

HARRY'S

COUNTRY KITCHEN



Good food to your door



ORDER WITH EASE

Quality frozen meals
delivered safely
to your door

SEE INSIDE
FOR DETAILS



**ALL YOUR
FAVOURITE MEALS**

**FREE NEXT DAY DELIVERY
ON ORDERS OVER £40***

**NO SUBSCRIPTION
NECESSARY**

To order call **FREE** on **0800 029 3263**

or visit www.harryscountrykitchen.com





HARRY'S COUNTRY KITCHEN

★★★★★
Good food to your door



GOOD FOOD TO YOUR DOOR

At Harry's Country Kitchen we're committed to using high quality ingredients to create delicious and convenient prepared meals, delivered reliably to your door. We work tirelessly to create a full range of delicious dishes so you can enjoy selecting all your favourites from a wonderfully broad menu whilst ensuring you can see how nutritious they are for you.

Because our meals are frozen, we can source great ingredients at the right time and lock in their freshness. This is Harry's key to bringing you food that not only tastes good, but is also great value for money.

We want to help you to continue enjoying the meals you love at a price you can afford, without the fuss and occasional waste that comes with cooking from scratch.

We believe that the high quality and great taste of our food, the value we offer, and the level of service we provide, all make Harry's Country Kitchen the best choice anyone can make for regular home meal deliveries.

Our team works hard to ensure all dishes meet our exacting standards, but if you try something and don't like it, don't worry: just let us know and we'll give you your money back. We make this pledge because we care about you and the food you eat, and don't ever want you to feel that we have left you out of pocket.

We've tried to make our website as simple and straightforward as possible. But if you do have any feedback to help us improve, please get in touch with your comments, and we will be more than happy to take your feedback onboard.

We very much hope you decide to give us a try. We're sure you'll love our food, value and service.



If you try one of our Harry's products and don't like it, don't worry: just let us know and we'll give you your money back!







QUICK AND SIMPLE ORDERING WITH
HARRY'S COUNTRY KITCHEN

EASY & SECURE PAYMENT METHODS



To order call **FREE** on **0800 029 3263**
or visit **www.harryscountrykitchen.com**

ORDERING ON THE PHONE

We have a dedicated team who are happy to help you place your order and assist you with anything else you might need. Simply call our freephone number to get in touch, the team are looking forward to having a chat. Monday to Friday 9am-5pm.

SECURE PAYMENT METHODS

Easy payment methods, pay over the phone, online or through your Community Champion. We accept the following:



HARRY'S COUNTRY KITCHEN

★★★★★
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DON'T JUST TAKE OUR WORD FOR IT

Here's what customers are saying about our products and the service we provide...

★ Trustpilot

Such a friendly service. Excellent web site. Easy to order. The meals I tried were so tasty and like home made meals. The best spaghetti bolognese I have tasted in a ready meal. The fish dishes were wonderful. I highly recommend Harry's Country Kitchen. Thank you and Merry Christmas.

Judith



★ Trustpilot

Good and Convenient. Very good offer on so thought I would give Harry's a try. Food tasty but portions could be more generous I feel. Customer service very good, delivery man was very friendly and a free box of tea bags was included!

Christine



★ Trustpilot

Good Old Fashioned Values. Easy to order, James my driver very helpful & friendly. After a slight problem head office super efficient sorting it out. Feels like a good old fashioned service absolutely love it.

Alison



★ Trustpilot

Brilliant service! The roast dinners were incredible and the gravy was so rich! My favourite has to be the Lasagne though. It was really convenient to place my order on the phone too. Harry and the staff were wonderful :)

Srv Tmr



★ Trustpilot

Second order and still excellent meals. Will continue.

Mr Green



HARRY'S COUNTRY KITCHEN WEBSITE

Soft, sweet and sticky with bags of flavour. If you're a dessert lover like me you'll very much enjoy this (Sticky Toffee Pudding).

Pete



facebook

100% Recommended 5 star for everything! Easy ordering, friendly delivery right to your door step, every meal is top quality and just perfect. Can't get enough of these easy meals. Great food.

Candice



facebook

My order has just arrived and the food looks really good! Can't wait to try them. Quick and very friendly service definitely recommend!

