

## D100: - Puréed Lemon Sponge & Custard

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking instructions

800W

- Pierce film lid.
- Heat on FULL POWER for: **2 minutes and 30 seconds.**
- Leave to stand in the microwave for: **2 minutes.**
- Remove film lid and serve.

### OVEN Cooking instructions

- Pre-heat oven to **150°C Fan/ 170°C/ Gas mark 3.**
- Pierce film lid and place on baking tray.
- Cook in the centre of the oven for: **40 minutes.**
- Remove from the oven and leave to stand for: **1 minute.**
- Remove film lid and serve.



Please ensure this meal is piping hot throughout before serving.

Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## D103: - Puréed Spiced Apple and Custard

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking instructions

800W

- Pierce film lid.
- Heat on FULL POWER for: **2 minutes and 30 seconds.**
- Leave to stand in the microwave for: **2 minutes.**
- Remove film lid and serve.

### OVEN Cooking instructions

- Pre-heat oven to **150°C Fan/ 170°C/ Gas mark 3.**
- Pierce film lid and place on baking tray.
- Cook in the centre of the oven for: **40 minutes.**
- Remove from the oven and leave to stand for: **1 minute.**
- Remove film lid and serve.



Please ensure this meal is piping hot throughout before serving.

Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## D104: - Mini Puréed Chicken Casserole

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking instructions

800W

- Do not pierce film lid.
- Heat on HALF POWER for: **9 minutes.**
- Open the microwave door and allow to stand in the microwave for: **2 minutes.**
- Heat on HALF POWER for a further: **6 minutes and 30 second.**
- Leave to stand in the microwave for: **1 minute.**
- Remove film lid and serve.

### OVEN Cooking instructions

- Pre-heat oven to **150°C Fan/ 170°C/ Gas mark 3.**
- Do not pierce film lid. Place on baking tray.
- Cook in the centre of the oven for: **50 minutes.**
- Remove from the oven and leave to stand for: **1 minute.**
- Remove film lid and serve.



Please ensure this meal is piping hot throughout before serving.

Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## D105: - Mini Puréed Lamb with Mint

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking instructions

800W

- Do not pierce film lid.
- Heat on HALF POWER for: **9 minutes.**
- Leave to stand in the microwave for: **2 minutes.**
- Heat on FULL POWER for a further: **3 minutes and 30 seconds.**
- Leave to stand in the microwave for: **1 minute.**
- Remove film lid and serve.

### OVEN Cooking instructions

- Pre-heat oven to **130°C Fan/ 150°C/ Gas mark 2.**
- Do not pierce film lid. Place on baking tray.
- Cook in the centre of the oven for: **60 minutes.**
- Remove from the oven and leave to stand for: **1 minute.**
- Remove film lid and serve.



Please ensure this meal is piping hot throughout before serving.

Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## D106: - Mini Puréed Beef Casserole

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking instructions

800W

- Do not pierce film lid.
- Heat on FULL POWER for: **6 minutes.**
- Leave to stand in the microwave for: **2 minutes.**
- Remove film lid and serve.

### OVEN Cooking instructions

- Pre-heat oven to **150°C Fan/ 170°C/ Gas mark 3.**
- Do not pierce film lid. Place on baking tray.
- Cook in the centre of the oven for: **50 minutes.**
- Remove from the oven and leave to stand for: **1 minute.**
- Remove film lid and serve.



Please ensure this meal is piping hot throughout before serving.

Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## D107: - Mini Puréed Macaroni Cheese

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking instructions

800W

- Do not pierce film lid.
- Heat on HALF POWER for: **12 minutes.**
- Open microwave door and allow to stand in the microwave for: **2 minutes.**
- Heat on HALF POWER for a further: **4 minutes.**
- Leave to stand in the microwave for: **1 minute.**
- Remove film lid and serve.

### OVEN Cooking instructions

- Pre-heat oven to **150°C Fan/ 170°C/ Gas mark 3.**
- Do not pierce film lid. Place on baking tray.
- Cook in the centre of the oven for: **45 minutes.**
- Remove from the oven and leave to stand for: **1 minute.**
- Remove film lid and serve.



Please ensure this meal is piping hot throughout before serving.

Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## D108: - Mini Puréed Lancashire Hotpot

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking instructions

800W

- Do not pierce film lid.
- Heat on HALF POWER for: **10 minutes.**
- Open microwave door and allow to stand in the microwave for: **2 minutes.**
- Heat on HALF POWER for a further: **6 minutes.**
- Leave to stand in the microwave for: **1 minute.**
- Remove film lid and serve.

