

# Code: D100 - Puréed Lemon Sponge & Custard

For best results cook from frozen.

Appliances may vary, the following is a guide only.

## MICROWAVE Cooking instructions

- 800 WATT
- Remove sleeve. Pierce film lid.
  - Heat on FULL POWER for: **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/300°F, Gas Mark 2.**
- Place on baking tray.
- Cook in the centre of the oven for **30 minutes** (fan ovens may vary).
- 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.

## Code D101 - Pureed Rice Pudding

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### **MICROWAVE** Cooking Instructions

- 800 WATT**
- Heat on FULL POWER for **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/300°F, Gas Mark 2.
- Place on baking tray.
- Cook in the centre of the oven for **30 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.

## Code D102 - Pureed Chocolate Sponge and Custard

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### **MICROWAVE** Cooking Instructions

- 800 WATT**
- Heat on FULL POWER for **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/300°F, Gas Mark 2.
- Place on baking tray.
- Cook in the centre of the oven for **30 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.

## Code D103 - Pureed Spiced Apple and Custard

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### **MICROWAVE** Cooking Instructions

- 800 WATT**
- Heat on **FULL POWER** for **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/300°F, Gas Mark 2.
- Place on baking tray.
- Cook in the centre of the oven for **30 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.

## Code D104 - Mini Pureed Chicken Casserole

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### **MICROWAVE** Cooking Instructions

- 800 WATT**
- Heat on FULL POWER for between 5 and **7 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

### **OVEN** Cooking Instructions

- Pre-heat oven to 150°C/300°F, Gas Mark 2.
- Place on baking tray.
- Cook in the centre of the oven for **40-45 minutes**
- 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.

## Code D105 - Mini Pureed Lamb with Mint

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### **MICROWAVE** Cooking Instructions

- 800 WATT**
- Heat on **FULL POWER** for between 5 and **7 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

### **OVEN** Cooking Instructions

- Pre-heat oven to 150°C/300°F, Gas Mark 2.
- Place on baking tray.
- Cook in the centre of the oven for 40 - **45 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.

## Code D106 - Mini Pureed Beef Casserole

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### **MICROWAVE** Cooking Instructions

- 800 WATT**
- Heat on **FULL POWER** for Between 5 - **7 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

### **OVEN** Cooking Instructions

- Pre-heat oven to 150°C/300°F, Gas Mark 2.
- Place on baking tray.
- Cook in the centre of the oven for 40 - **45 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.

## Code D107 - Mini Pureed Macaroni Cheese

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### **MICROWAVE** Cooking Instructions

- 800 WATT**
- Heat on **FULL POWER** for Between 5 and **7 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

### **OVEN** Cooking Instructions

- Pre-heat oven to 150°C/300°F, Gas Mark 2.
- Place on baking tray.
- Cook in the centre of the oven for 40 - **45 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.



## Code D108 - Pureed Mini Lancashire Hotpot

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### **MICROWAVE** Cooking Instructions

- 800 WATT**
- Heat on FULL POWER for Between 5 and **7 minute** utes.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

### **OVEN** Cooking Instructions

- Pre-heat oven to 150°C/300°F, Gas Mark 2.
- Place on baking tray.
- Cook in the centre of the oven for 40 - **45 minutes**.
- Leave to stand in the microwave 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.

## Code D109 - Mini Pureed Fishermans Pie

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### **MICROWAVE** Cooking Instructions

- 800 WATT**
- Heat on FULL POWER for Between 5 and **7 minute** utes.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

### **OVEN** Cooking Instructions

- Pre-heat oven to 150°C/300°F, Gas Mark 2.
- Place on baking tray.
- Cook in the centre of the oven for 40 - **45 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.**

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## Code D110 - Pureed Traditional Chicken and Stuffing

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### **MICROWAVE** Cooking Instructions

- 800 WATT**
- Heat on **FULL POWER** for Between 5 and **7 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

### **OVEN** Cooking Instructions

- Pre-heat oven to 150°C/300°F, Gas Mark 2.
- Place on baking tray.
- Cook in the centre of the oven for 40 - **45 minutes**.
- Leave to stand for 1 minute.
- Remove film lid and serve.



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

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## Code D111 - Pureed Hearty Chicken Casserole

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### **MICROWAVE** Cooking Instructions

- 800 WATT**
- Heat on **FULL POWER** for Between 5 and **7 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

### **OVEN** Cooking Instructions

- Pre-heat oven to 150°C/300°F, Gas Mark 2.
- Place on baking tray.
- Cook in the centre of the oven for 40 - **45 minutes**.
- Leave to stand for 1 minute.
- Remove film lid and serve.



