

## SANDWICH FILLING RANGE

### Chicken Sandwich Fillings

- R** Chicken Mayonnaise
- R** Chicken & Sweetcorn
- Chicken, Ham & Pineapple
- Chicken, Sage & Onion
- Garlic Chicken
- R** Chicken & Bacon
- H** Caesar Chicken & Bacon
- H N** Chicken & Bacon in a Tomato & Herb Dressing
- Barbecue Chicken
- R** Coronation Chicken
- Chicken Tikka
- Lemon Chicken
- R** Chinese Chicken
- Thai Green Curry Chicken
- Chicken Korma
- Mango Chicken
- Curried Chicken
- Balti Chicken
- Tandoori Chicken
- Mexican Chicken
- Spicy Chicken
- H** Heatable Cajun Chicken



### In Sauce Chicken Range

- H N** Chicken in Tikka Masala Sauce
- N** Chicken Tikka in Yogurt & Mint Dressing
- H N** Chicken in Green Thai Sauce
- H N** Satay Chicken
- H N** Cajun Chicken & Tomato
- H N** Chicken Provencale
- H N** Chicken & Bacon with Smokey Tomato Sauce
- N** Chicken in Honey & Mustard Dressing
- H N** Honey Chilli Chicken
- H N** Firecracker Chicken
- H N** Italian Style Chicken
- H N** Chicken in Barbeque Sauce



## Cooked Meat Sandwich Fillings

Ham, Cheese & Pineapple  
 Ham & Cheese  
 Smoked Ham in Whole Grain Mustard  
 Smoked Ham, Cream Cheese & Chives  
 Ham & Emmenthal Cheese  
 Mozzarella, Pepperoni & Jalepino Peppers  
 Frankfurter, Salami & Pepperoni  
 Sausage in Barbecue Flavoured Mayonnaise  
 Beef & Horseradish  
 Spicy Mediterranean Beef  
 Lamb & Mint  
 Corned Beef & Onion



## Insauce Cooked Meat Range

- N** Ham in Honey & Mustard Dressing
- HN** Spicy Barbeque Beef
- HN** Beef in Sweet Chilli Sauce
- HN** Fajita Beef
- HN** Spicy Meatballs in Salsa
- HN** Lamb in Garden Mint Dressing
- HN** Lamb, Red Onion & Garden Mint Dressing
- HN** Pork Char Sui
- HN** Roast Pork & Apple Sauce
- HN** Fajita Pork
- HN** Barbeque Pork
- HN** Peking Duck
- HN** Hoisin Duck
- HN** Aromatic Duck
- HN** Natural Beef in Gravy
- HN** Roast Pork in Gravy
- HN** Roast Turkey Breast in Gravy

## Heatable Sandwich Fillings

- HN** Chicken Balti
- HN** Chicken Jalfrezi
- HN** Chicken Tikka Masala
- H** Chicken, Bacon & Mozzarella
- HN** Turkey Jalfrezi
- H** Peppered Beef Melt
- H** Beef & Mushroom Melt
- H** Ham, Pineapple & Mozzarella
- H** Mozzarella, Pepperoni & Jalepino
- H ✓** Mozzarella, Sundried Tomato & Jalepino
- H** Tuna Melt



## Turkey Sandwich Fillings

Turkey, Sage & Onion  
 Turkey Mayonnaise  
 Turkey, Bacon & Cranberry



## Vegetarian Sandwich Fillings

- ✓ Vegetarian Tikka
- ✓ Crunchy Vegetarian Mix
- ✓ Vegetarian Mexican
- H N ✓ Chargrilled Vegetables
- N ✓ Houmous
- N ✓ Houmous, Sundried Tomato & Red Onion

## Insauce Vegetarian Range

- N ✓ Goats Cheese in Red Pepper & Green Pesto

## Egg Sandwich Fillings

- R ✓ Egg Mayonnaise
- ✓ Egg & Chives
- Egg & Bacon
- Egg, Bacon & Sausage

## Cheese Sandwich Fillings

- ✓ Cheese Savoury
- R ✓ Mixed Cheese & Onion
- ✓ Mixed Cheese & Spring Onion
- ✓ Red Cheddar Cheese & Apple
- ✓ Red Leicester & Spring Onion
- N ✓ Cream Cheese & Chives
- N ✓ Cream Cheese, Salsa & Chargrilled Peppers
- N ✓ Cottage Cheese & Spring Onion
- N ✓ Cottage Cheese & Pineapple
- ✓ Spicy Cheese

## Seafood Sandwich Fillings

- R Tuna Mayonnaise
- H N Mediterranean Tuna
- H N Mexican Chilli Tuna
- R Tuna & Sweetcorn
- R Tuna Savoury
- Tuna & Lemon Pepper Mayonnaise
- R Crab Flavour Salad
- Crab Flavour Filling & Prawns
- Seafood Cocktail (Crab Flake, Prawns & Smoked Salmon)
- Smoked Salmon & Cream Cheese
- R Poached Salmon Mayonnaise
- R Prawn Mayonnaise
- R Prawn Marie Rose
- Crayfish Tails in Lemon Pepper Mayonnaise



## MARINADES & COOKED MEATS



### Dry Marinades

- H N** Chicken Tikka
- H N** Lime & Coriander Chicken
- H N** Cajun Chicken
- H N** Piri Piri Chicken
- H N** Red Thai Chicken
- H N** Chinese Chicken
- H N** Italian Style Chicken (Sundried Tomato & Herbs)
- H N** Barbeque Chicken
- H N** Chargrilled Chicken



