of an adult's reference intake

**Purée Turkey in Gravy**

Puréed turkey in gravy served with sage and onion sauté potatoes and green beans.

7331

£6.79

340g

GF

Each meal contains

Energy 2196 kJ 529 kcal 26%	Fat 38g 54%	Saturates 5.6g 28%	Sugars 3.6g 4%	Salt 1.6g 27%
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% of an adult's reference intake





**Purée Chicken Tikka Masala**

Puréed chicken in a medium spiced coconut and tomato sauce. Served with rice and creamed spinach.



**Purée Shepherd's Pie**

Puréed savoury lamb with rosemary and thyme topped with mashed potato and served with a puréed carrot & swede mash.

7024

£6.75

275g

GF

Each meal contains

Energy 2097 kJ 504 kcal 25%	Fat 35g 50%	Saturates 6.1g 31%	Sugars 4.1g 5%	Salt 1.7g 28%
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% of an adult's reference intake

7314

£6.95

300g

GF

Each meal contains

Energy 2328 kJ 560 kcal 28%	Fat 41g 59%	Saturates 8.2g 41%	Sugars 8.4g 9%	Salt 1.7g 28%
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% of an adult's reference intake



**Purée Bean Chilli**

A warming puréed bean chilli in a smoky tomato sauce. Served with rice and peas.

7311

£6.55

340g

GF

VEGAN

Each meal contains

Energy 2313 kJ 557 kcal 28%	Fat 39g 56%	Saturates 3.5g 18%	Sugars 9.1g 10%	Salt 1.8g 30%
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% of an adult's reference intake



**Purée Vegetarian Sausage & Mash**

Puréed vegetarian sausages served with mashed potato and peas in a rich onion gravy.

7362

£6.55

340g

VEGAN

Each meal contains

Energy 2317 kJ 557 kcal 28%	Fat 38g 54%	Saturates 3.6g 18%	Sugars 7.0g 8%	Salt 1.9g 32%
--------------------------------------	-------------------	--------------------------	----------------------	---------------------

% of an adult's reference intake





Purée Sweet & Sour Chicken

Puréed chicken breast, pineapple and red peppers in a sweet and sour sauce. Served with rice and sweetcorn.

7305

£6.75

275g

GF

Each meal contains

Energy 2221 kJ 534 kcal 27%	Fat 36g 51%	Saturates 3.4g 17%	Sugars 11g 12%	Salt 1.2g 20%
% of an adult's reference intake				



Purée Steak & Chips (Oven Cook Only)

A delicious puréed beef grillsteak served with chips and peas.

7093

£6.95

275g

Each meal contains

Energy 2160 kJ 519 kcal 26%	Fat 35g 50%	Saturates 5.1g 26%	Sugars 7.0g 8%	Salt 1.9g 32%
% of an adult's reference intake				



Purée Chicken Chasseur

A French classic! Puréed chicken with white wine, onions and tarragon served with carrots and duchess potatoes.



Purée Salmon in Butter Sauce

Puréed salmon in a delicious butter sauce served with broccoli and sauté potatoes.

7361

£6.69

275g

GF

Each meal contains

Energy 2108 kJ 507 kcal 25%	Fat 35g 50%	Saturates 3.2g 16%	Sugars 6.9g 8%	Salt 1.6g 27%
% of an adult's reference intake				

7302

£6.85

340g

GF

Each meal contains

Energy 2174 kJ 522 kcal 26%	Fat 35g 50%	Saturates 6.0g 30%	Sugars 8.6g 10%	Salt 1.6g 27%
% of an adult's reference intake				





**Purée Sausage, Chips & Beans**

Puréed pork sausages served with chips and baked beans.



**Purée Pork in Apple Gravy**

Puréed pork shoulder in an apple gravy served with red cabbage and sauté potatoes.