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

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## Code D112 - Pureed Chicken Curry

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### **MICROWAVE** Cooking Instructions

- 800 WATT**
- Heat on **FULL POWER** for Between 5 and **7 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

### **OVEN** Cooking Instructions

- Pre-heat oven to 150°C/300°F, Gas Mark 2.
- Place on baking tray.
- Cook in the centre of the oven for 40 - **45 minutes**.
- Leave to stand for 1 minute.
- Remove film lid and serve.



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

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## Code D113 - Pureed Lamb with Mint

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### **MICROWAVE** Cooking Instructions

- 800 WATT**
- Heat on **FULL POWER** for Between 5 and **7 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

### **OVEN** Cooking Instructions

- Pre-heat oven to 150°C/300°F, Gas Mark 2.
- Place on baking tray.
- Cook in the centre of the oven for 40 - **45 minutes**.
- Leave to stand for 1 minute.
- Remove film lid and serve.



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

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## Code D114 - Pureed Beef Stew & Dumplings

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### **MICROWAVE** Cooking Instructions

- 800 WATT**
- Heat on **FULL POWER** for Between 5 and **7 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

### **OVEN** Cooking Instructions

- Pre-heat oven to 150°C/300°F, Gas Mark 2.
- Place on baking tray.
- Cook in the centre of the oven for 40 - **45 minutes**.
- Leave to stand for 1 minute.
- Remove film lid and serve.



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

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## Code D115 - Pureed Roast Beef with Mustard Mash

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### **MICROWAVE** Cooking Instructions

- 800 WATT**
- Heat on **FULL POWER** for Between 5 and **7 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

### **OVEN** Cooking Instructions

- Pre-heat oven to 150°C/300°F, Gas Mark 2.
- Place on baking tray.
- Cook in the centre of the oven for 40 - **45 minutes**.
- Leave to stand for 1 minute.
- Remove film lid and serve.



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

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## Code D116 - Pureed Beef Bolognese with Pasta

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### **MICROWAVE** Cooking Instructions

- 800 WATT**
- Heat on **FULL POWER** for Between 5 and **7 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

### **OVEN** Cooking Instructions

- Pre-heat oven to 150°C/300°F, Gas Mark 2.
- Place on baking tray.
- Cook in the centre of the oven for 40 - **45 minutes**.
- Leave to stand for 1 minute.
- Remove film lid and serve.



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

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## Code D117 - Pureed Fish in Creamy Cheese Sauce

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### **MICROWAVE** Cooking Instructions

- 800 WATT**
- Heat on **FULL POWER** for Between 5 and **7 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

### **OVEN** Cooking Instructions

- Pre-heat oven to 150°C/300°F, Gas Mark 2.
- Place on baking tray.
- Cook in the centre of the oven for 40 - **45 minutes**.
- Leave to stand for 1 minute.
- Remove film lid and serve.



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

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## Code D118 - Pureed Salmon in Dill and Cream Sauce

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### **MICROWAVE** Cooking Instructions

- 800 WATT**
- Heat on **FULL POWER** for Between 5 and **7 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

### **OVEN** Cooking Instructions

- Pre-heat oven to 150°C/300°F, Gas Mark 2.
- Place on baking tray.
- Cook in the centre of the oven for 40 - **45 minutes**.
- Leave to stand for 1 minute.
- Remove film lid and serve.



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

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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.

## Code D119 - Pureed Lancashire Hotpot

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### **MICROWAVE** Cooking Instructions

- 800 WATT**
- Heat on **FULL POWER** for Between 5 and **7 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

### **OVEN** Cooking Instructions

- Pre-heat oven to 150°C/300°F, Gas Mark 2.
- Place on baking tray.
- Cook in the centre of the oven for 40 - **45 minutes**.
- Leave to stand for 1 minute.
- Remove film lid and serve.



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

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## Code D120 - Pureed Sweet & Sour Chicken

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### **MICROWAVE** Cooking Instructions

- 800 WATT**
- Heat on **FULL POWER** for Between 5 and **7 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

### **OVEN** Cooking Instructions

- Pre-heat oven to 150°C/300°F, Gas Mark 2.
- Place on baking tray.
- Cook in the centre of the oven for 40 - **45 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.

## Code D121 - Pureed Really Cheesy Macaroni Cheese

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### **MICROWAVE** Cooking Instructions

- 800 WATT**
- Heat on FULL POWER for Between 5 and **7 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

### **OVEN** Cooking Instructions

- Pre-heat oven to 150°C/300°F, Gas Mark 2.
- Place on baking tray.
- Cook in the centre of the oven for 40 - **45 minutes**.
- Leave to stand for **1 minute**.
- Remove film lid and serve.



**Please ensure this meal is piping hot throughout before serving.  
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will regain its strength on standing.**

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if you have any queries then please do not hesitate to ask.

## Code D123 - Pureed Peach Dessert

Defrost & Serve.

