# Freezer

## Black Forest Fruits

A MIXTURE OF FROZEN BLACKBERRIES, DARK SWEET CHERRIES, GRAPES AND BLACKCURRANTS

**DIRECTIONS FOR USE**

Remove desired quantity of fruit from all packaging and place on a serving plate. Defrost thoroughly for a minimum of 1½ to 2 hours at room temperature, or a minimum of 12 hours in a refrigerator.

**INGREDIENTS**

BLACKBERRIES (25%), GRAPES (25%), BLACKCURRANTS (25%), BLACK CHERRIES (25%).

**WARNING:** Although every effort has been made to remove stones, some small stones or fragments may remain.

**NUTRITION** — This pack contains approx. 6 servings.

| TYPICAL VALUES | Per 100g | Per serving (80g) |
|---|---|---|
| Energy | 213kJ/50kcal | 170kJ/40kcal |
| Fat | <0.5g | <0.5g |
| of which saturates | <0.1g | <0.1g |
| Carbohydrate | 11g | 8.4g |
| of which sugars | 11g | 8.4g |
| Fibre | 2.1g | 1.6g |
| Protein | 0.8g | 0.7g |
| Salt | <0.01g | <0.01g |

*80g of this product will provide one of your five daily portions of fruit and vegetables.

**WARNING**
To avoid danger of suffocation, keep this wrapper away from babies and small children.

**STORAGE INFORMATION: KEEP FROZEN**

| | | |
|---|---|---|
| Food Freezer* | ★★★★ | Until Best Before End date |
| Star Marked* Frozen Food Compartment of Refrigerator | ★★★ | Until Best Before End date |
| | ★★ | 1 Month |
| | ★ | 1 Week |
| Ice Making Compartment | | 3 Days |
| Refrigerator or other cool place | | 24 Hours |

**DO NOT RE-FREEZE ONCE DEFROSTED**
*Must be -18°C or colder

**BEST BEFORE END:** See front of pack.

Not Yet Recycled

500g

If you are not entirely satisfied with this product please return it to the store where it was purchased and we will be pleased to replace or refund it. This does not affect your statutory rights.

ALDI

**SPECIALLY PRODUCED FOR:**
Aldi Stores Ltd., PO Box 26, Atherstone, Warwickshire CV9 2SH.
Aldi Stores (Ireland) Ltd., PO Box 726, Naas, Co. Kildare.
**www.aldi.com**

## Summer Fruits

BLACKCURRANTS AND REDCURRANTS

**DIRECTIONS FOR USE**

Remove desired quantity of fruit from all packaging and place on a serving plate. Defrost thoroughly for a minimum of 1½ to 2 hours at room temperature, or a minimum of 12 hours in a refrigerator.

**INGREDIENTS**

RASPBERRIES (25%), BLACKBERRIES (25%), BLACKCURRANTS (25%), REDCURRANTS (25%).

**NUTRITION** — This pack contains approx. 6 servings.

| TYPICAL VALUES | Per 100g | Per serving (80g) |
|---|---|---|
| Energy | 136kJ/33kcal | 109kJ/26kcal |
| Fat | <0.5g | <0.5g |
| of which saturates | <0.1g | <0.1g |
| Carbohydrate | 5.2g | 4.2g |
| of which sugars | 5.2g | 4.2g |
| Fibre | 3.2g | 2.6g |
| Protein | 1.1g | 0.9g |
| Salt | <0.01g | <0.01g |

*80g of this product will provide one of your five daily portions of fruit and vegetables.

**WARNING**
To avoid danger of suffocation, keep this wrapper away from babies and small children.

**STORAGE INFORMATION: KEEP FROZEN**

| | | |
|---|---|---|
| Food Freezer* | ★★★★ | Until Best Before End date |
| Star Marked* Frozen Food Compartment of Refrigerator | ★★★ | Until Best Before End date |
| | ★★ | 1 Month |
| | ★ | 1 Week |
| Ice Making Compartment | | 3 Days |
| Refrigerator or other cool place | | 24 Hours |

**DO NOT RE-FREEZE ONCE DEFROSTED**
*Must be -18°C or colder

**BEST BEFORE END:** See front of pack.

Not Yet Recycled

500g

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## Thin & Crispy Pizza - Spinach & Ricotta