7013

£6.65

275g

GF

Each meal contains

Energy 2116 kJ 508 kcal 25%	Fat 34g 49%	Saturates 4.4g 22%	Sugars 5.2g 6%	Salt 1.9g 32%
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% of an adult's reference intake

7301

£6.79

340g

GF

Each meal contains

Energy 2391 kJ 575 kcal 29%	Fat 41g 59%	Saturates 5.1g 26%	Sugars 9.9g 11%	Salt 1.8g 30%
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% of an adult's reference intake



**Purée Steak & Mushroom Casserole**

Puréed steak in a mushroom sauce served with sage & onion potatoes and swede & carrots.

7308

£6.75

340g

GF

Each meal contains

Energy 2379 kJ 572 kcal 29%	Fat 40g 57%	Saturates 5.3g 27%	Sugars 8.9g 10%	Salt 1.7g 28%
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% of an adult's reference intake



**Purée Lamb Chop**

Puréed lamb chop served with creamed savoy cabbage and sauté potatoes.

7048

£6.89

275g

GF

Each meal contains

Energy 2080 kJ 501 kcal 25%	Fat 36g 51%	Saturates 6.4g 32%	Sugars 6.3g 7%	Salt 1.7g 28%
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% of an adult's reference intake





Purée Fish Pie

Puréed white fish and smoked salmon in a creamy sauce topped with mashed potato and served with peas.

7303

£6.89

300g

GF

Each meal contains

Energy 2246 kJ 540 kcal 27%	Fat 39g 56%	Saturates 4.1g 21%	Sugars 6.5g 7%	Salt 1.8g 30%
--------------------------------------	-------------------	--------------------------	----------------------	---------------------

% of an adult's reference intake



Purée Cheese & Onion Bake (Oven Cook Only)

Puréed Cheddar cheese and onion bake served with broccoli and duchess potatoes.

7012

£6.45

275g

V

Each meal contains

Energy 2237 kJ 539 kcal 27%	Fat 40g 57%	Saturates 11g 55%	Sugars 6.1g 7%	Salt 1.7g 28%
--------------------------------------	-------------------	-------------------------	----------------------	---------------------

% of an adult's reference intake



Purée Macaroni Cheese

Delicious puréed pasta in a comforting cheese sauce served with broccoli.



7306

£6.29

340g

V

Each meal contains

Energy 2136 kJ 514 kcal 26%	Fat 36g 51%	Saturates 14g 70%	Sugars 5.2g 6%	Salt 1.9g 32%
--------------------------------------	-------------------	-------------------------	----------------------	---------------------

% of an adult's reference intake

Purée Beef in Gravy

Puréed beef in a rich beef gravy served with duchess potatoes and green beans.

7309

£6.95

340g

GF

Each meal contains

Energy 2216 kJ 533 kcal 27%	Fat 38g 54%	Saturates 5.6g 28%	Sugars 4.1g 5%	Salt 1.8g 30%
--------------------------------------	-------------------	--------------------------	----------------------	---------------------

% of an adult's reference intake





Puréeed Cheese & Onion Quiche  
(Oven Cook Only)

A tasty puréeed pastry base with a classic cheese and onion filling.

7039

£3.75

120g

V

Each pack contains

Energy 854 kJ 205 kcal 10%	Fat 14g 20%	Saturates 6.7g 34%	Sugars 1.6g 2%	Salt 0.73g 12%
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% of an adult's reference intake



Puréeed Quiche Lorraine  
(Oven Cook Only)

Puréeed quiche, made with smoked streaky bacon, onion and leek, on a tasty puréeed pastry base.

7029

£3.75

120g

Each pack contains

Energy 852 kJ 205 kcal 10%	Fat 16g 23%	Saturates 7.2g 36%	Sugars 1.3g 1%	Salt 0.56g 9%
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% of an adult's reference intake

A trio of tasty toasties

A puréeed toasted sandwich makes the perfect quick and easy lunch. Ours are beautifully browned and made with bacon, Cheddar cheese or tuna on puréeed white bread.