**THIS DESSERT IS NOT SUITABLE FOR MICROWAVE DEFROSTING**

### **DEFROSTING** Instructions

- Defrost overnight in refrigerator and serve.



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V1 0909

## Code D124 - Pureed Fruit Cocktail

Defrost & Serve.

**THIS DESSERT IS NOT SUITABLE FOR MICROWAVE DEFROSTING**

### **DEFROSTING** Instructions

- Defrost overnight in refrigerator and serve.



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V1 0909



## Code D125 - Pureed Chocolate Orange Sponge with Custard

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### **MICROWAVE** Cooking Instructions

- 800 WATT**
- Pierce film lid and heat on FULL POWER for **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/300°F, Gas Mark 2.
- Pierce film lid and place on baking tray and cook in the centre of the oven for **30 minutes**.
- Leave to stand for **1 minute** before opening.
- Remove film lid and serve.



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

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## Code D126 - Pureed Banoffee Pie

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### **MICROWAVE** Cooking Instructions

- 800 WATT**
- Pierce film lid and heat on FULL POWER for **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/300°F, Gas Mark 2.
- Pierce film lid, place on baking tray and Cook in the centre of the oven for **30 minutes**.
- Leave to stand for **1 minute** before opening.
- Remove film lid and serve.



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

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## Code D127 - Pureed Sticky Toffee Pudding

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### **MICROWAVE** Cooking Instructions

- 800 WATT**
- Pierce film lid and heat on FULL POWER for **2 minutes**.
  - Leave to stand in microwave for **1 minute**.
  - Remove film lid and serve.

### **OVEN** Cooking Instructions

- Pre-heat oven to 150°C/300°F, Gas Mark 2.
- Pierce film lid, place on baking tray and cook in the centre of the oven for **30 minutes**.
- Leave to stand for **1 minute** before removing the film lid and serve.



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

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## Code D129 - Pureed Fish & Chips

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### **MICROWAVE** Cooking Instructions

- 800 WATT**
- Heat on FULL POWER for **5-7 minutes**.
  - Leave to stand in microwave for **1 minute**.
  - Remove film lid and serve.

### **OVEN** Cooking Instructions

- Pre-heat oven to 150°C/300°F, Gas Mark 2.
- Place on baking tray and Cook in the centre of the oven for **40-45 minutes**.
- 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.**

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## Code D130 - Pureed Beans On Toast

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### OVEN

### Cooking Instructions

- Pre-heat oven to 150°C/300°F, Gas Mark 2.
- Pierce film lid, place on baking tray and Cook in the centre of the oven for **30 minutes**.
- Leave to stand for **1 minute** before removing 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.

## Code D132 - Pureed All Day Breakfast

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### **MICROWAVE** Cooking Instructions

- 800 WATT**
- Heat on **FULL POWER** for **5-7 minutes**.
  - Leave to stand in microwave for **1 minute**.
  - Remove film lid and serve.

### **OVEN** Cooking Instructions

- Pre-heat oven to 150°C/300°F, Gas Mark 2.
- Place on baking tray and cook in the centre of the oven for **40-45 minutes**.
- Leave to stand for 1 minute before removing the 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.

## Code: D133 - Puréed Shepherd's Pie

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking instructions

- 800 WATT
- Heat on FULL POWER doe **5-7 minutes**
  - Leave to stand in the microwave for: **1 minute**
  - Remove film lid and serve.

### OVEN Cooking instructions

- Pre-heat oven to **150°C/300°F, Gas Mark 2.**
- Place on baking tray and cook in the centre of the oven for **40-45 minutes** (fan ovens may vary).
- 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.

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## Code D134 - Pureed Cottage Pie

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### **MICROWAVE** Cooking Instructions

- 800 WATT**
- Heat on **FULL POWER** for **5-7 minutes**.
  - Leave to stand in microwave for **1 minute**.
  - Remove film lid and serve.

### **OVEN** Cooking Instructions

- Pre-heat oven to 150°C/300°F, Gas Mark 2.
- Place on baking tray and cook in the centre of the oven for **40-45 minutes**.
- Leave to stand for **1 minute** before removing the film lid and serve.



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

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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.



## Code D135 - Pureed Omelette in Cheese Sauce

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### **MICROWAVE** Cooking Instructions

- 800 WATT**
- Heat on **FULL POWER** for **5-7 minutes**.
  - Leave to stand in microwave for **1 minute**.
  - Remove film lid and serve.

### **OVEN** Cooking Instructions

- Pre-heat oven to 150°C/300°F, Gas Mark 2.
- Place on baking tray and cook in the centre of the oven for **40-45 minutes**.
- Leave to stand for **1 minute** before removing the film lid and serve.



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

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## Code D136 - Pureed Scrambled Egg On Toast

For best results cook from frozen.