AN EXTRA THIN PIZZA BASE TOPPED WITH TOMATO AND ONION SAUCE, EMMENTAL CHEESE, SPINACH, MUSHROOMS AND A RICOTTA CHEESE SAUCE

**INGREDIENTS:** Pizza Base (**Wheat** Flour, Water, Rapeseed Oil, Yeast, Salt, Sugar), TOMATO AND ONION SAUCE (20%) (Tomato Purée, Dextrose, Spirit Vinegar, Rapeseed Oil, Water, **Wheat** Flour, Pea Starch, Onion Powder, Salt, Spices, ROASTED ONION (1%) (Onion, Sunflower Oil), Potato Starch), EMMENTAL CHEESE (15%) (**Milk**), SPINACH (14%), RICOTTA CHEESE SAUCE (7%) (RICOTTA CHEESE (75%) (**Milk**), Water, Rapeseed Oil, Medium Fat Hard Cheese (**Milk**), Salt, Dried Garlic, Spices, **Wheat** Flour, Potato Starch, **Wheat** Starch), MUSHROOMS (7%).

**ALLERGY ADVICE:** For allergens, including cereals containing gluten, see ingredients in **bold**.
May also contain celery.
**DIETARY ADVICE:** Suitable for vegetarians.
No artificial colours or flavourings.

**DIRECTIONS FOR USE:** Cook from frozen. Remove all packaging.

OVEN

| | | |
|---|---|---|
| ELECTRIC | 220°C | 10 - 12 minutes |
| FAN | 200°C | 10 - 12 minutes |
| GAS | Gas Mark 7 | 10 - 12 minutes |

Stand pizza at room temperature for 5 - 10 minutes. Place the pizza on the bottom shelf of a preheated electric or fan oven, or the top shelf of a gas oven, for the time specified above. Ensure product is thoroughly cooked and piping hot throughout. Do not reheat.
**CAUTION:** Topping on this product will be particularly hot after heating.

Not suitable for microwave cooking.

**Nutrition**

| TYPICAL VALUES (cooked) | Per 100g | Per 1/2 pizza (174g) |
|---|---|---|
| Energy | 1098kJ/262kcal | 1911kJ/456kcal |
| Fat | 13g | 22g |
| of which saturates | 4.2g | 7.2g |
| Carbohydrate | 27g | 47g |
| of which sugars | 6.7g | 12g |
| Fibre | 1.8g | 3.1g |
| Protein | 9.7g | 17g |
| Salt | 0.95g | 1.6g |

This pack contains 2 servings.

CARTON Widely Recycled
FILM Not Yet Recycled

370g

**Best Before End: See side of pack.**
**KEEP FROZEN**

**STORAGE INSTRUCTIONS**

| | | |
|---|---|---|
| Food Freezer* | ★★★★ | Until Best Before End date |
| Star Marked* Frozen Food Compartment of Refrigerator | ★★★ | Until Best Before End date |
| | ★★ | 1 Month |
| | ★ | 1 Week |
| Ice Making Compartment | | 3 Days |
| Refrigerator or other cool place | | 24 hours |

**DO NOT RE-FREEZE ONCE DEFROSTED** *Must be -18°C or colder

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ALDI

**SPECIALLY PRODUCED FOR:**
**ALDI STORES LTD.,**
**PO BOX 26, ATHERSTONE,**
**WARWICKSHIRE CV9 2SH.**
**ALDI STORES (IRELAND) LTD.,**
**PO BOX 726, NAAS, CO. KILDARE.**
**Visit us at www.aldi.com**

## Pizza Flatbreads - Rocket & Grana Padano

A STONEBAKED PIZZA BASE, TOPPED WITH CRÈME FRAÎCHE SAUCE, BASIL AND SPINACH SAUCE, MOZZARELLA CHEESE, CHERRY TOMATOES, ROCK

**DIRECTIONS FOR USE:** Remove all packaging. Cook from frozen.

OVEN — Place directly on the middle shelf of a preheated oven with a tray on the shelf below for the time specified, or until thoroughly cooked and piping hot throughout.

Fan 180°C **13-15** mins
Electric 200°C **13-15** mins
Gas 6 **13-15** mins

Do not reheat. Not suitable for microwave cooking.