### OVEN Cooking instructions

- Pre-heat oven to **150°C Fan/ 170°C/ Gas mark 3.**
- Do not pierce film lid. Place on baking tray.
- Cook in the centre of the oven for: **50 minutes.**
- Remove from the oven and leave to stand for: **1 minute.**
- Remove film lid and serve.



Please ensure this meal is piping hot throughout before serving.

Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## D109: - Mini Puréed Fisherman's Pie

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking instructions

800W

- Do not pierce film lid.
- Heat on FULL POWER for: **6 minutes.**
- Leave to stand in the microwave for: **2 minutes.**
- Remove film lid and serve.

### OVEN Cooking instructions

- Pre-heat oven to **150°C Fan/ 170°C/ Gas mark 3.**
- Do not pierce film lid. Place on baking tray.
- Cook in the centre of the oven for: **45 minutes.**
- Remove from the oven and leave to stand for: **1 minute.**
- Remove film lid and serve.



Please ensure this meal is piping hot throughout before serving.

Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## D110: - Puréed Traditional Chicken & Stuffing

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking instructions

800W

- Do not pierce film lid.
- Heat on HALF POWER for: **13 minutes.**
- Open microwave door and allow to stand in the microwave for: **2 minutes.**
- Heat on FULL POWER for a further: **5 minutes.**
- Leave to stand in the microwave for: **1 minute.**
- Remove film lid and serve.

### OVEN Cooking instructions

- Pre-heat oven to **180°C Fan/ 200°C/ Gas mark 6.**
- Do not pierce film lid. Place on baking tray.
- Cook in the centre of the oven for: **50 minutes.**
- Remove from the oven and leave to stand for: **1 minute.**
- Remove film lid and serve.



Please ensure this meal is piping hot throughout before serving.

Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## D111: - Puréed Hearty Chicken Casserole

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking instructions

800W

- Do not pierce film lid.
- Heat on HALF POWER for: **11 minutes.**
- Leave to stand in the microwave for: **2 minutes.**
- Heat on FULL POWER for a further: **6 minutes.**
- Leave to stand in the microwave for: **1 minute.**
- Remove film lid and serve.

### OVEN Cooking instructions

- Pre-heat oven to **130°C Fan/ 150°C/ Gas mark 2.**
- Do not pierce film lid. Place on baking tray.
- Cook in the centre of the oven for: **69 minutes.**
- Remove from the oven and leave to stand for: **1 minute.**
- Remove film lid and serve.



Please ensure this meal is piping hot throughout before serving.

Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## D112: - Puréed Chicken Curry

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking instructions

800W

- Do not pierce film lid.
- Heat on HALF POWER for: **13 minutes.**
- Open microwave door and allow to stand in the microwave for: **2 minutes.**
- Heat on FULL POWER for a further: **4 minutes.**
- Leave to stand in the microwave for: **1 minute.**
- Remove film lid and serve.

### OVEN Cooking instructions

- Pre-heat oven to **130°C Fan/ 150°C/ Gas mark 2.**
- Do not pierce film lid. Place on baking tray.
- Cook in the centre of the oven for: **68 minutes.**
- Remove from the oven and leave to stand for: **1 minute.**
- Remove film lid and serve.



Please ensure this meal is piping hot throughout before serving.

Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## D113: - Puréed Lamb with Mint

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking instructions

800W

- Do not pierce film lid.
- Heat on HALF POWER for: **11 minutes.**
- Leave to stand in the microwave for: **2 minutes.**
- Heat on FULL POWER for a further: **6 minutes and 30 seconds.**
- Leave to stand in the microwave for: **1 minute.**
- Remove film lid and serve.

### OVEN Cooking instructions

- Pre-heat oven to **130°C Fan/ 150°C/ Gas mark 2.**
- Do not pierce film lid. Place on baking tray.
- Cook in the centre of the oven for: **73 minutes.**
- Remove from the oven and leave to stand for: **1 minute.**
- Remove film lid and serve.



Please ensure this meal is piping hot throughout before serving.

Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## D114: - Puréed Beef Stew & Dumplings

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking instructions

800W

- Do not pierce film lid.
- Heat on HALF POWER for: **11 minutes.**
- Leave to stand in the microwave for: **2 minutes.**
- Heat on FULL POWER for a further: **4 minutes.**
- Leave to stand in the microwave for: **1 minute.**
- Remove film lid and serve.