Jessika



MENU

All your favourites

MAIN MEALS



TRADITIONAL, INDIAN AND CHINESE [PAGE 8-16](#)

FAMILY MEALS



LARGE 1.4KG FAMILY MEALS [PAGE 17](#)

DESSERTS



HOT AND COLD DESSERTS [PAGE 18-19](#)

FREE NEXT DAY DELIVERY*

ON ALL ORDERS RECEIVED BEFORE MIDDAY

*Free next day delivery for orders over £40. £6.95 delivery fee applicable to orders for next day delivery under £40.
Delivery excludes Scottish Highlands, Northern Ireland, Channel Islands and the Isle of Man. Products and delivery slots are subject to availability.
Terms apply, see www.harryscountrykitchen.com



MMT23
MEAL ORDER NUMBER



Beef & Tomato Tagliatelle

Slow cooked British beef, red wine & tomato sauce topped with cheese

£4.50 **MMT23**
MEAL ORDER NUMBER

Per Pack (408g) Microwaved

Energy	Fat	Saturates	Sugars	Salt
2063 kJ 490 kcal	14.0g	6.0g	5.3g	2.5g
	25%	20%	30%	6%

of an adult's reference intake

Typical values (Microwaved) per 100g: Energy 506 kJ / 120 kcal

MICRO 800W **9 MINUTES** **OVEN 180°C FAN** **35 MINUTES**

Weight: ©450g Allergens: Wheat, Milk, Barley



Creamy King Prawn Pasta

King prawns with linguine in a creamy white wine & cheese sauce

£4.50 **MMT22**
MEAL ORDER NUMBER

Per Pack (412g) Microwaved

Energy	Fat	Saturates	Sugars	Salt
1951 kJ 463 kcal	13.0g	7.5g	3.6g	3.1g
	23%	19%	38%	4%

of an adult's reference intake

Typical values per 100g: Energy 473 kJ / 112 kcal

MICRO 800W **8 MINS & 30 SECS** **OVEN 180°C FAN** **40 MINUTES**

Weight: ©450g Allergens: Wheat, Crustaceans, Milk, Barley, Fish



Ham & Mushroom Pasta

Tagliatelle with cheese & mushroom sauce topped with British smoky ham

£4.25 **MMT21**
MEAL ORDER NUMBER

Per Pack (383g) Microwaved

Energy	Fat	Saturates	Sugars	Salt
1688 kJ 400 kcal	7.8g	4.1g	4.2g	3.5g
	20%	11%	21%	5%

of an adult's reference intake

Typical values (Microwaved) per 100g: Energy 441 kJ / 104 kcal

MICRO 800W **7 MINS & 30 SECS** **OVEN 180°C FAN** **40 MINUTES**

Weight: ©400g Allergens: Wheat, Milk, Barley, Mustard

Traditional Main Meals



Chicken & Bacon Pasta

Penne pasta with British chicken breast strips & bacon in cheese & garlic sauce

£4.25 **MMT20**
MEAL ORDER NUMBER

Per Pack (378g) Microwaved

Energy	Fat	Saturates	Sugars	Salt
1890 kJ 449 kcal	11.0g	6.0g	5.2g	2.0g
22%	16%	30%	6%	33%

of an adult's reference intake

Typical values (Microwaved) per 100g: Energy 500 kJ / 119 kcal

MICRO 800W **7 MINUTES** **OVEN 180°C FAN** **40 MINUTES**

Weight: e400g Allergens: Wheat, Milk, Barley, Mustard



Fish Pie

Salmon, king prawns & smoked haddock in white sauce, topped with a creamy mash & cheese crumb

£4.50 **MMT19**
MEAL ORDER NUMBER

Per Pack (342g) Microwaved

Energy	Fat	Saturates	Sugars	Salt
2136 kJ 510 kcal	25.3g	14.6g	3.5g	2.9g
26%	36%	73%	4%	48%

of an adult's reference intake

Typical values (Ovenbaked) per 100g: Energy 529kJ / 126kcal

OVEN 180°C FAN **50 MINUTES**

Weight: e460g Allergens: Milk, Fish, Crustaceans, Wheat, Mustard



Steak in Ale with Cheese Cobblers

British beef brisket in ale gravy with cheese dumplings

£4.50 **MMT18**
MEAL ORDER NUMBER

Per Pack (368g) Ovenbaked

Energy	Fat	Saturates	Sugars	Salt
1861 kJ 443 kcal	17.1g	7.5g	5.4g	2.5g
22%	24%	38%	6%	42%

of an adult's reference intake

Typical values (Ovenbaked) per 100g: Energy 506 kJ / 120 kcal

MICRO 800W **9 MINUTES** **OVEN 180°C FAN** **40 MINUTES**

Weight: e400g Allergens: Wheat, Milk, Barley



Chicken Roast Dinner

British chicken breast served with roast potatoes, peas, carrots, onion & sage stuffing & chicken gravy