Puréeed Hot Bacon  
Toastie

7036

£4.15

200g

Each pack contains

Energy 1237 kJ 296 kcal 15%	Fat 15g 21%	Saturates 3.6g 18%	Sugars 2.9g 3%	Salt 1.0g 17%
--------------------------------------	-------------------	--------------------------	----------------------	---------------------

% of an adult's reference intake



Puréeed Hot Cheese  
Toastie

7038

£4.15

200g

V

Each pack contains

Energy 1503 kJ 360 kcal 18%	Fat 20g 29%	Saturates 5.9g 30%	Sugars 8.1g 9%	Salt 1.1g 18%
--------------------------------------	-------------------	--------------------------	----------------------	---------------------

% of an adult's reference intake



Puréeed Hot Tuna  
Toastie

7037

£4.15

200g

Each pack contains

Energy 1464 kJ 351 kcal 18%	Fat 21g 30%	Saturates 5.0g 25%	Sugars 5.8g 6%	Salt 0.89g 15%
--------------------------------------	-------------------	--------------------------	----------------------	----------------------

% of an adult's reference intake





**Purée Vegetarian All Day Breakfast**

Puréed vegetarian sausages, baked beans and scrambled egg.

7096

£6.49

275g

v

Each meal contains

Energy 2190 kJ 527 kcal 26%	Fat 37g 53%	Saturates 4.8g 24%	Sugars 5.9g 7%	Salt 1.6g 27%
--------------------------------------	-------------------	--------------------------	----------------------	---------------------

% of an adult's reference intake



**Purée Apple & Cinnamon Porridge**

A creamy puréed porridge with delicious apple and cinnamon.

7351

£2.25

200g

v

Each meal contains

Energy 1228 kJ 293 kcal 15%	Fat 14g 20%	Saturates 4.4g 22%	Sugars 17g 19%	Salt 0.23g 4%
--------------------------------------	-------------------	--------------------------	----------------------	---------------------

% of an adult's reference intake



**Purée All Day Breakfast**

A puréed British classic of sausages, baked beans and scrambled egg.

7094

£6.59

275g

GF

Each meal contains

Energy 2121 kJ 510 kcal 26%	Fat 37g 53%	Saturates 5.8g 29%	Sugars 5.3g 6%	Salt 1.8g 30%
--------------------------------------	-------------------	--------------------------	----------------------	---------------------

% of an adult's reference intake



**Purée Beans on Toast**

A classic dish of puréed baked beans on toast.

7020

£5.19

175g

v

Each meal contains

Energy 1176 kJ 282 kcal 14%	Fat 16g 23%	Saturates 4.9g 25%	Sugars 4.3g 5%	Salt 0.81g 13%
--------------------------------------	-------------------	--------------------------	----------------------	----------------------

% of an adult's reference intake



**Purée Scrambled Eggs on Toast**

A breakfast favourite of puréed scrambled eggs on toast.

7021

£5.39

175g

v

Each meal contains

Energy 1147 kJ 276 kcal 14%	Fat 19g 27%	Saturates 6.2g 31%	Sugars 1.3g 1%	Salt 1.0g 17%
--------------------------------------	-------------------	--------------------------	----------------------	---------------------

% of an adult's reference intake



**Purée Porridge**

Smooth and creamy puréed porridge.

7350

£2.09

200g

v

Each pack contains

Energy 1279 kJ 306 kcal 15%	Fat 16g 23%	Saturates 4.9g 25%	Sugars 16g 18%	Salt 0.24g 4%
--------------------------------------	-------------------	--------------------------	----------------------	---------------------

% of an adult's reference intake



# Heavenly hot cakes



## Puréed Hot Chocolate Cake (Oven Cook Only)

A deliciously rich puréed chocolate cake.

7044

£2.99

120g

V

Each pack contains

Energy 1029 kJ 247 kcal 12%	Fat 14g 20%	Saturates 3.4g 17%	Sugars 18g 20%	Salt 0.23g 4%
--------------------------------------	-------------------	--------------------------	----------------------	---------------------

% of an adult's reference intake



## Puréed Hot Apple Cake (Oven Cook Only)

Sweet and fruity apple cake with hints of cinnamon, topped with a layer of puréed apple.