**INGREDIENTS**

Base (**Wheat** Flour, Water, Yeast, Dextrose, Rapeseed Oil, Salt), CRÈME FRAÎCHE SAUCE (20%) (Crème Fraîche (**Milk**), Water, Maize Starch, Rapeseed Oil, Pea Starch, Salt, Pepper), BASIL AND SPINACH SAUCE (13%) (Olive Oil, Water, Spinach, Basil, **Wheat** Flour, Garlic, Salt, Sugar, **Wheat** Protein), MOZZARELLA CHEESE (13%) (**Milk**), CHERRY TOMATOES (10%), ROCKET (3%), GRANA PADANO CHEESE (3%) (Grana Padano Cheese (**Milk**), Lysozyme (contains **Egg**)).

**ALLERGY ADVICE:** For allergens, including cereals containing gluten, see ingredients in **bold**.
May also contain celery.

345g

**NUTRITION** — This pack contains 2 servings.

| TYPICAL VALUES (cooked) | Per 100g | Per 1/2 pizza (approx. 162g) |
|---|---|---|
| Energy | 1112kJ/266kcal | 1803kJ/431kcal |
| Fat | 13g | 21g |
| of which saturates | 4.5g | 7.3g |
| Carbohydrate | 27g | 44g |
| of which sugars | 4.3g | 7.0g |
| Fibre | 0.9g | 1.5g |
| Protein | 9.2g | 15g |
| Salt | 1.1g | 1.9g |

**BEST BEFORE END:** See side of pack.

**STORAGE INFORMATION: KEEP FROZEN**

| | | |
|---|---|---|
| Food Freezer* | ★★★★ | Until Best Before End date |
| Star Marked* Frozen Food Compartment of Refrigerator | ★★★ | Until Best Before End date |
| | ★★ | 1 Month |
| | ★ | 1 Week |
| Ice Making Compartment | | 3 Days |

**DO NOT RE-FREEZE ONCE DEFROSTED**
*Must be -18°C or colder

Produced in Germany.

## Pizza Flatbreads - Calabrese Salami Flatbread

A STONEBAKED PIZZA BASE, TOPPED WITH CRÈME FRAÎCHE AND BARBECUE FLAVOUR SAUCES, MOZZARELLA CHEESE, AUSTRIAN CALABRESE SALAMI, RED ONION, ROASTED BACON WITH ADDED WATER, PEPPERONI AND MARINATED SEMI DRIED TOMATOES

**DIRECTIONS FOR USE:** Remove all packaging. Cook from frozen.

OVEN — Place directly on the middle shelf of a preheated oven with a tray on the shelf below for the time specified, or until thoroughly cooked and piping hot throughout.

Fan 180°C **14-16** mins
Electric 200°C **14-16** mins
Gas 6 **14-16** mins

Do not reheat. Not suitable for microwave cooking.

**INGREDIENTS**

Base (**Wheat** Flour, Water, Rapeseed Oil, Yeast, Salt, Dextrose), CRÈME FRAÎCHE SAUCE (18%) (Water, Crème Fraîche (**Milk**), Maize Starch, Rapeseed Oil, Pea Starch, Salt, Pepper), MOZZARELLA CHEESE (12%) (**Milk**), BARBECUE STYLE SAUCE (12%) (Tomato Purée, Sugar, Spiced Plum Purée (Plums, Glucose-Fructose Syrup, Sugar, Spices), Spirit Vinegar, Concentrated Pineapple Juice, Salt, Pea Starch, Smoked Paprika, Concentrated Lemon Juice, Spices, Dried Garlic, **Wheat** Flour, Potato Starch, **Wheat** Starch), CALABRESE SALAMI (7%) (PORK (77%), Pork Fat, Salt, Spices, Dextrose, Glucose Syrup, Spice Extracts, Antioxidants: Sodium Ascorbate, Extracts of Rosemary; Preservative: Sodium Nitrite), ROASTED BACON WITH ADDED WATER (5%) (PORK (82%), Water, Salt, Dextrose, Stabiliser: Triphosphates; Antioxidant: Ascorbic Acid; Preservative: Sodium Nitrite), RED ONION (5%), PEPPERONI (4%) (PORK (75%), Pork Fat, Salt, Dextrose, Spices, Spice Extracts, Sugar, Antioxidants: Sodium Erythorbate, Extracts of Rosemary; Preservative: Sodium Nitrite), MARINATED SEMI DRIED TOMATOES (4%) (Semi Dried Tomatoes, Sunflower Oil, Salt, Herbs, Garlic), Dried Parsley.

