

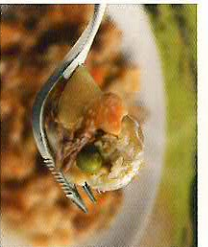
## WAYFAYRER MAIN MEALS

Real food, ready to eat - The contents are fully cooked and so may be eaten hot or cold. To serve hot: Place unopened pouch in boiling water for 7-8 minutes. Alternatively empty the contents into a suitable saucepan and stir gently whilst heating thoroughly on a camping stove.

Shelf life - 3 years from date of manufacture.

Storage - Store unopened pouch in cool, dry conditions.

### Beef Stew & Dumplings



Diced Beef with vegetables and Suet Dumplings in a rich savoury gravy  
**Energy:** 423kJ/100kcal  
**Protein:** 5.7g  
**Carbohydrates:** 12.2g  
**Fat:** 3.2g  
**Allergens:** Gluten from Wheat, Soya and Celery  
**Weight:** 300g

### Chicken Casserole



Diced Chicken Breast with Potato, Carrot Onion and Peas in a rich creamy sauce  
**Energy:** 556kJ/133kcal  
**Protein:** 9.0g  
**Carbohydrates:** 7.4g  
**Fat:** 7.5g  
**Allergens:** Gluten from Wheat, Dairy and Celery  
**Weight:** 300g

### Chicken Jalfrezi & Rice



Chicken pieces in a 'Hot' Tomato and Onion sauce with Red Peppers & Long Grain Rice  
**Energy:** 378kJ/90kcal  
**Protein:** 8.8g  
**Carbohydrates:** 8.8g  
**Fat:** 2.2g  
**Allergens:** Milk, Celery and Mustard  
**Weight:** 300g

### Chicken Tikka & Rice



Chicken pieces in a rich Tomato & Coriander sauce together with Long Grain Rice  
**Energy:** 634kJ/151kcal  
**Protein:** 7.2g  
**Carbohydrates:** 16.4g  
**Fat:** 6.3g  
**Allergens:** Gluten, Milk, Soya, Mustard  
**Weight:** 300g

### Chilli Con Carne & Rice



Minced Beef with Tomatoes, Red Kidney Beans, Onion and Peppers in a Coyenne & Cumin sauce together with Long Grain Rice  
**Energy:** 610kJ/145kcal  
**Protein:** 5.6g  
**Carbohydrates:** 17.2g  
**Fat:** 6.0g  
**Allergens:** Gluten  
**Weight:** 300g

### Lancashire Hot Pot



Diced Mutton with Potato, Carrots, Onions Mushrooms & Celery in a savoury gravy  
**Energy:** 300kJ/71kcal  
**Protein:** 4.9g  
**Carbohydrates:** 7.3g  
**Fat:** 2.5g  
**Allergens:** Gluten from Wheat, Dairy and Celery  
**Weight:** 300g

### Pasta & Bolognese



Conchiglie Pasta and Minced Beef in a rich Tomato Bolognese sauce infused with Garlic, Basil & Oregano  
**Energy:** 464kJ/110kcal  
**Protein:** 6.9g  
**Carbohydrates:** 13.2g  
**Fat:** 3.5g  
**Allergens:** Gluten, Egg  
**Weight:** 300g

### Pasta & Meatballs



Beef Meatballs in an Italian style Tomato Sauce with Conchiglie Pasta  
**Energy:** 501kJ/119kcal  
**Protein:** 8.0g  
**Carbohydrates:** 11.7g  
**Fat:** 4.5g  
**Allergens:** Gluten from Wheat, Egg and Soya  
**Weight:** 300g

### Sausage Casserole



Succulent Pork Sausages with Potatoes, Carrots, Peas and Onion in a rich savoury gravy  
**Energy:** 501kJ/120kcal  
**Protein:** 4.4g  
**Carbohydrates:** 9.4g  
**Fat:** 7.2g  
**Allergens:** Gluten from Wheat and Soya  
**Weight:** 300g

### Spicy Meatballs & Potatoes



Beef Meatballs & Potatoes in a 'Hot and Spicy' Tomato & Chilli Sauce  
**Energy:** 496kJ/118kcal  
**Protein:** 3.5g  
**Carbohydrates:** 13.9g  
**Fat:** 5.4g  
**Allergens:** Soya and Gluten from Wheat  
**Weight:** 300g

### Thai Chicken Curry & Rice



Chicken pieces in a creamy coconut Thai Green Curry sauce with Long Grain Rice  
**Energy:** 400kJ/95kcal  
**Protein:** 10.3g  
**Carbohydrates:** 8.5g  
**Fat:** 2.2g  
**Allergens:** Milk  
**Weight:** 300g

### Vegetable Curry & Rice



Mixed Vegetables & Pulses in a Medium Spiced Curry Sauce together with Long Grain Rice  
**Energy:** 412kJ/98kcal  
**Protein:** 2.6g  
**Carbohydrates:** 13.8g  
**Fat:** 3.6g  
**Allergens:** Mustard and Gluten from Wheat  
**Weight:** 300g