£4.75 **MMT1**
MEAL ORDER NUMBER

Per Pack (400g) as Sold

Energy	Fat	Saturates	Sugars	Salt
1296 kJ 308 kcal	5.6g	1.2g	7.2g	3.12g
15%	8%	6%	8%	49%

of an adult's reference intake

Typical values per 100g: Energy 341 kJ / 81 kcal

MICRO 800W **12 MINUTES** **OVEN 180°C FAN** **45 MINUTES**

Weight: e400g Allergens: Barley, Wheat



Beef Roast Dinner

British beef slices with peas & sliced carrots with roast potatoes in a rich beef gravy with Yorkshire pudding

£4.75 **MMT2**
MEAL ORDER NUMBER

Per Pack (400g) as Sold

Energy	Fat	Saturates	Sugars	Salt
1332 kJ 316 kcal	8.4g	2.0g	7.2g	3.4g
16%	12%	10%	8%	57%

of an adult's reference intake

Typical values per 100g: Energy 333 kJ / 83 kcal

MICRO 800W **12 MINUTES** **OVEN 180°C FAN** **40 MINUTES**

Weight: e400g Allergens: Barley, Wheat, Egg, Milk



All Day Breakfast

Two British pork sausages with baked beans, two hash browns and an omelette

£4.25 **MMT3**
MEAL ORDER NUMBER

Per Pack (400g) as Sold

Energy	Fat	Saturates	Sugars	Salt
2480 kJ 592 kcal	24.4g	7.2g	10.0g	2.76g
30%	35%	36%	9%	46%

of an adult's reference intake

Typical values per 100g: Energy 620 kJ / 148 kcal

MICRO 800W **9 MINUTES** **OVEN 180°C FAN** **40 MINUTES**

Weight: e400g Allergens: Wheat, Egg, Milk



MMT4
MEAL ORDER NUMBER



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Cod, Chips & Peas

CRISPY BATTERED SKINLESS, BONELESS ATLANTIC COD FILLET WITH CHIPS & GARDEN PEAS



Cod, Chips & Peas

Crispy battered skinless, boneless Atlantic cod fillet with chips & garden peas

£4.75

MMT4
MEAL ORDER NUMBER

Per Pack (400g) as Sold

Energy	Fat	Saturates	Sugars	Salt
2456 kJ 588 kcal	24.0g	2.0g	3.2g	1.64g
29%	34%	10%	4%	27%

of an adult's reference intake

Typical values per 100g: Energy 614 kJ / 147 kcal

MICRO 800W (PEAS ONLY) **2 MINS & 30 SECS** **OVEN 180°C FAN** **35 MINUTES**

Weight: e400g Allergens: Fish, Wheat



Fishcake, Chips & Peas

Haddock fishcake coated in a crisp batter with chips & garden peas

£4.25

MMT5
MEAL ORDER NUMBER

Per Pack (400g) as Sold

Energy	Fat	Saturates	Sugars	Salt
2468 kJ 588 kcal	19.2g	1.6g	3.2g	1.9g
28%	27%	8%	4%	32%

of an adult's reference intake

Typical values per 100g: Energy 617kJ / 147 kcal

MICRO 800W (PEAS ONLY) **2 MINS & 30 SECS** **OVEN 180°C FAN** **35 MINUTES**

Weight: e400g Allergens: Fish, Wheat



Scampi, Chips & Peas

Light & crispy scampi with chips & garden peas

£4.50

MMT6
MEAL ORDER NUMBER

Per Pack (400g) as Sold

Energy	Fat	Saturates	Sugars	Salt
2404 kJ 572 kcal	16.8g	2.0g	3.6g	21.0g
29%	24%	10%	4%	35%

of an adult's reference intake

Typical values per 100g: Energy 601 kJ / 143 kcal

MICRO 800W (PEAS ONLY) **2 MINS & 30 SECS** **OVEN 180°C FAN** **35 MINUTES**

Weight: e400g Allergens: Wheat, Crustaceans, Oat

Traditional Main Meals



Gammon, Pineapple & Chips

British smoked gammon ham with chips, sliced carrots & peas with a pineapple ring & gravy