**ALLERGY ADVICE:** For allergens, including cereals containing gluten, see ingredients in **bold**.
May also contain celery.

385g

**NUTRITION** — This pack contains 2 servings.

| TYPICAL VALUES (cooked) | Per 100g | Per 1/2 pizza (181g) |
|---|---|---|
| Energy | 1135kJ/271kcal | 2053kJ/490kcal |
| Fat | 12g | 21g |
| of which saturates | 5.1g | 9.2g |
| Carbohydrate | 30g | 54g |
| of which sugars | 8.2g | 15g |
| Fibre | 1.7g | 3.1g |
| Protein | 10g | 19g |
| Salt | 1.6g | 2.9g |

**BEST BEFORE END:** See side of pack.

**STORAGE INFORMATION: KEEP FROZEN**

| | | |
|---|---|---|
| Food Freezer* | ★★★★ | Until Best Before End date |
| Star Marked* Frozen Food Compartment of Refrigerator | ★★★ | Until Best Before End date |
| | ★★ | 1 Month |
| | ★ | 1 Week |
| Ice Making Compartment | | 3 Days |

**DO NOT RE-FREEZE ONCE DEFROSTED**
*Must be -18°C or colder

Produced using EU pork.

## Fish Fingers

SKINLESS AND BONELESS ALASKA POLLOCK FILLET PIECES, COATED IN CRISPY GOLDEN BREADCRUMBS

**DIRECTIONS FOR USE:** Cook from frozen. Remove all packaging.

Always wash hands, all surfaces and utensils after handling raw fish.

GRILL — Place under a preheated medium grill and cook for approximately 10 - 12 minutes, turning occasionally. **10-12** mins

OVEN — Place the fish fingers on a baking tray on the middle shelf of a preheated oven for the time specified, turning once halfway through cooking.

Fan 200°C **12** mins
Electric 220°C **12** mins
Gas 7 **12** mins

Ensure product is thoroughly cooked and piping hot throughout.
Do not reheat. Not suitable for microwave cooking.

**INGREDIENTS**

ALASKA POLLOCK (*Theragra chalcogramma*) (64%) (**Fish**), Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sunflower Oil, Water, Potato Starch, Salt, **Wheat** Starch, Yeast. Colours: Paprika Extract, Curcumin; Turmeric.

**ALLERGY ADVICE:** For allergens, see ingredients in **bold**.
**WARNING:** Although every effort has been made to remove bones, some small bones may remain.
No artificial colours or flavourings.

Alaska Pollock caught in the Northeast Pacific (FAO 67) and the Northwest Pacific (FAO 61). Catch method: Trawls.
This product comes from a fishery that has been independently certified to the MSC's standard for a well-managed and sustainable fishery. www.msc.org

**NUTRITION** — This pack contains 5 servings.

| TYPICAL VALUES (grilled) | Per 100g | Per 3 Fish Fingers (approx. 86g) |
|---|---|---|
| Energy | 817kJ/195kcal | 706kJ/168kcal |
| Fat | 8.4g | 7.3g |
| of which saturates | 1.0g | 0.9g |
| Carbohydrate | 17g | 15g |
| of which sugars | 0.8g | 0.7g |
| Fibre | 1.0g | 0.9g |
| Protein | 12g | 10g |
| Salt | 0.73g | 0.63g |

Total omega 3 fatty acids 168mg per 100g.

**BEST BEFORE END:** See side of pack.

**STORAGE INFORMATION: KEEP FROZEN**

| | | |
|---|---|---|
| Food Freezer* | ★★★★ | Until Best Before End date |
| Star Marked* Frozen Food Compartment of Refrigerator | ★★★ | Until Best Before End date |
| | ★★ | 1 Month |
| | ★ | 1 Week |
| Ice Making Compartment | | 3 Days |

**DO NOT RE-FREEZE ONCE DEFROSTED**
*Must be -18°C or colder

450g

## Breaded Cod

SKINLESS COD FILLETS FORMED FROM PIECES OF COD FILLET AND COATED IN A CRISPY BREADCRUMB

**DIRECTIONS FOR USE**

Always wash hands, all surfaces and utensils after handling raw fish. Cook from frozen. Remove all packaging.