Appliances may vary, the following is a guide only.

OVEN	Cooking Instructions
	<ul style="list-style-type: none"><li>• Pre-heat oven to 150°C/300°F, Gas Mark 2.</li><li>• Pierce film lid, place on baking tray.</li><li>• Cook in centre of the oven for <b>30 minutes</b>.</li><li>• Leave to stand for <b>1 minute</b>.</li><li>• Remove film lid and serve.</li></ul>



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

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## Code D138 - Pureed Turkey & Stuffing Dinner

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### **MICROWAVE** Cooking Instructions

- 800 WATT**
- Heat on FULL POWER for Between 5 and **7 minute** utes.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

### **OVEN** Cooking Instructions

- Pre-heat oven to 150°C/300°F, Gas Mark 2.
- Place on baking tray.
- Cook in the centre of the oven for 40 - **45 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.

## Code D139 - Pureed Turkey & Stuffing Dinner

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### **MICROWAVE** Cooking Instructions

- 800 WATT**
- Heat on FULL POWER for Between 5 and **7 minute** utes.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

### **OVEN** Cooking Instructions

- Pre-heat oven to 150°C/300°F, Gas Mark 2.
- Place on baking tray.
- Cook in the centre of the oven for 40 - **45 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.

## Code D140 - Pureed Seasonal Casserole

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### **MICROWAVE** Cooking Instructions

- 800 WATT**
- Heat on FULL POWER for Between 5 and **7 minute** utes.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

### **OVEN** Cooking Instructions

- Pre-heat oven to 150°C/300°F, Gas Mark 2.
- Place on baking tray.
- Cook in the centre of the oven for 40 - **45 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.

## Code D141 - Mini Pureed Seasonal Casserole

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### **MICROWAVE** Cooking Instructions

- 800 WATT**
- Heat on FULL POWER for Between 5 and **7 minute** utes.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

### **OVEN** Cooking Instructions

- Pre-heat oven to 150°C/300°F, Gas Mark 2.
- Place on baking tray.
- Cook in the centre of the oven for 40 - **45 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.

## Code: D142 - Puréed Vegetable Lasagne

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking instructions

- 800 WATT
- Heat on FULL POWER for: **between 5 and 7 minutes**
  - Leave to stand in the microwave for: **1 minute**
  - Remove film lid and serve.

### OVEN Cooking instructions

- Pre-heat oven to **150°C/300°F, Gas Mark 2.**
- Place on baking tray.
- Cook in the centre of the oven for **40-45 minutes** (fan ovens may vary).
- 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.**

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if you have any queries then please do not hesitate to ask.

## Code: D143 - Puréed Chicken & Potato Pie

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking instructions

- 800 WATT
- Heat on FULL POWER for: **between 5 and 7 minutes**
  - Leave to stand in the microwave for: **1 minute**
  - Remove film lid and serve.

### OVEN Cooking instructions

- Pre-heat oven to **150°C/300°F, Gas Mark 2.**
- Place on baking tray.
- Cook in the centre of the oven for **40-45 minutes** (fan ovens may vary).
- 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.**

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## Code: D144 - Puréed Sausage & Mash

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking instructions

- 800 WATT
- Heat on FULL POWER for: **between 5 and 7 minutes**
  - Leave to stand in the microwave for: **1 minute**
  - Remove film lid and serve.

### OVEN Cooking instructions

- Pre-heat oven to **150°C/300°F, Gas Mark 2.**
- Place on baking tray.
- Cook in the centre of the oven for **40-45 minutes** (fan ovens may vary).
- 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.**

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if you have any queries then please do not hesitate to ask.

## Code: D146 - Puréed Fisherman's Pie

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking instructions

- 800 WATT
- Heat on FULL POWER for: **between 5 and 7 minutes**
  - Leave to stand in the microwave for: **1 minute**
  - Remove film lid and serve.

### OVEN Cooking instructions

- Pre-heat oven to **150°C/300°F, Gas Mark 2.**
- Place on baking tray.
- Cook in the centre of the oven for **40-45 minutes** (fan ovens may vary).
- 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.

# Code: D148 - Mini Puréed Vegetable Lasagne

For best results cook from frozen.

Appliances may vary, the following is a guide only.

## MICROWAVE Cooking instructions

- 800 WATT
- Heat on FULL POWER for: **between 5 and 7 minutes**
  - Leave to stand in the microwave for: **1 minute**
  - Remove film lid and serve.

## OVEN Cooking instructions

- Pre-heat oven to **150°C/300°F, Gas Mark 2.**
- Place on baking tray.
- Cook in the centre of the oven for **40-45 minutes** (fan ovens may vary).
- 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.