£4.50

MMT7
MEAL ORDER NUMBER

Per Pack (400g) as Sold

Energy	Fat	Saturates	Sugars	Salt
1600 kJ 376 kcal	41.6g	1.6g	22.8g	2.52g
19%	59%	8%	25%	42%

of an adult's reference intake

Typical values per 100g: Energy 324 kJ / 77 kcal

MICRO
800W

10
MINUTES

OVEN
180°C FAN

30
MINUTES

Weight: €400g Allergens: Barley, Wheat, Sulphites



Beef Stew & Mash

British chuck beef in a bourguignon style red wine sauce with mushrooms, silverskin onions & British bacon with creamy mash

£4.50

MMT11
MEAL ORDER NUMBER

Per Pack (400g) as Sold

Energy	Fat	Saturates	Sugars	Salt
1608 kJ 388 kcal	15.0g	8.4g	6.2g	2.7g
19%	21%	42%	7%	45%

of an adult's reference intake

Typical values (As Sold) per 100g: Energy 402 kJ / 97 kcal

MICRO
800W

9 MINS
& **30 SECS**

OVEN
180°C FAN

40
MINUTES

Weight: €400g Allergens: Milk, Barley



Spaghetti with Meatballs

Spaghetti with British pork & beef meatballs in tomato & red wine sauce, topped with cheese

£4.50

MMT9
MEAL ORDER NUMBER

Per Pack (400g) as Sold

Energy	Fat	Saturates	Sugars	Salt
2694 kJ 644 kcal	30.1g	10.8g	11.1g	2.4g
32%	43%	54%	12%	40%

of an adult's reference intake

Typical values (Microwaved) per 100g: Energy 674 kJ / 161 kcal

MICRO
800W

9
MINUTES

Weight: €400g Allergens: Wheat, Milk, Egg



Lamb Moussaka

British minced lamb in a tomato sauce topped with aubergine, potatoes & cheese sauce

£4.75

MMT10
MEAL ORDER NUMBER

Per Pack (400g) as Sold

Energy	Fat	Saturates	Sugars	Salt
2745 kJ 656 kcal	46.4g	14.8g	14.0g	2.6g
33%	66%	74%	16%	44%

of an adult's reference intake

Typical values (Ovenbaked) per 100g: Energy 686 kJ / 164 kcal

MICRO
800W

11
MINUTES

OVEN
180°C FAN

45
MINUTES

Weight: €400g Allergens: Milk



Cottage Pie

British minced beef with onion & carrot topped with creamy mash

£4.25

MMT8
MEAL ORDER NUMBER

Per Pack (400g) as Sold

Energy	Fat	Saturates	Sugars	Salt
2042 kJ 488 kcal	27.8g	13.2g	8.2g	3.0g
24%	40%	66%	9%	50%

of an adult's reference intake

Typical values (Ovenbaked) per 100g: Energy 510 kJ / 122 kcal

MICRO
800W

14
MINUTES

OVEN
180°C FAN

45-50
MINUTES

Weight: €400g Allergens: Milk, Egg, Barley



MMT12
MEAL ORDER NUMBER



Spaghetti Bolognese

Spaghetti with British minced beef in tomato & herb sauce sprinkled with cheese

£4.25 **MMT12**
MEAL ORDER NUMBER

Per Pack (400g) as Sold

Energy	Fat	Saturates	Sugars	Salt
2678 kJ 640 kcal	23.0g	10.5g	11.0g	2.9g
	32%	52%	12%	48%

of an adult's reference intake
Typical values (as Sold) per 100g: Energy 669 kJ / 160 kcal

MICRO **9**
800W **MINUTES**

Weight: e400g Allergens: Wheat, Sulphites, Milk, Egg, Celery



Beef Lasagne

British minced beef in tomato & herb sauce, topped with béchamel sauce, Cheddar & mozzarella cheese