**OVEN** Place on a baking tray on the top shelf of a preheated oven for the time specified above, or until thoroughly cooked and piping hot throughout. Fan 180°C **22-27** mins, Electric 200°C **22-27** mins, Gas 6 **22-27** mins

Not suitable for microwave cooking. Do not reheat.

**INGREDIENTS**

COD (*Gadus morhua*) (55%) (**Fish**), Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oil (Rapeseed Oil, Sunflower Oil), Yeast, Salt, **Wheat** Starch, **Wheat** Gluten, Natural Pepper Flavouring.

**ALLERGY ADVICE:** For allergens, including cereals containing gluten, see ingredients in **bold**.

**WARNING:** Although every effort has been made to remove bones, some small bones may remain.

No artificial colours. No artificial flavourings. No artificial preservatives.

Cod (*Gadus morhua*) caught in the North East Atlantic Ocean, (FAO 27, Sub-Area 1a, 2a, 4a, 1b & 2b, Barents Sea (Sub-Area II, Norwegian Sea, Spitzbergen & Bear Island (Sub-Area II). Catch Method: Bottom Trawl.

**NUTRITION**

| TYPICAL VALUES (cooked) | Per 100g |
|---|---|
| Energy | 859kJ/205kcal |
| Fat | 8.3g |
| of which saturates | 1.1g |
| Carbohydrate | 20g |
| of which sugars | 0.7g |
| Fibre | 0.8g |
| Protein | 13g |
| Salt | 0.61g |

IE 807 EC

450g e

**BEST BEFORE END:** See back of pack.

**STORAGE INFORMATION: KEEP FROZEN**

| | | |
|---|---|---|
| Food Freezer* | ★★★★ | Until Best Before End date |
| Star Marked* Frozen Food Compartment of Refrigerator | ★★★ | Until Best Before End date |
| | ★★ | 1 Month |
| | ★ | 1 Week |
| Ice Making Compartment | | 3 Days |
| Refrigerator or other cool place | | 24 Hours |

**DO NOT RE-FREEZE ONCE DEFROSTED**
*Must be -18°C or colder

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Co. Kildare.
www.aldi.ie

Not Yet Recycled

## Battered Cod

SKINLESS COD FILLETS FORMED FROM PIECES OF COD FILLET AND COATED IN A CRISPY BATTER

**DIRECTIONS FOR USE**

Always wash hands, all surfaces and utensils after handling raw fish. Cook from frozen. Remove all packaging.

**OVEN** Place on a baking tray on the top shelf of a preheated oven for the time specified above, or until thoroughly cooked and piping hot throughout. Fan 180°C **22-27** mins, Electric 200°C **22-27** mins, Gas 6 **22-27** mins

Not suitable for microwave cooking. Do not reheat.

**INGREDIENTS**

COD (*Gadus morhua*) (55%) (**Fish**), Water, Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Vegetable Oil (Rapeseed Oil, Palm Oil), **Wheat** Starch, Salt, Maize Flour, **Wheat** Gluten, Natural Pepper Flavouring, Dextrose, Stabiliser: Xanthan Gum.

**ALLERGY ADVICE:** For allergens, including cereals containing gluten, see ingredients in **bold**.

**WARNING:** Although every effort has been made to remove bones, some small bones may remain.

No artificial colours. No artificial flavourings. No artificial preservatives.

Cod (*Gadus morhua*) caught in the North East Atlantic Ocean, (FAO 27, Sub-Area 1a, 2a, 4a, 1b & 2b, Barents Sea (Sub-Area I, Norwegian Sea, Spitzbergen & Bear Island (Sub-Area II). Catch Method: Bottom Trawl.

**BEST BEFORE END:** See back of pack.

**NUTRITION**

| TYPICAL VALUES (cooked) | Per 100g |
|---|---|
| Energy | 932kJ/224kcal |
| Fat | 14g |
| of which saturates | 1.9g |
| Carbohydrate | 12g |
| of which sugars | <0.5g |
| Fibre | 0.7g |
| Protein | 11g |
| Salt | 0.50g |

IE 807 EC

450g e

**STORAGE INFORMATION: KEEP FROZEN**

| | | |
|---|---|---|
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| | ★★ | 1 Month |
| | ★ | 1 Week |
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www.aldi.ie

Not Yet Recycled

## Specially Selected Cooked & Peeled Jumbo King Prawns

COOKED, FROZEN AND PEELED KING PRAWNS IN A PROTECTIVE ICE GLAZE

**DIRECTIONS FOR USE**

Defrost thoroughly at the bottom of the fridge before use and use within 24 hours. Never defrost in a warm room. Do not refreeze once defrosted.