### OVEN Cooking instructions

- Pre-heat oven to **130°C Fan/ 150°C/ Gas mark 2.**
- Do not pierce film lid. Place on baking tray.
- Cook in the centre of the oven for: **65 minutes.**
- Remove from the oven and leave to stand for: **1 minute.**
- Remove film lid and serve.



Please ensure this meal is piping hot throughout before serving.

Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## D115: - Puréed Roast Beef with Yorkshire Pudding & Mustard Mash

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking instructions

800W

- Do not pierce film lid.
- Heat on FULL POWER for: **11 minutes**.
- Leave to stand in the microwave for: **1 minute**.
- Remove film lid and serve.

### OVEN Cooking instructions

- Pre-heat oven to **180°C Fan/ 200°C/ Gas mark 6**.
- Do not pierce film lid. Place on baking tray.
- Cook in the centre of the oven for: **50 minutes**.
- Remove from the oven and leave to stand for: **1 minute**.
- Remove film lid and serve.



Please ensure this meal is piping hot throughout before serving.

Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## D116: - Puréed Beef Bolognese with Pasta - Oven Only

For best results cook in the OVEN from frozen.

Appliances may vary, the following is a guide only.

### OVEN Cooking instructions

- Pre-heat oven to **130°C Fan/ 150°C/ Gas mark 2.**
- Do not pierce film lid. Place on baking tray.
- Cook in the centre of the oven for: **67 minutes.**
- Remove from the oven and leave to stand for: **1 minute.**
- Remove film lid and serve.



**Please ensure this meal is piping hot throughout before serving.**

**Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.**

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## D117: - Puréed Fish in Cheese - Oven Only

For best results cook in the OVEN from frozen.  
Appliances may vary, the following is a guide only.

### OVEN Cooking instructions

- Pre-heat oven to **130°C Fan/ 150°C/ Gas mark 2.**
- Do not pierce film lid. Place on baking tray.
- Cook in the centre of the oven for: **70 minutes.**
- Remove from the oven and leave to stand for: **1 minute.**
- Remove film lid and serve.



**Please ensure this meal is piping hot throughout before serving.  
Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.**

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## D118: - Puréed Salmon in Dill and Cream Sauce

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking instructions

800W

- Do not pierce film lid.
- Heat on FULL POWER for: **11 minutes.**
- Leave to stand in the microwave for: **1 minute.**
- Remove film lid and serve.

### OVEN Cooking instructions

- Pre-heat oven to **180°C Fan/ 200°C/ Gas mark 6.**
- Do not pierce film lid. Place on baking tray.
- Cook in the centre of the oven for: **50 minutes.**
- Remove from the oven and leave to stand for: **1 minute.**
- Remove film lid and serve.



Please ensure this meal is piping hot throughout before serving.

Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## D119: - Puréed Lancashire Hotpot

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking instructions

800W

- Do not pierce film lid.
- Heat on FULL POWER for: **12 minutes**.
- Leave to stand in the microwave for: **1 minute**.
- Remove film lid and serve.

### OVEN Cooking instructions

- Pre-heat oven to **180°C Fan/ 200°C/ Gas mark 6**.
- Do not pierce film lid. Place on baking tray.
- Cook in the centre of the oven for: **50 minutes**.
- Remove from the oven and leave to stand for: **1 minute**.
- Remove film lid and serve.



Please ensure this meal is piping hot throughout before serving.

Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## D121: - Puréed Macaroni Cheese

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking instructions

800W

- Do not pierce film lid.
- Heat on HALF POWER for: **11 minutes.**
- Leave to stand in the microwave for: **2 minutes.**
- Heat on FULL POWER for a further: **3 minutes and 30 seconds.**
- Leave to stand in the microwave for: **1 minute.**
- Remove film lid and serve.

### OVEN Cooking instructions

- Pre-heat oven to **130°C Fan/ 150°C/ Gas mark 2.**
- Do not pierce film lid. Place on baking tray.
- Cook in the centre of the oven for: **61 minutes.**
- Remove from the oven and leave to stand for: **1 minute.**
- Remove film lid and serve.



Please ensure this meal is piping hot throughout before serving.

Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## D125: - Puréed Chocolate Orange Sponge with Custard

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking instructions

800W

- Pierce film lid thoroughly, several times.
- Heat on FULL POWER for: **2 minutes and 30 seconds.**
- Leave to stand in the microwave for: **2 minutes.**
- Remove film lid and serve.

