



# Chicken Roast Dinner for Four

## Free Range Whole Chicken (1.6 – 1.8kg)

### Ingredients

Chicken 100% (with giblets).

### Allergens

Produced in a factory that handles **nuts**.

### Storage

Keep refrigerated at 0-5°C.

Suitable for freezing, which will not affect quality. Freeze before date mark shown and use within 18 months. Once defrosted (in refrigerator) eat within 24 hours. Defrost thoroughly before use.

### Product Life

Minimum of 3 days from date of delivery.

### Country of Origin

United Kingdom.

### Nutritional Information

Typical values per 100g:

Energy 589kJ, 142kcal

Fat 10g

of which Saturates 3g  
Carbohydrate <0.5g  
of which Sugars <0.5g  
Protein 12g  
Salt 0.12g.

### Warnings

This product is raw and must be cooked. Handling raw meat safely:  
Wash hands and dry thoroughly before and after handling raw meat, and after disposing of packaging. Use separate chopping boards and utensils for raw meat. Always cover meat and store at bottom of fridge.

## English Sage and Roast Onion Stuffing Mix (150g)

### Ingredients

White Breadcrumb (61%) (Fortified **Wheat** Flour (**Wheat**, Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Yeast), Ciabatta Breadcrumbs (20%) (Fortified **Wheat** Flour (**Wheat**, Calcium Carbonate, Iron, Niacin, Thiamin), Extra Virgin Olive Oil, Salt, Yeast), Roasted Onion Flake (9%), Onion Flakes (4%), English Sage (3%), Wild Sage, Yeast Powder, Onion Salt.

### Allergens

Contains **Wheat**.  
Not suitable for consumers with an allergy to **Nuts** due to manufacturing methods.

### Storage

Store in a cool, dry place.

### Country of Origin

United Kingdom.

### Nutritional Information

Typical values per 100g:  
Energy 632kJ, 149kcal  
Fat 0.6g  
of which Saturates 0.1g  
Carbohydrate 29.5g

of which Sugars 2.5g

Fibre 3.5g

Protein 4.7g

Salt 0.9g.

## British Potatoes for Roasting (1kg)

Storage

Store in a cool, dry place.

Country of Origin

United Kingdom.

## Bunched Carrots (350g)

Storage

Keep chilled 0–5°C.

Country of Origin

United Kingdom, Spain.

## British Seasonal Cabbage (single)

Storage

Keep chilled 0–5°C.

Country of Origin

United Kingdom.

## Broccoli

Storage

Keep chilled 0–5°C.

Country of Origin

United Kingdom, Italy, France.

## Organic Low Salt Gravy Granules (160g)

Ingredients

Potato Starch, Maltodextrin, Sustainable Palm Oil, Caramelised Sugar, Yeast Extract\*,  
Onion, Sea Salt\*, Black Pepper.

\* permitted non organic ingredients.

## Allergens

May contain **Celery**, **Milk** and **Egg**.

## Storage

Store in a cool, dry place.

## Country of Origin

United Kingdom.

## Nutritional Information

Typical values per 100ml:

Energy 113kJ, 27kcal

Fat 0.8g

of which Saturates 0.4g

Carbohydrate 5.1g

of which Sugars 0.3g

Protein 0.3g

Salt 0.27g.

## Disclaimer

Whilst we believe product information on our website to be accurate at the time of publication, on occasion manufacturers may alter their ingredient lists. We recommend that you do not solely rely on the information on our website. Please always read the labels, warnings, and directions provided with the product before using or consuming a product. We accept no responsibility for, and make no representation or give any warranty as to, the accuracy or completeness of the information contained on our website.