7045

£2.99

120g

V

Each pack contains

Energy 849 kJ 204 kcal 10%	Fat 12g 17%	Saturates 4.6g 23%	Sugars 15g 17%	Salt 0.20g 3%
-------------------------------------	-------------------	--------------------------	----------------------	---------------------

% of an adult's reference intake



## Puréed Lemon Sponge

Puréed lemon flavoured sponge in a lemon sauce.

7161

£1.79

170g

V

Each dessert contains

Energy 1301 kJ 310 kcal 16%	Fat 13g 19%	Saturates 2.5g 13%	Sugars 30g 33%	Salt 0.38g 6%
--------------------------------------	-------------------	--------------------------	----------------------	---------------------

% of an adult's reference intake



## Puréed Bakewell Sponge & Custard

Puréed mixed fruit and almond flavour sponge with custard.

134

£1.79

155g

V

Each dessert contains

Energy 1045 kJ 249 kcal 12%	Fat 11g 16%	Saturates 3.3g 17%	Sugars 22g 24%	Salt 0.49g 8%
--------------------------------------	-------------------	--------------------------	----------------------	---------------------

% of an adult's reference intake





Puréeed Apple Pie & Custard

Puréeed sweet apple and pastry with custard.



Puréeed Sticky Toffee Pudding & Custard

A sweet and creamy puréeed toffee pudding served with custard.



Puréeed Summer Fruit Sponge & Custard

Delicious puréeed blackberries, strawberries, blackcurrants and cherries with sponge. Served with custard.

171

£1.79

155g

V

Each dessert contains

Energy 937 kJ 224 kcal 11%	Fat 11g 16%	Saturates 3.0g 15%	Sugars 17g 19%	Salt 0.33g 5%
-------------------------------------	-------------------	--------------------------	----------------------	---------------------

% of an adult's reference intake

7165

£1.79

170g

GF

V

Each dessert contains

Energy 1394 kJ 334 kcal 17%	Fat 21g 30%	Saturates 7.0g 35%	Sugars 22g 24%	Salt 0.58g 10%
--------------------------------------	-------------------	--------------------------	----------------------	----------------------

% of an adult's reference intake

7167

£1.79

155g

GF

V

Each dessert contains

Energy 1039 kJ 249 kcal 12%	Fat 13g 19%	Saturates 3.1g 16%	Sugars 18g 20%	Salt 0.41g 7%
--------------------------------------	-------------------	--------------------------	----------------------	---------------------

% of an adult's reference intake

Creamy, dreamy desserts



Puréeed Chocolate Mousse

A fluffy chocolate flavoured mousse. With sugar and sweetener.

416

£1.79

65g

GF

V

Each dessert contains

Energy 379 kJ 92 kcal 5%	Fat 3.8g 5%	Saturates 3.2g 16%	Sugars 4.5g 5%	Salt 0.17g 3%
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% of an adult's reference intake



Puréeed Strawberry Mousse

A refreshing strawberry flavoured mousse. With sugar and sweetener.

418

£1.79

65g

GF

V

Each dessert contains

Energy 356 kJ 86 kcal 4%	Fat 3.7g 5%	Saturates 3.2g 16%	Sugars 4.5g 5%	Salt 0.08g 1%
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% of an adult's reference intake



# Minced Meals

Curry, casseroles and classic mash-topped pies; these Level 5 dishes are tasty every time.



## Minced Fish Pie

Minced smoked haddock, salmon and white fish in a creamy sauce topped with mashed potato. Served with mashed broccoli and carrots.

**7206** **£5.85** 440g GF

Each meal contains

Energy 2093 kJ 501 kcal 25%	Fat <b>28g</b> 40%	Saturates <b>6.1g</b> 31%	Sugars <b>7.2g</b> 8%	Salt <b>1.8g</b> 30%
--------------------------------------	--------------------------	---------------------------------	-----------------------------	----------------------------

% of an adult's reference intake



## Minced Apple Sponge

Minced plain sponge topped with sweet apple purée.