### OVEN Cooking instructions

- Pre-heat oven to **150°C Fan/ 170°C/ Gas mark 3.**
- Pierce film lid and place on baking tray.
- Cook in the centre of the oven for: **40 minutes.**
- Remove from the oven and leave to stand for: **1 minute.**
- Remove film lid and serve.



Please ensure this meal is piping hot throughout before serving.

Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## D126: - Puréed Banoffee Pie

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking instructions

800W

- Pierce film lid.
- Heat on FULL POWER for: **2 minutes and 30 seconds.**
- Leave to stand in the microwave for: **2 minutes.**
- Remove film lid and serve.

### OVEN Cooking instructions

- Pre-heat oven to **150°C Fan/ 170°C/ Gas mark 3.**
- Pierce film lid and place on baking tray.
- Cook in the centre of the oven for: **35 minutes.**
- Remove from the oven and leave to stand for: **1 minute.**
- Remove film lid and serve.



Please ensure this meal is piping hot throughout before serving.

Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## D127: - Puréed Sticky Toffee Pudding

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking instructions

800W

- Pierce film lid.
- Heat on FULL POWER for: **2 minutes and 30 seconds.**
- Leave to stand in the microwave for: **2 minutes.**
- Remove film lid and serve.

### OVEN Cooking instructions

- Pre-heat oven to **150°C Fan/ 170°C/ Gas mark 3.**
- Pierce film lid and place on baking tray.
- Cook in the centre of the oven for: **35 minutes.**
- Remove from the oven and leave to stand for: **1 minute.**
- Remove film lid and serve.



Please ensure this meal is piping hot throughout before serving.

Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## D129: - Mini Puréed Fish & Chips - Oven Only

For best results cook in the OVEN from frozen.

Appliances may vary, the following is a guide only.

### OVEN Cooking instructions

- Pre-heat oven to **130°C Fan/ 150°C/ Gas mark 2.**
- Do not pierce film lid. Place on baking tray.
- Cook in the centre of the oven for: **45 minutes.**
- Remove from the oven and stand for: **1 minute.**
- Remove film lid and serve.



**Please ensure this meal is piping hot throughout before serving.**

**Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.**

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## D134: - Puréed Cottage Pie

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking instructions

800W

- Do not pierce film lid.
- Heat on FULL POWER for: **11 minutes and 30 seconds.**
- Leave to stand in the microwave for: **1 minute.**
- Remove film lid and serve.

### OVEN Cooking instructions

- Pre-heat oven to **180°C Fan/ 200°C/ Gas mark 6.**
- Do not pierce film lid. Place on baking tray.
- Cook in the centre of the oven for: **50 minutes.**
- Remove from the oven and leave to stand for: **1 minute.**
- Remove film lid and serve.



Please ensure this meal is piping hot throughout before serving.

Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## D135: - Puréed Omelette in Cheese Sauce

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking instructions

800W

- Do not pierce film lid.
- Heat on FULL POWER for: **11 minutes.**
- Leave to stand in the microwave for: **1 minute.**
- Remove film lid and serve.

### OVEN Cooking instructions

- Pre-heat oven to **180°C Fan/ 200°C/ Gas mark 6.**
- Do not pierce film lid. Place on baking tray.
- Cook in the centre of the oven for: **50 minutes.**
- Remove from the oven and leave to stand for: **1 minute.**
- Remove film lid and serve.



Please ensure this meal is piping hot throughout before serving.

Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## D142: - Puréed Vegetable Lasagne

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking instructions

800W

- Do not pierce film lid.
- Heat on FULL POWER for: **11 minutes.**
- Leave to stand in the microwave for: **1 minute.**
- Remove film lid and serve.

### OVEN Cooking instructions

- Pre-heat oven to **180°C Fan/ 200°C/ Gas mark 6.**
- Do not pierce film lid. Place on baking tray.
- Cook in the centre of the oven for: **52 minutes.**
- Remove from the oven and leave to stand for: **1 minute.**
- Remove film lid and serve.



Please ensure this meal is piping hot throughout before serving.

Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## D143: - Puréed Chicken & Potato Pie - Oven Only

For best results cook in the OVEN from frozen.

Appliances may vary, the following is a guide only.

### OVEN Cooking instructions

- Pre-heat oven to **130°C Fan/ 150°C/ Gas mark 2.**
- Do not pierce film lid. Place on baking tray.
- Cook in the centre of the oven for: **67 minutes.**
- Remove from the oven and leave to stand for: **1 minute.**
- Remove film lid and serve.