£4.50 **MMT13**
MEAL ORDER NUMBER

Per Pack (400g) as Sold

Energy	Fat	Saturates	Sugars	Salt
2159 kJ 516 kcal	22.4g	9.6g	12.8g	3.28g
	26%	32%	48%	55%

of an adult's reference intake
Typical values (as Sold) per 100g: Energy 540 kJ / 129 kcal

MICRO **10** **OVEN** **45-50**
800W **MINUTES** **180°C FAN** **MINUTES**



Chilli Con Carne

British minced beef with kidney beans & red peppers in a rich tomato sauce with rice

£4.25 **MMT14**
MEAL ORDER NUMBER

Per Pack (400g) as Sold

Energy	Fat	Saturates	Sugars	Salt
2075 kJ 496 kcal	14.7g	5.0g	10.0g	2.2g
	25%	21%	25%	11%

of an adult's reference intake
Typical values (Microwaved) per 100g: Energy 519 kJ / 124 kcal

MICRO **9** **OVEN** **35-40**
800W **MINUTES** **180°C FAN** **MINUTES**

Weight: e400g Allergens: Barley

Traditional Main Meals

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Vegetable Lasagne

Aubergines, red peppers & courgettes in tomato sauce, topped with béchamel sauce & mozzarella & Cheddar cheese

£4.25

MMT15

MEAL ORDER NUMBER

Per Pack (400g) as Sold

Energy	Fat	Saturates	Sugars	Salt
1640 kJ 392 kcal	16.4g	6.0g	13.2g	3.7g
20%	23%	30%	15%	62%

of an adult's reference intake

Typical values (as Sold) per 100g: Energy 410 kJ / 98 kcal

MICRO
800W

10
MINUTES

OVEN
180°C FAN

45-50
MINUTES

Weight: €400g Allergens: Wheat, Eggs, Milk, Celery



Vegetarian Chilli

Soya mince & kidney beans in a chilli & tomato sauce with rice

£4.25

MMT16

MEAL ORDER NUMBER

Per Pack (400g) as Sold

Energy	Fat	Saturates	Sugars	Salt
1774 kJ 424 kcal	5.8g	1.0g	15.1g	2.0g
21%	8%	5%	17%	33%

of an adult's reference intake

Typical values (as Sold) per 100g: Energy 444 kJ / 106 kcal

MICRO
800W

10
MINUTES

OVEN
180°C FAN

40-45
MINUTES

Weight: €400g Allergens: Soya, Barley



Shepherd's Pie

British minced lamb with carrots, swede & onions, topped with creamy mash

£4.75

MMT17

MEAL ORDER NUMBER

Per Pack (400g) as Sold

Energy	Fat	Saturates	Sugars	Salt
2059 kJ 492 kcal	28.0g	14.2g	8.8g	2.6g
25%	40%	71%	10%	43%

of an adult's reference intake

Typical values (as Sold) per 100g: Energy 515 kJ / 123 kcal

MICRO
800W

14
MINUTES

OVEN
180°C FAN

45-50
MINUTES

Weight: €400g Allergens: Milk, Egg, Barley, Wheat



MMT16

MEAL ORDER NUMBER

SUITABLE FOR
VEGETARIANS



MMT25
MEAL ORDER NUMBER



Lancashire Hot Pot

Slow cooked British lamb leg & minced lamb in a rich gravy, topped with pre-fried sliced potatoes

£4.50

MMT25
MEAL ORDER NUMBER

Per Main Meal (350g) as Sold

Energy	Fat	Saturates	Sugars	Salt
1984 kJ 474 kcal	21.6g	8.1g	8.6g	2.5g
24%	31%	41%	10%	42%

of an adult's reference intake
Typical values (as Sold) per 100g: Energy 567 kJ / 135 kcal

MICRO 800W **10 MINUTES** **OVEN 180°C FAN** **45 MINUTES**

Weight: €350g Allergens: Milk, Barley, Wheat



Smoked Haddock Gratin

Smoked haddock, pancetta & spinach in cheese sauce, topped with sliced potatoes & cheese crumb

£4.50

MMT27
MEAL ORDER NUMBER

Per Meal (350g) as Sold

Energy	Fat	Saturates	Sugars	Salt
2105 kJ 504 kcal	27g	14.1g	4.5g	2.8g
25%	39%	71%	5%	47%

of an adult's reference intake
Typical values (as Sold) per 100g: Energy 601 kJ / 144 kcal

MICRO 800W **10 MINUTES** **OVEN 180°C FAN** **50 MINUTES**

Weight: €350g Allergens: Milk, Barley, Wheat, Egg, Mustard

Chinese Style Main Meals

HARRY'S
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*White Rice Steam Bag, 200g, with selected Indian or Chinese meals. Max. 1 bag per meal. Subject to availability. No substitutes or alternatives. White Rice Steam Bag, 200g, also available to be purchased separately.