**7812** **£2.05** 140g GF V

Each dessert contains

Energy 1207 kJ 288 kcal 14%	Fat <b>13g</b> 19%	Saturates <b>4.1g</b> 21%	Sugars <b>26g</b> 29%	Salt <b>0.27g</b> 4%
--------------------------------------	--------------------------	---------------------------------	-----------------------------	----------------------------

% of an adult's reference intake







Minced Cottage Pie

A British classic made with minced beef and topped with mashed potato. Served with mashed carrot & swede.

119

£5.65

425g

GF

Each meal contains

Energy 1864 kJ 445 kcal 22%	Fat 18g 26%	Saturates 4.4g 22%	Sugars 9.8g 11%	Salt 1.8g 30%
--------------------------------------	-------------------	--------------------------	-----------------------	---------------------

% of an adult's reference intake



Minced Macaroni Cheese

An Italian classic of pasta cooked in cheese sauce. Served with mashed potato, broccoli, carrots & swede.

112

£5.19

410g

V

Each meal contains

Energy 1752 kJ 418 kcal 21%	Fat 18g 26%	Saturates 7.7g 39%	Sugars 9.0g 10%	Salt 1.5g 25%
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% of an adult's reference intake



Minced Chicken in Rich Gravy

Tender chicken breast in a rich, seasoned gravy. Served with mashed potato, carrots and swede.



7128

£5.69

410g

GF

Each meal contains

Energy 1386 kJ 330 kcal 17%	Fat 11g 16%	Saturates 1.0g 5%	Sugars 7.1g 8%	Salt 1.4g 23%
--------------------------------------	-------------------	-------------------------	----------------------	---------------------

% of an adult's reference intake

Minced Lamb Stew

A tasty stew with lamb, carrots and seasoning, served with mashed potato, parsnips and Brussels sprouts.

111

£5.75

400g

GF

Each meal contains

Energy 1429 kJ 341 kcal 17%	Fat 14g 20%	Saturates 4.9g 25%	Sugars 7.8g 9%	Salt 1.4g 23%
--------------------------------------	-------------------	--------------------------	----------------------	---------------------

% of an adult's reference intake





Minced Chicken Curry

Chicken in a mild tomato and onion curry sauce. Served with white rice, broccoli and cauliflower.



105

£5.75

410g

GF

Each meal contains

Energy 2237 kJ 534 kcal 27%	Fat 21g 30%	Saturates 2.6g 13%	Sugars 10g 11%	Salt 1.2g 20%
--------------------------------------	-------------------	--------------------------	----------------------	---------------------

% of an adult's reference intake

Minced Chicken & Vegetable Casserole

Chicken and vegetable casserole made with carrots, swede and herbs. Served with mashed potato, carrots and Brussels sprouts.

107

£5.69

400g

GF

Each meal contains

Energy 2137 kJ 511 kcal 26%	Fat 25g 36%	Saturates 3.0g 15%	Sugars 8.0g 9%	Salt 1.3g 22%
--------------------------------------	-------------------	--------------------------	----------------------	---------------------

% of an adult's reference intake



Minced Creamy Chicken Pie

Delicious minced chicken in a creamy sauce topped with mashed potato. Served with carrots and broccoli.

7202

£5.85

425g

GF

Each meal contains

Energy 1769 kJ 421 kcal 21%	Fat 16g 23%	Saturates 4.6g 23%	Sugars 10g 11%	Salt 1.6g 27%
--------------------------------------	-------------------	--------------------------	----------------------	---------------------

% of an adult's reference intake



Minced Fish in Mornay Sauce

Delicious white fish cooked with Mornay cheese sauce. Served with mashed potato, carrots and broccoli.

103

£5.69

410g

GF

Each meal contains

Energy 2138 kJ 513 kcal 26%	Fat 30g 43%	Saturates 6.8g 34%	Sugars 15g 17%	Salt 1.7g 28%
--------------------------------------	-------------------	--------------------------	----------------------	---------------------

% of an adult's reference intake





**Minced Turkey in Gravy**  
Succulent turkey breast in a rich, seasoned gravy. Served with mashed potato, carrots and Brussels sprouts.