**INGREDIENTS**

**King Prawns** (*Penaeus vannamei*) (**Crustacean**), Salt.

**ALLERGY ADVICE:** For allergens, see ingredients in **bold**.

**WARNING:** Although every effort has been made to remove shell, some small fragments may remain.

**NUTRITION** This pack contains 2 servings.

| TYPICAL VALUES | Per 100g | Per ½ pack (90g) |
|---|---|---|
| Energy | 299kJ/71kcal | 269kJ/64kcal |
| Fat | 0.9g | 0.8g |
| of which saturates | 0.4g | 0.4g |
| Carbohydrate | <0.5g | <0.5g |
| of which sugars | <0.5g | <0.5g |
| Fibre | <0.5g | <0.5g |
| Protein | 16g | 14g |
| Salt | 0.86g | 0.78g |

King prawns farmed in Vietnam.

**BEST BEFORE END:** See front of pack.

**STORAGE INFORMATION: KEEP FROZEN**

| | | |
|---|---|---|
| Food Freezer* | ★★★★ | Until Best Before end date |
| Star Marked* Frozen Food Compartment of Refrigerator | ★★★ | Until Best Before end date |
| | ★★ | 1 Month |
| | ★ | 1 Week |
| Ice Making Compartment | | 3 Days |
| Refrigerator or other cool place | | 24 Hours |

**DO NOT RE-FREEZE ONCE DEFROSTED**
*Must be -18°C or colder

Not Yet Recycled

180g
(Exclusive of ice glaze)

DL200

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ALDI

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Atherstone, Warwickshire CV9 2SH.
Aldi Stores (Ireland) Ltd.,
PO Box 726, Naas, Co. Kildare.
www.aldi.com

## Specially Selected Raw Jumbo King Prawns

RAW, FROZEN, PEELED AND DEVEINED KING PRAWNS IN A PROTECTIVE ICE GLAZE

**DIRECTIONS FOR USE**

Always wash hands, all surfaces and utensils after handling raw crustaceans. Remove all packaging.
Cook from defrost, defrost thoroughly at the bottom of the fridge before use and use within 24 hours. Never defrost in a warm room.
Do not refreeze once defrosted.

**SHALLOW FRY** Add to a well oiled frying pan and cook over a medium heat for 2 - 3 minutes, stirring continuously. **2-3** mins

**GRILL** Place under a preheated moderate/medium grill and cook for approximately 3 minutes on each side, turning once during cooking. **6** mins

**STEAM** Add prawns into a steamer and steam for 2 - 3 minutes. **2-3** mins

As a guide raw prawns turn from grey to pink when cooked.
Ensure product is thoroughly cooked and piping hot throughout.
Do not reheat. Not suitable for microwave cooking.

**INGREDIENTS**

**King Prawns** (*Penaeus vannamei*) (**Crustacean**), Water, Salt.

**ALLERGY ADVICE:** For allergens, see ingredients in **bold**.

**WARNING:** Although every effort has been made to remove shell, some small fragments may remain.

**NUTRITION** This pack contains 2 servings.

| TYPICAL VALUES (cooked) | Per 100g | Per ½ pack (approx. 76g) |
|---|---|---|
| Energy | 309kJ/73kcal | 236kJ/56kcal |
| Fat | 0.8g | 0.6g |
| of which saturates | 0.3g | 0.3g |
| Carbohydrate | <0.5g | <0.5g |
| of which sugars | <0.5g | <0.5g |
| Fibre | <0.5g | <0.5g |
| Protein | 16g | 12g |
| Salt | 0.89g | 0.68g |

King Prawns farmed in Vietnam.