**Please ensure this meal is piping hot throughout before serving.**

**Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.**

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## D144: - Puréed Sausage & Mash

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking instructions

800W

- Do not pierce film lid.
- Heat on FULL POWER for: **11 minutes.**
- Leave to stand in the microwave for: **1 minute.**
- Remove film lid and serve.

### OVEN Cooking instructions

- Pre-heat oven to **180°C Fan/ 200°C/ Gas mark 6.**
- Do not pierce film lid. Place on baking tray.
- Cook in the centre of the oven for: **50 minutes.**
- Remove from the oven and leave to stand for: **1 minute.**
- Remove film lid and serve.



Please ensure this meal is piping hot throughout before serving.

Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## D146: - Puréed Fisherman's Pie

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking instructions

800W

- Do not pierce film lid.
- Heat on FULL POWER for: **11 minutes.**
- Leave to stand in the microwave for: **1 minute.**
- Remove film lid and serve.

### OVEN Cooking instructions

- Pre-heat oven to **180°C Fan/ 200°C/ Gas mark 6.**
- Do not pierce film lid. Place on baking tray.
- Cook in the centre of the oven for: **50 minutes.**
- Remove from the oven and leave to stand for: **1 minute.**
- Remove film lid and serve.



Please ensure this meal is piping hot throughout before serving.

Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## D148: - Mini Puréed Vegetable Lasagne - Oven Only

For best results cook in the OVEN from frozen.

Appliances may vary, the following is a guide only.

### OVEN Cooking instructions

- Pre-heat oven to **130°C Fan/ 150°C/ Gas mark 2.**
- Do not pierce film lid. Place on baking tray.
- Cook in the centre of the oven for: **45 minutes.**
- Remove from the oven and leave to stand for: **1 minute.**
- Remove film lid and serve.



**Please ensure this meal is piping hot throughout before serving.**

**Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.**

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## D149: - Mini Puréed Sausage & Mash

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking instructions

800W

- Do not pierce film lid.
- Heat on FULL POWER for: **6 minutes.**
- Leave to stand in the microwave for: **2 minutes.**
- Remove film lid and serve.

### OVEN Cooking instructions

- Pre-heat oven to **150°C Fan/ 170°C/ Gas mark 3.**
- Do not pierce film lid. Place on baking tray.
- Cook in the centre of the oven for: **50 minutes.**
- Remove from the oven and leave to stand for: **1 minute.**
- Remove film lid and serve.



Please ensure this meal is piping hot throughout before serving.

Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## D150: - Mini Puréed Chicken & Potato Pie

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking instructions

800W

- Do not pierce film lid.
- Heat on HALF POWER for: **12 minutes.**
- Open microwave door and allow to stand in the microwave for: **2 minutes.**
- Heat on FULL POWER for a further: **2 minutes.**
- Leave to stand in the microwave for: **1 minute.**
- Remove film lid and serve.

### OVEN Cooking instructions

- Pre-heat oven to **150°C Fan/ 170°C/ Gas mark 3.**
- Do not pierce film lid. Place on baking tray.
- Cook in the centre of the oven for: **50 minutes.**
- Remove from the oven and leave to stand for: **1 minute.**
- Remove film lid and serve.



Please ensure this meal is piping hot throughout before serving.

Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## F100: - Soft & Bite-sized Beef Bolognese

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking instructions

800W

- Do not pierce film lid.
- Heat on FULL POWER for: **11 minutes.**
- Leave to stand in the microwave for: **1 minute.**
- Remove film lid and serve.

### OVEN Cooking instructions

- Pre-heat oven to **180°C Fan/ 200°C/ Gas mark 6.**
- Do not pierce film lid. Place on baking tray.
- Cook in the centre of the oven for: **52 minutes.**
- Remove from the oven and leave to stand for: **1 minute.**
- Remove film lid and serve.



Please ensure this meal is piping hot throughout before serving.

Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## F101: - Soft & Bite-Sized Cottage Pie

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking instructions

800W

- Do not pierce film lid.
- Heat on HALF POWER for: **9 minutes.**
- Leave to stand in the microwave for: **2 minutes.**
- Heat on FULL POWER for: a further: **5 minutes.**
- Leave to stand in the microwave for: **1 minute.**
- Remove film lid and serve.