7129

£5.85

400g

GF

Each meal contains

Energy 1404 kJ 335 kcal 17%	Fat 13g 19%	Saturates 1.6g 8%	Sugars 5.0g 6%	Salt 2.0g 33%
--------------------------------------	-------------------	-------------------------	----------------------	---------------------

% of an adult's reference intake



**Minced Salmon in Dill Sauce**  
Delicious minced salmon in a creamy dill sauce served with mashed potato, broccoli and carrots.

7212

£6.49

370g

GF

Each meal contains

Energy 1850 kJ 444 kcal 22%	Fat 26g 37%	Saturates 6.4g 32%	Sugars 9.7g 11%	Salt 1.1g 18%
--------------------------------------	-------------------	--------------------------	-----------------------	---------------------

% of an adult's reference intake

**IMPORTANT**  
When heating our shaped minced dishes, always set your microwave to **HALF POWER**.



**Minced Cheesy Potato Bake**  
Potatoes, onion and carrots in cheese sauce served with mashed potato, carrots and parsnips.

117

£5.69

400g

V

Each meal contains

Energy 1509 kJ 360 kcal 18%	Fat 12g 17%	Saturates 4.8g 24%	Sugars 17g 19%	Salt 1.3g 22%
--------------------------------------	-------------------	--------------------------	----------------------	---------------------

% of an adult's reference intake



**Minced Mediterranean Vegetables**  
A tempting mix of carrots, courgettes, mushrooms and spinach in a tomato sauce. Served with parsley mashed potato, parsnips and sprouts.

115

£5.19

410g

VEGAN

Each meal contains

Energy 1494 kJ 357 kcal 18%	Fat 13g 19%	Saturates 1.2g 6%	Sugars 13g 14%	Salt 1.0g 17%
--------------------------------------	-------------------	-------------------------	----------------------	---------------------

% of an adult's reference intake



**Minced Beef Chilli**  
A mild minced beef chilli served with smoked tomato rice and cheesy spinach.

7201

£5.65

440g

GF

Each meal contains

Energy 2091 kJ 502 kcal 25%	Fat 29g 41%	Saturates 11g 55%	Sugars 11g 12%	Salt 1.7g 28%
--------------------------------------	-------------------	-------------------------	----------------------	---------------------

% of an adult's reference intake





**Minced Pork & Root Vegetable Casserole**

Tasty pork casserole made with carrots, swede and onion. Served with mashed potato, cauliflower and Brussels sprouts.

7108

£5.79

400g

GF

Each meal contains

Energy 2106 kJ 505 kcal 25%	Fat 25g 36%	Saturates 5.2g 26%	Sugars 6.9g 8%	Salt 1.1g 18%
--------------------------------------	-------------------	--------------------------	----------------------	---------------------

% of an adult's reference intake



**Minced Shepherd's Pie**

Warming minced mutton in a flavoursome gravy, topped with mashed potato and a side of mixed carrots & swede.

7205

£5.79

475g

GF

Each meal contains

Energy 2089 kJ 502 kcal 25%	Fat 31g 44%	Saturates 9.0g 45%	Sugars 8.6g 10%	Salt 2.0g 33%
--------------------------------------	-------------------	--------------------------	-----------------------	---------------------

% of an adult's reference intake



**Minced Pasta Bolognese**

Minced pasta and beef in a rich Bolognese sauce. Served with carrots.

7204

£5.59

410g

Each meal contains

Energy 1710 kJ 408 kcal 20%	Fat 15g 21%	Saturates 4.4g 22%	Sugars 13g 14%	Salt 1.4g 23%
--------------------------------------	-------------------	--------------------------	----------------------	---------------------

% of an adult's reference intake



**Minced Sausages in Onion Gravy**

Filling pork in a flavoursome onion and herb gravy. Served with parsley mashed potato, carrots and broccoli.