**BEST BEFORE END:** See front of pack.

**STORAGE INFORMATION: KEEP FROZEN**

| | | |
|---|---|---|
| Food Freezer* | ★★★★ | Until Best Before end date |
| Star Marked* Frozen Food Compartment of Refrigerator | ★★★ | Until Best Before end date |
| | ★★ | 1 Month |
| | ★ | 1 Week |
| Ice Making Compartment | | 3 Days |
| Refrigerator or other cool place | | 24 Hours |

**DO NOT RE-FREEZE ONCE DEFROSTED**
*Must be -18°C or colder

## Chicken Nuggets

| NUTRITION | This pack contains 5 servings. |
|---|---|
| TYPICAL VALUES (oven cooked) | Per 100g / Per 6 nuggets (78g) |
| Energy | 1057kJ/253kcal / 828kJ/198kcal |
| Fat | 15g / 11g |
| of which saturates | 2.9g / 2.2g |
| Carbohydrate | 16g / 12g |
| of which sugars | 1.0g / 0.8g |
| Fibre | 1.4g / 1.1g |
| Protein | 14g / 11g |
| Salt | 0.63g / 0.49g |

**STORAGE INFORMATION: KEEP FROZEN**

| | | |
|---|---|---|
| Food Freezer** | ★★★★ | Until Best Before End date |
| Star Marked** Frozen Food Compartment of Refrigerator | ★★★ | Until Best Before End date |
| | ★★ | 1 Month |
| | ★ | 1 Week |
| Ice Making Compartment | | 3 Days |

**DO NOT RE-FREEZE ONCE DEFROSTED**
**Must be -18°C or colder

**CHOPPED AND SHAPED CHICKEN BREAST IN A CRISPY BREADCRUMB COATING**

**DIRECTIONS FOR USE:** Cook from frozen. Remove all packaging.

Always wash hands, all surfaces and utensils after handling raw poultry.

**OVEN** Place on a baking tray on the middle shelf of a preheated oven for the time specified. Fan 200°C **13-16** mins, Electric 200°C **15-18** mins, Gas 6 **15-18** mins

**GRILL** Place under a preheated medium grill and cook for approximately 15-20 minutes, turning occasionally. **15-20** mins

Ensure product is thoroughly cooked and piping hot throughout. Do not reheat. Not suitable for microwave cooking.

**INGREDIENTS**

CHICKEN BREAST (60%), Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Pea Fibre, Pea Starch, Salt, Dextrose, Yeast, **Wheat** Gluten, Garlic Powder, Flavouring, Black Pepper, Onion Powder, Paprika, Colour: Paprika Extract, Black Pepper Extract.

**ALLERGY ADVICE:** For allergens, including cereals containing gluten, see ingredients in **bold**. May also contain milk.

**WARNING:** Although every effort has been made to remove bones, some small bones may remain.
No artificial colours, flavourings or preservatives.

Produced using EU chicken.

450g

## Chicken Dippers

| NUTRITION | This pack contains 4 servings. |
|---|---|
| TYPICAL VALUES (oven cooked) | Per 100g / Per 6 dippers (97g) |
| Energy | 973kJ/233kcal / 940kJ/225kcal |
| Fat | 13g / 13g |
| of which saturates | 2.5g / 2.4g |
| Carbohydrate | 15g / 15g |
| of which sugars | 0.9g / 0.9g |
| Fibre | 1.6g / 1.5g |
| Protein | 13g / 12g |
| Salt | 0.76g / 0.73g |

**STORAGE INFORMATION: KEEP FROZEN**

| | | |
|---|---|---|
| Food Freezer** | ★★★★ | Until Best Before End date |
| Star Marked** Frozen Food Compartment of Refrigerator | ★★★ | Until Best Before End date |
| | ★★ | 1 Month |
| | ★ | 1 Week |
| Ice Making Compartment | | 3 Days |

**DO NOT RE-FREEZE ONCE DEFROSTED**
**Must be -18°C or colder

**CHOPPED AND SHAPED CHICKEN BREAST COATED IN A CRISPY BATTER**

**DIRECTIONS FOR USE:** Cook from frozen. Remove all packaging.

Always wash hands, all surfaces and utensils after handling raw poultry.

**OVEN** Place on a baking tray on the middle shelf of a preheated oven for the time specified. Fan 200°C **12-15** mins, Electric 200°C **15-18** mins, Gas 6 **15-18** mins

**GRILL** Place under a preheated medium grill and cook for approximately 15-20 minutes, turning occasionally. **15-20** mins

Ensure product is thoroughly cooked and piping hot throughout. Do not reheat. Not suitable for microwave cooking.