### OVEN Cooking instructions

- Pre-heat oven to **130°C Fan/ 150°C/ Gas mark 2.**
- Do not pierce film lid. Place on baking tray.
- Cook in the centre of the oven for: **71 minutes.**
- Remove from the oven and leave to stand for: **1 minute.**
- Remove film lid and serve.



Please ensure this meal is piping hot throughout before serving.

Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## D184: - Puréed Hearty Beef Casserole

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking instructions

800W

- Do not pierce film lid.
- Heat on HALF POWER for: **11 minutes.**
- Leave to stand in the microwave for: **2 minutes.**
- Heat on FULL POWER for a further: **5 minutes.**
- Leave to stand in the microwave for: **1 minute.**
- Remove film lid and serve.

### OVEN Cooking instructions

- Pre-heat oven to **130°C Fan/ 150°C/ Gas mark 2.**
- Do not pierce film lid. Place on baking tray.
- Cook in the centre of the oven for: **68 minutes.**
- Remove from the oven and leave to stand for: **1 minute.**
- Remove film lid and serve.



Please ensure this meal is piping hot throughout before serving.

Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## F103: - Soft & Bite-Sized Lamb Casserole

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking instructions

800W

- Do not pierce film lid.
- Heat on FULL POWER for: **12 minutes.**
- Leave to stand in the microwave for: **1 minute.**
- Remove film lid and serve.

### OVEN Cooking instructions

- Pre-heat oven to **180°C Fan/ 200°C/ Gas mark 6.**
- Do not pierce film lid. Place on baking tray.
- Cook in the centre of the oven for: **52 minutes.**
- Remove from the oven and leave to stand for: **1 minute.**
- Remove film lid and serve.



Please ensure this meal is piping hot throughout before serving.

Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## F104: - Soft & Bite-Sized Chicken Casserole

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking instructions

800W

- Do not pierce film lid.
- Heat on FULL POWER for: **11 minute and 30 seconds.**
- Leave to stand in the microwave for: **1 minute.**
- Remove film lid and serve.

### OVEN Cooking instructions

- Pre-heat oven to **180°C Fan/ 200°C/ Gas mark 6.**
- Do not pierce film lid. Place on baking tray.
- Cook in the centre of the oven for: **52 minutes.**
- Remove from the oven and leave to stand for: **1 minute.**
- Remove film lid and serve.



Please ensure this meal is piping hot throughout before serving.

Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## F108: Soft & Bite-Sized Traditional Chicken & Stuffing

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking instructions

800W

- Do not pierce film lid.
- Heat on HALF POWER for: **11 minutes.**
- Leave to stand in the microwave for: **2 minutes.**
- Heat on FULL POWER for a further: **5 minutes and 30 seconds.**
- Leave to stand in the microwave for: **1 minute.**
- Remove film lid and serve.

### OVEN Cooking instructions

- Pre-heat oven to **130°C Fan/ 150°C/ Gas mark 2.**
- Do not pierce film lid. Place on baking tray.
- Cook in the centre of the oven for: **60 minutes.**
- Remove from the oven and leave to stand for: **1 minute.**
- Remove film lid and serve.



Please ensure this meal is piping hot throughout before serving.

Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## F110: - Soft & Bite-Sized Roast Beef

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking instructions

800W

- Do not pierce film lid.
- Heat on HALF POWER for: **11 minutes.**
- Leave to stand in the microwave for: **2 minutes.**
- Heat on FULL POWER for: a further: **3 minutes and 30 seconds.**
- Leave to stand in the microwave for: **1 minute.**
- Remove film lid and serve.

### OVEN Cooking instructions

- Pre-heat oven to **130°C Fan/ 150°C/ Gas mark 2.**
- Do not pierce film lid. Place on baking tray.
- Cook in the centre of the oven for: **64 minutes.**
- Remove from the oven and leave to stand for: **1 minute.**
- Remove film lid and serve.



Please ensure this meal is piping hot throughout before serving.

Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## F111: - Soft & Bite-Sized Roast Lamb and Mint

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking instructions

800W

- Do not pierce film lid.
- Heat at FULL POWER: **11 minutes and 30 seconds.**
- Leave to stand in the microwave for: **1 minute.**
- Remove film lid and serve.

### OVEN Cooking instructions

- Pre-heat oven to **180°C Fan/ 200°C/ Gas mark 6.**
- Do not pierce film lid. Place on baking tray.
- Cook in the centre of the oven for: **52 minutes.**
- Leave to stand for: **1 minute.**
- Remove film lid and serve.