### Low Fat Fully Coated Marinades

- H N** Rosemary & Garlic Chicken
- H N** Mediterranean Chicken
- H N** Lemon Pepper Chicken
- H N** Chinese Chicken
- H N** Chicken Tikka
- H N** Tandoori Chicken
- H N** Jamaican Jerk Chicken

### Cooked Meats

- H N** Sliced Chicken Breast
- H N** Diced Chicken Breast
- H N** Strip Chicken Breast
- H N** Whole Chicken Breast Fillets
- H N** Natural Turkey Sliced Deli Style
- H N** Natural Topside Beef Slices
- H N** Natural Roast Pork Slices
- H N** Sliced Lamb
- H N** Sliced Sausage



**H = Heatable**

**N = Mayonnaise free products**

**R = Available with reduced calorie mayonnaise**

**V = Suitable for vegetarians**



## SALADS

- ✓ Coleslaw
- ✓ Coleslaw with Cheese
- ✓ Spicy Coleslaw
- Potato, Bacon & Chive Salad
- N ✓ Potato & Bacon in a Tomato Dressing
- N ✓ Sweet & Sour Beetroot
- ✓ Potato Salad
- ✓ Bombay Potato Salad
- N ✓ Three Bean Salad
- ✓ Waldorf Salad
- N ✓ Carrot, Red Onion & Sultana Salad
- N ✓ Vegetable Medley Salad
- N ✓ Pasta & Vegetable Salad
- ✓ Russian Salad
- N ✓ Mediterranean Pasta Salad
- N ✓ Pasta Provencale Salad
- Pasta with Ham & Sweetcorn Salad
- Pasta with Tuna & Sweetcorn Salad
- Pasta & Prawn Salad
- ✓ Apple, Celery & Sultana Salad
- ✓ Apple, Peach & Sultana Salad
- ✓ Florida Fruit & Mayonnaise Salad
- N ✓ Mexican Rice Salad
- N ✓ South Sea Rice Salad
- N ✓ White & Wild Rice Salad (advance orders only)
- N ✓ Oriental Rice Salad (advance orders only)
- N ✓ Couscous (advance orders only)
- N ✓ Couscous & Roast Vegetables (advance orders only)



## SAUCES & CHUTNEYS

- H N ✓ Wessex Style Chutney
- H N ✓ Normandy Style Chutney
- H N ✓ Lairds Style Chutney
- H N ✓ Tangy Tomato Chutney
- H N ✓ Chunky Salsa
- H N ✓ Sweet & Hot Chilli Sauce
- H N ✓ Lemon Pepper Sauce
- H N ✓ Honey & Mustard Dressing
- H N ✓ Tomato & Oregano Sauce
- H N ✓ Garden Mint Sauce
- H N ✓ Caramelised Onions with Thyme
- H N ✓ Barbeque Sauce
- H N ✓ Peking Sauce
- H N ✓ Hoisin Sauce
- H N ✓ Cranberry & Orange Chutney (Seasonal Product)
- H N ✓ Apple, Sage & Onion Relish (Seasonal Product)



## REDUCED CALORIE SANDWICH FILLING RANGE



- Chicken Mayonnaise
- Chicken & Sweetcorn
- Chicken & Bacon
- Coronation Chicken
- Chinese Chicken
- H N** Insauced Chicken Tikka Masala
- ✓** Egg Mayonnaise
- ✓** Mixed Cheese & Onion
- Tuna Mayonnaise
- Tuna & Sweetcorn
- Tuna Savoury
- Crab Flavour Salad
- Poached Salmon Mayonnaise
- Prawn Mayonnaise
- Prawn Marie Rose
- Crayfish & Prawns



## LOW FAT PRODUCT RANGE

### Low Fat Sandwich Fillings

- H N** Insauced Chicken in Green Thai Sauce
- H N** Insauced Chicken Provencale
- H N** Insauced Honey Chilli Chicken
- H N** Insauced Firecracker Chicken
- H N** Insauced Italian Style Chicken
- H N** Insauced Chicken in Barbeque Sauce
- H N** Insauced Spicy Barbeque Beef
- H N** Insauced Beef in Sweet Chilli Sauce
- H N** Insauced Fajita Beef
- N ✓** Houmous
- N ✓** Houmous, Sundried Tomato & Red Onion
- H N** Mexican Chilli Tuna
- H N** Mediterranean Tuna

### Low Fat Marinades

- H N** Chicken Tikka
- H N** Cajun Chicken
- H N** Chinese Chicken
- H N** Italian Style Chicken (Sundried Tomato & Herbs)
- H N** Barbeque Chicken
- H N** Rosemary & Garlic Chicken
- H N** Mediterranean Chicken
- H N** Lemon Pepper Chicken
- H N** Fully Coated Chinese Chicken
- H N** Fully Coated Chicken Tikka
- H N** Tandoori Chicken
- H N** Jamaican Jerk Chicken

### Low Fat Salads

- N ✓** Sweet & Sour Beetroot
- N ✓** Three Bean Salad
- N ✓** Mediterranean Pasta Salad
- N ✓** Pasta Provencale Salad
- N ✓** Mexican Rice Salad
- N ✓** South Sea Rice Salad