109

£5.75

400g

GF

Each meal contains

Energy 2127 kJ 511 kcal 26%	Fat 30g 43%	Saturates 8.8g 44%	Sugars 6.0g 7%	Salt 1.1g 18%
--------------------------------------	-------------------	--------------------------	----------------------	---------------------

% of an adult's reference intake



**Minced Rich Beef Stew**

Tender British and Irish beef stew with carrots and swede. Served with mashed potato, broccoli and cauliflower.

7125

£5.89

400g

GF

Each meal contains

Energy 1396 kJ 333 kcal 17%	Fat 14g 20%	Saturates 4.5g 23%	Sugars 6.0g 7%	Salt 1.5g 25%
--------------------------------------	-------------------	--------------------------	----------------------	---------------------

% of an adult's reference intake



# Soft & Bite-Sized Meals

With a mix of different textures within each meal, all suitable for a Level 6 diet, there's lots of variety to enjoy.



## Soft & Bite-Sized Macaroni Cheese

Pasta in a cheese sauce. Served with a vibrant root vegetable ratatouille.

7341	£5.49	355g	<div>v</div>		
Each meal contains					
Energy 2280 kJ 547 kcal 27%	Fat 34g 49%	Saturates 15g 75%	Sugars 14g 16%	Salt 1.8g 30%	
% of an adult's reference intake					

## Soft & Bite-Sized Bakewell Sponge

Puréed almond flavour sponge and summer fruit purée topped with sponge pieces.



7824

£2.09

150g

v

Each dessert contains

Energy

1532 kJ

364 kcal

18%

Fat

13g

19%

Saturates

6.3g

32%

Sugars

37g

41%

Salt

0.53g

9%

% of an adult's reference intake





**Soft & Bite-Sized Sausages in Onion Gravy**

Diced pork sausage in onion gravy. Served with Cheddar cheese mashed potato and carrots tumbled in honey.

**7346** **£5.95** 420g

Each meal contains

Energy 1985 kJ 476 kcal 24%	Fat 29g 41%	Saturates 14g 70%	Sugars 10g 11%	Salt 2.5g 42%
% of an adult's reference intake				



**Soft & Bite-Sized Cheese and Onion Pie**

Tasty cheese and onion topped with mashed potato. Served with mashed broccoli, carrots & swede.

**7317** **£5.65** 450g



Each meal contains

Energy 2172 kJ 522 kcal 26%	Fat 35g 50%	Saturates 9.1g 46%	Sugars 10g 11%	Salt 1.6g 27%
% of an adult's reference intake				



**Soft & Bite-Sized Fish Pie**

A tempting fish pie with smoked haddock and white fish, topped with mashed potato. Served with carrots.

**7312** **£5.95** 460g



Each meal contains

Energy 2134 kJ 511 kcal 26%	Fat 27g 39%	Saturates 2.3g 12%	Sugars 8.7g 10%	Salt 1.4g 23%
% of an adult's reference intake				



**Soft & Bite-Sized Chicken in a Creamy Mushroom Sauce**

Chicken\* in a creamy mushroom sauce, served with cheesy garlic potatoes, butternut squash and root vegetable mash.

**7349** **£5.99** 360g



Each meal contains

Energy 1426 kJ 340 kcal 17%	Fat 16g 23%	Saturates 5.9g 30%	Sugars 9.1g 10%	Salt 1.9g 32%
% of an adult's reference intake				

\* Please refer to page 106





Soft & Bite-Sized  
Ham in Parsley Sauce

Smokey flavoured ham\* in a parsley sauce. Served with extra buttery mashed potato and diced swede & carrots.

7343

£5.95

395g

GF

Each meal contains

Energy 1546 kJ 370 kcal 19%	Fat 20g 29%	Saturates 9.3g 47%	Sugars 9.3g 10%	Salt 1.7g 28%
--------------------------------------	-------------------	--------------------------	-----------------------	---------------------

% of an adult's reference intake



Soft & Bite-Sized  
Cottage Pie

Classic cottage pie with minced beef, topped with mashed potato. Served with carrots and mashed swede.