Please ensure this meal is piping hot throughout before serving.

Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## F120: - Soft & Bite-Sized Fish in Cheese

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking instructions

800W

- Do not pierce film lid.
- Heat on FULL POWER for: **12 minutes.**
- Leave to stand in the microwave for: **1 minute.**
- Remove film lid and serve.

### OVEN Cooking instructions

- Pre-heat oven to **180°C Fan/ 200°C/ Gas mark 6.**
- Do not pierce film lid. Place on baking tray.
- Cook in the centre of the oven for: **52 minutes.**
- Remove from the oven and leave to stand for: **1 minute.**
- Remove film lid and serve.



Please ensure this meal is piping hot throughout before serving.

Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

# F121: - Soft & Bite-Sized Vegetable Tikka Masala

For best results cook from frozen.

Appliances may vary, the following is a guide only.

## MICROWAVE Cooking instructions

800W

- Do not pierce film lid.
- Place in microwave and cook on FULL POWER for: **12 minute.**
- Leave to stand in the microwave for: **1 minute.**
- Remove film lid and serve.

## OVEN Cooking instructions

- Pre-heat oven to **180°C Fan/ 200°C/ Gas Mark 6.**
- Do not pierce film lid. Place on baking tray.
- Cook in the centre of the oven for: **52 minutes.**
- Remove from the oven and leave to stand for: **1 minute.**
- Remove film lid and serve.



Please ensure this meal is piping hot throughout before serving.

Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## M402: - Minced & Moist Vegetable Lasagne

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking instructions

800W

- Do not pierce film lid.
- Heat on HALF POWER for: **11 minutes.**
- Leave to stand for: **2 minutes.**
- Heat on FULL POWER for a further:  
**5 minutes.**
- Leave to stand for: **1 minute.**
- Remove film lid and serve.

### OVEN Cooking instructions

- Pre-heat oven to **130°C Fan/150°C/ Gas Mark 2.**
- Pierce film lid. Place on baking tray.
- Cook in the centre of the oven for: **67 minutes.**
- Remove from the oven and leave to stand for:  
**1 minute.**
- Remove film lid and serve.



Please ensure this meal is piping hot throughout before serving.

Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## M403: - Minced & Moist Beef Bolognese

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking instructions

800W

- Do not pierce film lid.
- Heat on HALF POWER for: **11 minutes.**
- Leave to stand in the microwave for: **2 minutes.**
- Heat on FULL POWER for a further: **3 minutes and 30 seconds.**
- Leave to stand in the microwave for: **1 minute.**
- Remove film lid and serve.

### OVEN Cooking instructions

- Pre-heat oven to **130°C Fan/ 150°C/ Gas mark 2.**
- Do not pierce film lid.
- Place on baking tray.
- Cook in the centre of the oven for: **66 minutes.**
- Remove from oven and leave to stand for: **1 minute.**
- Remove film lid and serve.



Please ensure this meal is piping hot throughout before serving.

Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## M404: - Minced & Moist Cottage Pie

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking instructions

800W

- Do not pierce film lid.
- Heat on FULL POWER for: **13 minutes.**
- Leave to stand for: **1 minute.**
- Remove film lid and serve.

### OVEN Cooking instructions

- Pre-heat oven to **180°C Fan/ 200°C/ Gas Mark 6.**
- Do not pierce film lid. Place on baking tray.
- Cook in the centre of the oven for: **52 minutes.**
- Remove from the oven and leave to stand for: **1 minute.**
- Remove film lid and serve.



Please ensure this meal is piping hot throughout before serving.

Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## M405: - Minced & Moist Roast Lamb with Mint

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking instructions

800W

- Do not pierce film lid.
- Heat on FULL POWER for: **3 minutes.**
- Leave to stand for: **1 minute.**
- Heat on HALF POWER for a further:  
**19 minutes and 30 seconds.**
- Leave to stand for: **1 minute.**
- Remove film lid and serve.

### OVEN Cooking instructions

- Pre-heat oven to **180°C Fan/ 200°C/ Gas Mark 6.**
- Do not pierce film lid. Place on baking tray.
- Cook in the centre of the oven for: **40 minutes.**
- Remove from the oven and leave to stand for:  
**1 minute.**
- Remove film lid and serve.



Please ensure this meal is piping hot throughout before serving.

Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## M406: - Minced & Moist Chicken Curry

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking instructions

800W

- Do not pierce film lid.
- Heat on HALF POWER for: **11 minute.**
- Leave to stand in the microwave for: **2 minutes.**
- Heat on FULL POWER for a further: **4 minutes and 30 seconds.**
- Leave to stand in the microwave for: **1 minute.**
- Remove film lid and serve.

### OVEN Cooking instructions

- Pre-heat oven to **130°C Fan/ 150°C/ Gas mark 2.**
- Do not pierce film lid.
- Place on baking tray.
- Cook in the centre of the oven for: **63 minutes.**
- Remove from oven and leave to stand for: **1 minute.**
- Remove film lid and serve.



Please ensure this meal is piping hot throughout before serving.

Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## M410: - Minced & Moist Fish in Cheese

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking instructions

- 800W
- Do not pierce film lid.
  - Heat on HALF POWER for: **11 minutes.**
  - Leave to stand for: **2 minutes.**
  - Heat on FULL POWER for a further: **5 minutes and 30 seconds.**
  - Leave to stand for: **1 minute.**
  - Remove film lid and serve.

### OVEN Cooking instructions

- Pre-heat oven to **130°C Fan/ 150°C/ Gas Mark 2.**
- Do not pierce film lid. Place on baking tray.
- Cook in the centre of the oven for: **66 minutes.**
- Remove from the oven and leave to stand for: **1 minute.**
- Remove film lid and serve.



Please ensure this meal is piping hot throughout before serving.

Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## M412: - Minced & Moist Lancashire Hotpot

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking instructions

800W

- Do not pierce film lid.
- Heat on HALF POWER for: **11 minutes.**
- Leave to stand for: **2 minutes.**
- Heat on FULL POWER for a further: **4 minutes and 30 seconds.**
- Leave to stand for: **1 minute.**
- Remove film lid and serve.

### OVEN Cooking instructions

- Pre-heat oven to **130°C Fan/ 150°C/ Gas Mark 2.**
- Do not pierce film lid. Place on baking tray.
- Cook in the centre of the oven for: **60 minutes.**
- Remove from the oven and leave to stand for: **1 minute.**
- Remove film lid and serve.



Please ensure this meal is piping hot throughout before serving.

Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## M414: - Minced & Moist Beef Stew & Dumplings

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking instructions

800W

- Do not pierce film lid.
- Heat on HALF POWER for: **11 minutes.**
- Leave to stand in the microwave for: **2 minutes.**
- Heat on FULL POWER for a further: **4 minutes.**
- Leave to stand in the microwave for: **1 minute.**
- Remove film lid and serve.

### OVEN Cooking instructions

- Pre-heat oven to **130°C Fan/ 150°C/ Gas mark 2.**
- Do not pierce film lid.
- Place on baking tray.
- Cook in the centre of the oven for: **60 minutes.**
- Remove from oven and leave to stand for: **1 minute.**
- Remove film lid and serve.



Please ensure this meal is piping hot throughout before serving.

Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## M415: - Minced & Moist Lamb Casserole

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking instructions

800W

- Do not pierce film lid.
- Heat on HALF POWER for: **11 minutes.**
- Leave to stand in the microwave for: **2 minutes.**
- Heat on FULL POWER for a further: **5 minutes.**
- Leave to stand in the microwave for: **1 minute.**
- Remove film lid and serve.

### OVEN Cooking instructions

- Pre-heat oven to **130°C Fan/ 150°C/ Gas Mark 2.**
- Do not pierce film lid. Place on baking tray.
- Cook in the centre of the oven for: **60 minutes.**
- Remove from the oven and leave to stand for: **1 minute.**
- Remove film lid and serve.



Please ensure this meal is piping hot throughout before serving.

Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

## M416: - Minced and Moist Macaroni Cheese

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking instructions

800W

- Do not pierce film lid.
- Heat on HALF POWER for: **11 minutes.**
- Leave to stand for: **2 minutes.**
- Heat on FULL POWER for a further: **2 minutes and 30 seconds.**
- Leave to stand for: **1 minute.**
- Remove film lid and serve.

### OVEN Cooking instructions

- Pre-heat oven to **130°C Fan/ 150°C/ Gas Mark 2.**
- Do not pierce film lid. Place on baking tray.
- Cook in the centre of the oven for: **65 minutes.**
- Remove from the oven and leave to stand for: **1 minute.**
- Remove film lid and serve.



Please ensure this meal is piping hot throughout before serving.

Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.