MMC1
MEAL ORDER NUMBER



INCLUDES*
WHITE RICE
STEAM BAG



Sweet & Sour Chicken

British chicken breast pieces in a sweet & sour sauce with pepper, water chestnuts & pineapple pieces

£4.50 **MMC1**
MEAL ORDER NUMBER

Per Pack (340g) Microwaved

Energy	Fat	Saturates	Sugars	Salt
1885 kJ 446 kcal	7.0g	1.0g	50.1g	1.1g
	22%	10%	5%	56%

of an adult's reference intake

Typical values (Microwaved) per 100g: Energy 554 kJ / 131 kcal

MICRO 800W **6 MINUTES** **OVEN 180°C FAN** **40 MINUTES**

Weight: e375g Allergens: Wheat, Soya



Chicken Chow Mein

British chicken breast strips with noodles, red & green peppers in a chow mein sauce

£4.50 **MMC2**
MEAL ORDER NUMBER

Per Pack (330g) Microwaved

Energy	Fat	Saturates	Sugars	Salt
1386 kJ 328 kcal	6.7g	0.9g	5.4g	3.1g
	16%	10%	5%	6%

of an adult's reference intake

Typical values (Microwaved) per 100g: Energy 420 kJ / 100 kcal

MICRO 800W **7 MINUTES** **OVEN 180°C FAN** **40 MINUTES**

Weight: e375g Allergens: Wheat, Soya, Barley, Sesame Seed



Beef in Blackbean Sauce

Marinated British beef strips with red pepper in black bean sauce

£4.50 **MMC3**
MEAL ORDER NUMBER

Per Pack (348g) Microwaved

Energy	Fat	Saturates	Sugars	Salt
1013 kJ 241 kcal	7.1g	1.2g	3.4g	4.3g
	12%	10%	6%	72%

of an adult's reference intake

Typical values (Microwaved) per 100g: Energy 291 kJ / 69 kcal

MICRO 800W **11 MINUTES** **OVEN 180°C FAN** **45 MINUTES**

Weight: e375g Allergens: Soya, Wheat, Barley

Indian Style Main Meals



Chicken Korma

British chicken breast pieces in a creamy coconut sauce

£4.25 **MM11**
MEAL ORDER NUMBER

Per Pack (343g) Microwaved

Energy	Fat	Saturates	Sugars	Salt
2058 kJ 493 kcal	29.6g	13.5g	17.6g	2.8g
	25%	42%	68%	20%
			47%	

of an adult's reference intake

Typical values (Microwaved) per 100g: Energy 600 kJ / 144 kcal

MICRO 800W **8 MINS & 30 SECS** **OVEN 180°C FAN** **50 MINUTES**

Weight: €375g Allergens: Milk



Chicken Tikka Masala

Tikka marinated British chicken breast pieces in a creamy curry sauce

£4.25 **MM12**
MEAL ORDER NUMBER

Per Pack (343g) Microwaved

Energy	Fat	Saturates	Sugars	Salt
2023 kJ 486 kcal	31.2g	8.6g	14.3g	2.6g
	24%	45%	43%	16%
			43%	

of an adult's reference intake

Typical values (Microwaved) per 100g: Energy 590 kJ / 142 kcal

MICRO 800W **8 MINS & 30 SECS** **OVEN 180°C FAN** **50 MINUTES**

Weight: €375g Allergens: Milk



Butter Chicken

Marinated British chicken breast pieces in a rich & creamy tomato & butter curry sauce