7310

£5.79

440g

GF

Each meal contains

Energy 1778 kJ 423 kcal 21%	Fat 14g 20%	Saturates 3.0g 15%	Sugars 12g 13%	Salt 1.8g 30%
--------------------------------------	-------------------	--------------------------	----------------------	---------------------

% of an adult's reference intake



Soft & Bite-Sized  
Shepherd's Pie

Warming minced mutton in a flavoursome gravy, topped with fluffy mashed potato and a side of mixed herby root vegetables.

7348

£5.89

430g

GF

Each meal contains

Energy 1771 kJ 425 kcal 21%	Fat 24g 34%	Saturates 9.2g 46%	Sugars 7.7g 9%	Salt 1.7g 28%
--------------------------------------	-------------------	--------------------------	----------------------	---------------------

% of an adult's reference intake



Soft & Bite-Sized  
Beef Hotpot

Delicious minced beef cooked in a rich gravy, topped with garlic, parsley and thyme potatoes with a side of cheesy puréed spinach.

7344

£5.95

410g

GF

Each meal contains

Energy 2192 kJ 525 kcal 26%	Fat 31g 44%	Saturates 10g 50%	Sugars 8.5g 9%	Salt 1.9g 32%
--------------------------------------	-------------------	-------------------------	----------------------	---------------------

% of an adult's reference intake



Soft & Bite-Sized  
Chicken in Gravy

Tasty chicken\* in a rich gravy, with sage and onion potatoes. Served with a cauliflower and broccoli cheese purée and diced carrots.

7342

£5.95

365g

GF

Each meal contains

Energy 1471 kJ 352 kcal 18%	Fat 19g 27%	Saturates 3.6g 18%	Sugars 5.6g 6%	Salt 2.1g 35%
--------------------------------------	-------------------	--------------------------	----------------------	---------------------

% of an adult's reference intake

\* Please refer to page 106



≡ 4313



Beef Stroganoff  
Page 42

# The CHEF'S KITCHEN

*Luxury Menu Pack*

6 finest dishes  
& 3 desserts  
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award-winning  
chefs

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simply quote code

**CK32**

when ordering

≡ 4281



Luxury Cottage Pie  
Page 42

≡ 7558



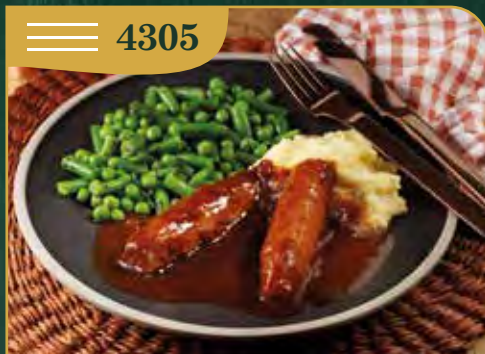
Cod Mornay  
Page 43

≡ 7548



Lamb in Honey & Mint Sauce  
Page 44

≡ 4305



Luxury Sausage & Mash  
Page 45

≡ 4312



Coq au Vin  
Page 44

≡ 842



West Country Clotted Cream  
Rice Pudding Page 50

≡ 2178



Peach Melba Ice Cream Dessert  
Page 50

≡ 3778



Plum & Cherry Crumble  
Page 50

*You deserve a little luxury!*



# Great Tastes Menu Pack

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**QUOTE  
GT32**  
when you  
order

**4301**  
Chicken  
Supreme  
Page 20



**208 Cottage Pie**  
page 13



**4286 Hunter's Chicken**  
page 22



**235 Bangers & Mash**  
page 24



**324 Liver & Bacon  
Casserole** page 28



**314 Fish in  
Parsley Sauce**  
page 33



**3126 Apple Crumble  
& Custard**  
page 94



**866 Sticky Toffee  
Pudding & Custard**  
page 95



**858 Bread and Butter  
Pudding & Custard**  
page 96

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