## Code: D149 - Mini Puréed Sausage & Mash

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking instructions

- 800 WATT
- Heat on FULL POWER for: **between 5 and 7 minutes**
  - Leave to stand in the microwave for: **1 minute**
  - Remove film lid and serve.

### OVEN Cooking instructions

- Pre-heat oven to **150°C/300°F, Gas Mark 2.**
- Place on baking tray.
- Cook in the centre of the oven for **40-45 minutes** (fan ovens may vary).
- 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.

# Code: D150 - Mini Puréed Chicken & Potato Pie

For best results cook from frozen.

Appliances may vary, the following is a guide only.

## MICROWAVE Cooking instructions

- 800 WATT
- Heat on FULL POWER for: **between 5 and 7 minutes**
  - Leave to stand in the microwave for: **1 minute**
  - Remove film lid and serve.

## OVEN Cooking instructions

- Pre-heat oven to **150°C/300°F, Gas Mark 2.**
- Place on baking tray.
- Cook in the centre of the oven for **40-45 minutes** (fan ovens may vary).
- 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.**

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## Code: D151 - Mini Puréed Fish in Cheese Sauce

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking instructions

- 800 WATT
- Heat on FULL POWER for: **between 5 and 7 minutes**
  - Leave to stand in the microwave for: **1 minute**
  - Remove film lid and serve.

### OVEN Cooking instructions

- Pre-heat oven to **150°C/300°F, Gas Mark 2.**
- Place on baking tray.
- Cook in the centre of the oven for **40-45 minutes** (fan ovens may vary).
- 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.**

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if you have any queries then please do not hesitate to ask.

# Code: D153 - Puréed Vegetable Tikka Masala

For best results cook from frozen.

Appliances may vary, the following is a guide only.

## MICROWAVE Cooking instructions

- 800 WATT
- Heat on FULL POWER for: **between 5 and 7 minutes**
  - Leave to stand in the microwave for: **1 minute**
  - Remove film lid and serve.

## OVEN Cooking instructions

- Pre-heat oven to **150°C/300°F, Gas Mark 2.**
- Place on baking tray.
- Cook in the centre of the oven for **40-45 minutes** (fan ovens may vary).
- 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.**

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## Code: D169 - Puréed Porridge

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking instructions

- 800 WATT
- Remove sleeve. Pierce film lid.
  - Heat on FULL POWER for: **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/300°F, Gas Mark 2.**
- Place on baking tray.
- Cook in the centre of the oven for **30 minutes** (fan ovens may vary).
- 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.



## Code: D170 - Puréed Lemon Mousse

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### **DEFROSTING** instructions

This product is served cold. Defrost overnight and serve from the fridge. Use within 24 hours.



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will regain its strength on standing.**

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## Code: D171 - Puréed Custard Cream

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking instructions

- 800 WATT
- Remove sleeve. Pierce film lid.
  - Heat on FULL POWER for: **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/300°F, Gas Mark 2.**
- Place on baking tray.
- Cook in the centre of the oven for **30 minutes** (fan ovens may vary).
- 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.

## Code: D172 - Puréed Chicken & Stuffing

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking instructions

- 800 WATT
- Heat on FULL POWER for: **between 5 and 7 minutes**
  - Leave to stand in the microwave for: **1 minute**
  - Remove film lid and serve.

### OVEN Cooking instructions

- Pre-heat oven to **150°C/300°F, Gas Mark 2.**
- Place on baking tray.
- Cook in the centre of the oven for **40-45 minutes** (fan ovens may vary).
- 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.

## Code: D173 - Mini Puréed Chicken Tikka Masala

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking instructions

- 800 WATT
- Heat on FULL POWER for: **between 5 and 7 minutes**
  - Leave to stand in the microwave for: **1 minute**
  - Remove film lid and serve.

### OVEN Cooking instructions

- Pre-heat oven to **150°C/300°F, Gas Mark 2.**
- Place on baking tray.
- Cook in the centre of the oven for **40-45 minutes** (fan ovens may vary).
- 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.

## Code: D174 - Puréed Cheese on Toast

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### OVEN Cooking instructions

- Pre-heat oven to **130°C/250°F, Gas Mark 2.**
- Place on baking tray.
- Cook in the centre of the oven for **55 minutes** (fan ovens may vary).
- 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.

# Code: D175 - Allergen Aware Puréed Chicken Casserole

For best results cook from frozen.

Appliances may vary, the following is a guide only.

## MICROWAVE Cooking instructions

- 800 WATT
- Heat on FULL POWER for: **between 5 and 7 minutes**
  - Leave to stand in the microwave for: **1 minute**
  - Remove film lid and serve.

## OVEN Cooking instructions

- Pre-heat oven to **150°C/300°F, Gas Mark 2.**
- Place on baking tray.
- Cook in the centre of the oven for **40-45 minutes** (fan ovens may vary).
- 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.