£4.25 **MM13**
MEAL ORDER NUMBER

Per Pack (342g) Microwaved

Energy	Fat	Saturates	Sugars	Salt
1853 kJ 445 kcal	28.5g	8.8g	9.5g	2.5g
	22%	41%	44%	11%
			42%	

of an adult's reference intake

Typical values (Microwaved) per 100g: Energy 542 kJ / 130 kcal

MICRO 800W **8 MINS & 30 SECS** **OVEN 180°C FAN** **50 MINUTES**

Weight: €375g Allergens: Milk



MM12
MEAL ORDER NUMBER



White Rice Steam Bag

Cooked white rice ready to microwave in 3 minutes

£1.00 **MS1**
MEAL ORDER NUMBER

Per Bag (200g) Microwaved

Energy	Fat	Saturates	Sugars	Salt
1141 kJ 268 kcal	0.0g	0.0g	0.0g	0.1g
	13%	0%	0%	2%

of an adult's reference intake

Typical values (Microwaved) per 100g: Energy 576 kJ / 136 kcal

MICRO 800W **3 MINUTES**

Weight: €200g

Family Meals

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MADE WITH BRITISH BEEF

Family Beef Lasagne (Serves 4)

British minced beef ragu, layered between egg pasta, topped with béchamel sauce, red Leicester & vintage Cheddar cheese

£13.00 **MMT28**
MEAL ORDER NUMBER

Per 1/4 Pack (350g) as Sold

Energy	Fat	Saturates	Sugars	Salt
1907 kJ 456 kcal	22.8g	10.8g	12.0g	2.8g
23%	33%	54%	13%	47%

of an adult's reference intake
Typical values (as Sold) per 100g: Energy 545 kJ / 130 kcal

OVEN 180°C FAN 60 MINUTES

Weight: €1.4kg Allergens: Wheat, Egg, Milk



MMT28
MEAL ORDER NUMBER

MADE WITH BRITISH BEEF

HARRY'S COUNTRY KITCHEN
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Family Beef Lasagne

BRITISH MINCED BEEF RAGU, LAYERED BETWEEN EGG PASTA, TOPPED WITH BÉCHAMEL SAUCE, RED LEICESTER & VINTAGE CHEDDAR CHEESE

Per 1/4 Pack (350g) as Sold

Energy	Fat	Saturates	Sugars	Salt
1907 kJ 456 kcal	22.8g	10.8g	12.0g	2.8g
23%	33%	54%	13%	47%

of an adult's reference intake
Typical values (as Sold) per 100g: Energy 545 kJ / 130 kcal

OVEN 180°C FAN 60 MINUTES

Weight: €1.4kg Allergens: Wheat, Egg, Milk



MMT32
MEAL ORDER NUMBER

MADE WITH BRITISH BEEF

HARRY'S COUNTRY KITCHEN
Good food to your door

Family Bolognese Pasta Bake

PASTA WITH MINCED BEEF RAGU & CREAMY CHEESE SAUCE, TOPPED WITH VINTAGE CHEDDAR & RED LEICESTER CHEESE

Per 1/4 Pack (350g) As Sold

Energy	Fat	Saturates	Sugars	Salt
2365 kJ 566 kcal	30.1g	14.8g	7.2g	2.2g
28%	43%	74%	8%	37%

of an adult's reference intake
Typical values (as Sold) per 100g: Energy 676 kJ / 162 kcal

OVEN 180°C FAN 60 MINUTES

Weight: €1.4kg Allergens: Wheat, Barley, Milk, Celery, Mustard



MADE WITH BRITISH BEEF

Family Bolognese Pasta Bake (Serves 4)

Pasta with minced British beef ragu & creamy cheese sauce, topped with vintage Cheddar and red Leicester cheese

£13.00 **MMT32**
MEAL ORDER NUMBER

Per 1/4 Pack (350g) As Sold

Energy	Fat	Saturates	Sugars	Salt
2365 kJ 566 kcal	30.1g	14.8g	7.2g	2.2g
28%	43%	74%	8%	37%

of an adult's reference intake
Typical values (as Sold) per 100g: Energy 676 kJ / 162 kcal