## Code: D176 - Allergen Aware Puréed Beef Casserole

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking instructions

- 800 WATT
- Heat on FULL POWER for: **between 5 and 7 minutes**
  - Leave to stand in the microwave for: **1 minute**
  - Remove film lid and serve.

### OVEN Cooking instructions

- Pre-heat oven to **150°C/300°F, Gas Mark 2.**
- Place on baking tray.
- Cook in the centre of the oven for **40-45 minutes** (fan ovens may vary).
- 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.

# Code: D177 - Allergen Aware Puréed Chickpea Stew

For best results cook from frozen.

Appliances may vary, the following is a guide only.

## MICROWAVE Cooking instructions

- 800 WATT
- Heat on FULL POWER for: **between 5 and 7 minutes**
  - Leave to stand in the microwave for: **1 minute**
  - Remove film lid and serve.

## OVEN Cooking instructions

- Pre-heat oven to **150°C/300°F, Gas Mark 2.**
- Place on baking tray.
- Cook in the centre of the oven for **40-45 minutes** (fan ovens may vary).
- 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.



## Code: D178 - Puréed Chicken Tikka Masala

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking instructions

- 800 WATT
- Heat on FULL POWER for: **between 5 and 7 minutes**
  - Leave to stand in the microwave for: **1 minute**
  - Remove film lid and serve.

### OVEN Cooking instructions

- Pre-heat oven to **150°C/300°F, Gas Mark 2.**
- Place on baking tray.
- Cook in the centre of the oven for **40-45 minutes** (fan ovens may vary).
- 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.

# Code: D179 - Allergen Aware Puréed Roast Lamb

For best results cook from frozen.

Appliances may vary, the following is a guide only.

## MICROWAVE Cooking instructions

- 800 WATT
- Heat on FULL POWER for: **between 5 and 7 minutes**
  - Leave to stand in the microwave for: **1 minute**
  - Remove film lid and serve.

## OVEN Cooking instructions

- Pre-heat oven to **150°C/300°F, Gas Mark 2.**
- Place on baking tray.
- Cook in the centre of the oven for **40-45 minutes** (fan ovens may vary).
- 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.

## Code F100 - Soft & Bite-Sized Beef Bolognese

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### **MICROWAVE** Cooking Instructions

- 700 WATT**
- Heat on **FULL POWER** for Between 8 and **9 minutes**.
  - Leave to stand in the microwave for **1 minute**.
  - Remove film lid and serve.

### **OVEN** Cooking Instructions

- Pre-heat oven to 150°C/300°F, Gas Mark 2.
- Place on baking tray.
- Cook in the centre of the oven for **35 - 40 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.

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

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking instructions

- 800 WATT
- Heat on FULL POWER for: **between 8 and 9 minutes**
  - Leave to stand in the microwave for: **1 minute**
  - Remove film lid and serve.

### OVEN Cooking instructions

- Pre-heat oven to **150°C/300°F, Gas Mark 2.**
- Place on baking tray.
- Cook in the centre of the oven for **35-40 minutes** (fan ovens may vary).
- 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.

## Code: F102 - Soft & Bite-Sized Fisherman's Pie

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking instructions

- 800 WATT
- Heat on FULL POWER for: **between 8 and 9 minutes**
  - Leave to stand in the microwave for: **1 minute**
  - Remove film lid and serve.

### OVEN Cooking instructions

- Pre-heat oven to **150°C/300°F, Gas Mark 2.**
- Place on baking tray.
- Cook in the centre of the oven for **35-40 minutes** (fan ovens may vary).
- 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.**

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

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking instructions

- 800 WATT
- Heat on FULL POWER for: **between 8 and 9 minutes**
  - Leave to stand in the microwave for: **1 minute**
  - Remove film lid and serve.

### OVEN Cooking instructions

- Pre-heat oven to **150°C/300°F, Gas Mark 2.**
- Place on baking tray.
- Cook in the centre of the oven for **35-40 minutes** (fan ovens may vary).
- 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.

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

For best results cook from frozen.

Appliances may vary, the following is a guide only.

## MICROWAVE Cooking instructions

- 800 WATT
- Heat on FULL POWER for: **between 8 and 9 minutes**
  - Leave to stand in the microwave for: **1 minute**
  - Remove film lid and serve.

## OVEN Cooking instructions

- Pre-heat oven to **150°C/300°F, Gas Mark 2.**
- Place on baking tray.
- Cook in the centre of the oven for **35-40 minutes** (fan ovens may vary).
- 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.

## Code: F105 - Soft & Bite-Sized Vegetable Cottage Pie

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking instructions

- 800 WATT
- Heat on FULL POWER for: **between 8 and 9 minutes**
  - Leave to stand in the microwave for: **1 minute**
  - Remove film lid and serve.

### OVEN Cooking instructions

- Pre-heat oven to **150°C/300°F, Gas Mark 2.**
- Place on baking tray.
- Cook in the centre of the oven for **35-40 minutes** (fan ovens may vary).
- 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.**

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if you have any queries then please do not hesitate to ask.



## Code: F106 - Soft & Bite-Sized Macaroni Cheese

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking instructions

- 800 WATT
- Heat on FULL POWER for: **between 8 and 9 minutes**
  - Leave to stand in the microwave for: **1 minute**
  - Remove film lid and serve.

### OVEN Cooking instructions

- Pre-heat oven to **150°C/300°F, Gas Mark 2.**
- Place on baking tray.
- Cook in the centre of the oven for **35-40 minutes** (fan ovens may vary).
- 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.

## Code: F107 - Soft & Bite-Sized Beef Casserole & Dumplings

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking instructions

- 800 WATT
- Heat on FULL POWER for: **between 8 and 9 minutes**
  - Leave to stand in the microwave for: **1 minute**
  - Remove film lid and serve.

### OVEN Cooking instructions

- Pre-heat oven to **150°C/300°F, Gas Mark 2.**
- Place on baking tray.
- Cook in the centre of the oven for **35-40 minutes** (fan ovens may vary).
- 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.

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

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking instructions

- 800 WATT
- Heat on FULL POWER for: **between 8 and 9 minutes**
  - Leave to stand in the microwave for: **1 minute**
  - Remove film lid and serve.

### OVEN Cooking instructions

- Pre-heat oven to **150°C/300°F, Gas Mark 2.**
- Place on baking tray.
- Cook in the centre of the oven for **35-40 minutes** (fan ovens may vary).
- 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.

## Code: F109 - Soft & Bite-Sized Chicken Curry

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking instructions

- 800 WATT
- Heat on FULL POWER for: **between 8 and 9 minutes**
  - Leave to stand in the microwave for: **1 minute**
  - Remove film lid and serve.

### OVEN Cooking instructions

- Pre-heat oven to **150°C/300°F, Gas Mark 2.**
- Place on baking tray.
- Cook in the centre of the oven for **35-40 minutes** (fan ovens may vary).
- 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.

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

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking instructions

- 800 WATT
- Heat on FULL POWER for: **between 8 and 9 minutes**
  - Leave to stand in the microwave for: **1 minute**
  - Remove film lid and serve.

### OVEN Cooking instructions

- Pre-heat oven to **150°C/300°F, Gas Mark 2.**
- Place on baking tray.
- Cook in the centre of the oven for **35-40 minutes** (fan ovens may vary).
- 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.**

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

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking instructions

- 800 WATT
- Heat on FULL POWER for: **between 8 and 9 minutes**
  - Leave to stand in the microwave for: **1 minute**
  - Remove film lid and serve.

### OVEN Cooking instructions

- Pre-heat oven to **150°C/300°F, Gas Mark 2.**
- Place on baking tray.
- Cook in the centre of the oven for **35-40 minutes** (fan ovens may vary).
- Leave to stand for 1 minute.
- Remove film lid and serve.



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

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## Code: F112 - Soft & Bite-Sized Jam Sponge

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking instructions

- 800 WATT
- Remove sleeve. Pierce film lid.
  - Heat on FULL POWER for: **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/300°F, Gas Mark 2.**
- Place on baking tray.
- Cook in the centre of the oven for **30 minutes** (fan ovens may vary).
- 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.**

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if you have any queries then please do not hesitate to ask.

# Code: F113 - Soft & Bite-Sized Chocolate Sponge

For best results cook from frozen.

Appliances may vary, the following is a guide only.

## MICROWAVE Cooking instructions

- 800 WATT
- Remove sleeve. Pierce film lid.
  - Heat on FULL POWER for: **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/300°F, Gas Mark 2.**
- Place on baking tray.
- Cook in the centre of the oven for **30 minutes** (fan ovens may vary).
- Leave to stand for 1 minute.
- Remove film lid and serve.



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

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## Code: F114 - Soft & Bite-Sized Rice Pudding

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking instructions

- 800 WATT
- Remove sleeve. Pierce film lid.
  - Heat on FULL POWER for: **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/300°F, Gas Mark 2.**
- Place on baking tray.
- Cook in the centre of the oven for **30 minutes** (fan ovens may vary).
- Leave to stand for 1 minute.
- Remove film lid and serve.



**Please ensure this meal is piping hot throughout before serving.  
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will regain its strength on standing.**

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# Code: M400 - Minced & Moist Chicken Casserole

For best results cook from frozen.

Appliances may vary, the following is a guide only.