OVEN 180°C FAN 60 MINUTES

Weight: €1.4kg Allergens: Wheat, Barley, Milk, Celery, Mustard



D1
DESSERT ORDER NUMBER



Apple & Blackberry Crumble Tart

Apple & blackberry filled tart, topped with an oat flake crumble

£1.50

D3
DESSERT ORDER NUMBER

Per Apple and Blackberry Crumble Tart (180g) as Sold

Energy	Fat	Saturates	Sugars	Salt
2516 kJ 601 kcal	26.0g	9.5g	39.0g	0.4g
	30%	48%	43%	7%

of an adult's reference intake
Typical values per 100g: Energy 1398 kJ / 334 kcal

MICRO 800W **2 MINUTES**

Weight: 180g Allergens: Wheat, Oat, Egg Also may contain: Milk, Nuts, Soya, Peanuts



2 Vanilla Panna Cottas

Vanilla flavoured set cream

£1.50

D1
DESSERT ORDER NUMBER

Per Panna Cotta (90g) as Sold

Energy	Fat	Saturates	Sugars	Salt
1494 kJ 357 kcal	33.0g	20.0g	13.0g	0.1g
	18%	47%	100%	14%

of an adult's reference intake
Typical values per 100g: Energy 1660 kJ / 397 kcal

DEFROST **3 HRS & 30 MINS**

Weight: e180g (2 x e90g) Allergens: Milk
Also may contain: Nuts, Soya, Wheat, Peanuts

All Your Favourite Desserts



Apple Crumble

Apple pieces in a cinnamon sauce topped with a crumble topping

£1.50

D2
DESSERT ORDER NUMBER

Per Apple Crumble (250g) as Sold

Energy	Fat	Saturates	Sugars	Salt
2315 kJ 553 kcal	17.0g	5.3g	59.8g	0.28g
	24%	27%	66%	5%

of an adult's reference intake

Typical values per 100g: Energy 926 kJ / 221 kcal

MICRO 800W **1 MIN & 20 SECS**

Weight: 250g Allergens: Wheat, Egg, Milk

Also may contain: Gluten, Soya, Milk, Egg, Nuts, Peanuts



Butterscotch & Treacle Pudding

A moist treacle sponge with butterscotch sauce

£1.50

D4
DESSERT ORDER NUMBER

Per Butterscotch and Treacle Pudding (185g) as Sold

Energy	Fat	Saturates	Sugars	Salt
2662 kJ 638 kcal	29.6g	4.1g	64.9g	0.33g
	32%	42%	72%	6%

of an adult's reference intake

Typical values per 100g: Energy 1439 kJ / 343 kcal

MICRO 800W **70-80 SECONDS**

Weight: e185g Allergens: Wheat, Egg, Milk Also may contain: Soya



Sticky Toffee Pudding

Toffee sponge topped with toffee sauce and caramel fudge pieces

£1.50

D5
DESSERT ORDER NUMBER

Per Sticky Toffee Pudding (185g) as Sold

Energy	Fat	Saturates	Sugars	Salt
3082 kJ 736 kcal	37.6g	11.7g	70.1g	0.9g
	54%	59%	78%	16%

of an adult's reference intake

Typical values per 100g: Energy 1666 kJ / 398 kcal

MICRO 800W **70-80 SECONDS**

Weight: e185g Allergens: Wheat, Egg, Milk

Also may contain: Soya



Spotted Dick

Lightly spiced sponge packed with sultanas

£1.50

D6
DESSERT ORDER NUMBER

Per Spotted Dick (170g) as Sold

Energy	Fat	Saturates	Sugars	Salt
1951 kJ 466kcal	24.1g	2.4g	36.0g	0.2g
	23%	34%	40%	3%

of an adult's reference intake

Typical values per 100g: Energy 1148 kJ / 274 kcal

MICRO 800W **70-80 SECONDS**

Weight: e170g Allergens: Wheat, Egg



Chocolate Pudding

Chocolate sponge with a chocolate fudge sauce

£1.50

D7
DESSERT ORDER NUMBER

Per Chocolate Sponge (185g) as Sold

Energy	Fat	Saturates	Sugars	Salt
2852 kJ 681 kcal	35.0g	6.8g	58.6g	0.9g
	34%	50%	65%	15%

of an adult's reference intake

Typical values per 100g: Energy 1542 kJ / 368 kcal

MICRO 800W **70-80 SECONDS**

Weight: e185g Allergens: Egg, Wheat, Milk, Soya

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9am-5pm

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Call centre opening hours: Mon-Fri 9am-5pm (opening hours subject to change). Calls are free and may be recorded.

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