## MICROWAVE Cooking instructions

- 800 WATT
- Remove sleeve. DO NOT pierce film lid.
  - Heat at 700W for: **8-9 minutes**
  - Leave to stand in the microwave for: **1 minute**
  - Remove film lid and serve.

## OVEN Cooking instructions

- Pre-heat oven to **150°C/300°F, Gas Mark 2.**
- Place on baking tray. Do NOT pierce film lid.
- Cook in the centre of the oven for **35-40 minutes** (fan ovens may vary).
- Leave to stand for 1 minute.
- Remove film lid and serve.



**Please ensure this meal is piping hot throughout before serving.  
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will regain its strength on standing.**

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## Code: M401 - Minced & Moist Fish Pie

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking instructions

- 800 WATT
- Remove sleeve. DO NOT pierce film lid.
  - Heat at 700W for: **8-9 minutes**
  - Leave to stand in the microwave for: **1 minute**
  - Remove film lid and serve.

### OVEN Cooking instructions

- Pre-heat oven to **150°C/300°F, Gas Mark 2.**
- Place on baking tray. Do NOT pierce film lid.
- Cook in the centre of the oven for **35-40 minutes** (fan ovens may vary).
- Leave to stand for 1 minute.
- Remove film lid and serve.



Please ensure this meal is piping hot throughout before serving.  
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# Code: M402 - Minced & Moist Vegetable Lasagne

For best results cook from frozen.

Appliances may vary, the following is a guide only.

## MICROWAVE Cooking instructions

- 800 WATT
- Remove sleeve. DO NOT pierce film lid.
  - Heat at 700W for: **8-9 minutes**
  - Leave to stand in the microwave for: **1 minute**
  - Remove film lid and serve.

## OVEN Cooking instructions

- Pre-heat oven to **150°C/300°F, Gas Mark 2.**
- Place on baking tray. Do NOT pierce film lid.
- Cook in the centre of the oven for **35-40 minutes** (fan ovens may vary).
- Leave to stand for 1 minute.
- Remove film lid and serve.



**Please ensure this meal is piping hot throughout before serving.  
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will regain its strength on standing.**

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# Code: M403 - Minced & Moist Beef Bolognese

For best results cook from frozen.

Appliances may vary, the following is a guide only.

## MICROWAVE Cooking instructions

- 800 WATT
- Remove sleeve. DO NOT pierce film lid.
  - Heat at 700W for: **8-9 minutes**
  - Leave to stand in the microwave for: **1 minute**
  - Remove film lid and serve.

## OVEN Cooking instructions

- Pre-heat oven to **150°C/300°F, Gas Mark 2.**
- Place on baking tray. Do NOT pierce film lid.
- Cook in the centre of the oven for **35-40 minutes** (fan ovens may vary).
- Leave to stand for 1 minute.
- Remove film lid and serve.



**Please ensure this meal is piping hot throughout before serving.  
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will regain its strength on standing.**

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## Code: M404 - Minced & Moist Cottage Pie

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking instructions

- 800 WATT
- Remove sleeve. DO NOT pierce film lid.
  - Heat at 700W for: **8-9 minutes**
  - Leave to stand in the microwave for: **1 minute**
  - Remove film lid and serve.

### OVEN Cooking instructions

- Pre-heat oven to **150°C/300°F, Gas Mark 2.**
- Place on baking tray. Do NOT pierce film lid.
- Cook in the centre of the oven for **35-40 minutes** (fan ovens may vary).
- Leave to stand for 1 minute.
- Remove film lid and serve.



**Please ensure this meal is piping hot throughout before serving.**  
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## Code: M405 - Minced & Moist Roast Lamb

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking instructions

- 800 WATT
- Remove sleeve. DO NOT pierce film lid.
  - Heat at 700W for: **8-9 minutes**
  - Leave to stand in the microwave for: **1 minute**
  - Remove film lid and serve.

### OVEN Cooking instructions

- Pre-heat oven to **150°C/300°F, Gas Mark 2.**
- Place on baking tray. Do NOT pierce film lid.
- Cook in the centre of the oven for **35-40 minutes** (fan ovens may vary).
- 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.**

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if you have any queries then please do not hesitate to ask.

## Code: M406 - Minced & Moist Chicken Curry

For best results cook from frozen.

Appliances may vary, the following is a guide only.

### MICROWAVE Cooking instructions

- 800 WATT
- Remove sleeve. DO NOT pierce film lid.
  - Heat at 700W for: **8-9 minutes**
  - Leave to stand in the microwave for: **1 minute**
  - Remove film lid and serve.

### OVEN Cooking instructions

- Pre-heat oven to **150°C/300°F, Gas Mark 2.**
- Place on baking tray. Do NOT pierce film lid.
- Cook in the centre of the oven for **35-40 minutes** (fan ovens may vary).
- 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  
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