**INGREDIENTS**

CHICKEN BREAST (50%), Water, Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Rapeseed Oil, Pea Starch, Pea Fibre, Salt, **Wheat** Gluten, Yeast, Maize Flour, Maize Starch, Flavouring, Potato Starch, Dextrose, **Wheat** Starch, Garlic Powder, Raising Agents: Sodium Carbonates, Diphosphates; White Pepper.

**ALLERGY ADVICE:** For allergens, including cereals containing gluten, see ingredients in **bold**. May also contain milk.

**WARNING:** Although every effort has been made to remove bones, some small bones may remain.
No artificial colours, flavourings or preservatives.

Produced using EU chicken.

450g

## Chicken Fillet Goujons

**MARINATED CHICKEN BREAST FILLET STRIPS WITH ADDED WATER AND PEA STARCH, COATED IN BATTER AND BREADCRUMBS**

**DIRECTIONS FOR USE**

Always wash hands, all surfaces and utensils after handling raw poultry. Cook from frozen. Remove all packaging.

**OVEN** Place on a baking tray on the middle shelf of a preheated oven for the time specified, turning once during cooking.

Fan 200°C **16-18** mins
Electric 200°C **18-20** mins
Gas 6 **18-20** mins

**DEEP FRY:** Fry in hot oil (190°C) for 4-5 minutes or until crispy and golden. Drain well before serving.

Ensure that the product is thoroughly cooked and piping hot throughout and no pink meat remains. Do not reheat. Not suitable for microwave cooking.

**INGREDIENTS**

CHICKEN BREAST FILLET (51%), Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Maize Flour, **Wheat** Gluten, Dextrose, Yeast, Xylose, Salt, Pea Starch, Garlic Powder, Sunflower Oil, Black Pepper, Stabilisers: Triphosphates, Polyphosphates, Diphosphates; Paprika, Paprika Extract, Flour Treatment Agent: Ascorbic Acid.

**ALLERGY ADVICE:** For allergens, see ingredients in **bold**.
May also contain milk.
**WARNING:** Although every effort has been made to remove bones, some small bones may remain.
**WARNING:** To avoid danger of suffocation, keep this wrapper away from babies and small children.
No artificial flavourings or preservatives.
Produced in Ireland using EU and non-EU chicken.

**NUTRITION** This pack contains approx. 4 servings.

| TYPICAL VALUES (oven cooked) | Per 100g | Per 3 goujons (approx. 82g) |
|---|---|---|
| Energy | 969kJ/231kcal | 794kJ/189kcal |
| Fat | 10g | 8.3g |
| of which saturates | 1.4g | 1.1g |
| Carbohydrate | 18g | 15g |
| of which sugars | 1.6g | 1.3g |
| Fibre | 1.4g | 1.1g |
| Protein | 16g | 13g |
| Salt | 0.55g | 0.45g |

**BEST BEFORE END:** See back of pack.

**STORAGE INFORMATION: KEEP FROZEN**

| | | |
|---|---|---|
| Food Freezer* | ★★★★ | Until Best Before End date |
| Star Marked* Frozen Food Compartment of Refrigerator | ★★★<br>★★<br>★ | Until Best Before End date<br>1 Month<br>1 Week |
| Ice Making Compartment | | 3 Days |
| Refrigerator or other cool place | | 24 Hours |

**DO NOT RE-FREEZE ONCE DEFROSTED**
*Must be -18°C or colder

380g

## Chicken Fillet Burgers

**MARINATED CHICKEN BREAST FILLET WITH ADDED WATER AND PEA STARCH, COATED IN BATTER AND BREADCRUMBS**

**DIRECTIONS FOR USE:** Cook from frozen.

Always wash hands, all surfaces and utensils after handling raw poultry. Remove all packaging.

**OVEN** Place on a baking tray on the middle shelf of a preheated oven for the time specified, turning once during cooking.

Fan 200°C **23-28** mins
Electric 200°C **25-30** mins
Gas 6 **25-30** mins

Ensure that the product is thoroughly cooked and piping hot throughout and no pink meat remains. Do not reheat. Not suitable for microwave cooking.

**NUTRITION** This pack contains approx. 4 burgers.

| TYPICAL VALUES (cooked) | Per 100g | Per burger (approx. 90g) |
|---|---|---|
| Energy | 1013kJ/242kcal | 912kJ/217kcal |
| Fat | 11g | 9.7g |
| of which saturates | 1.4g | 1.3g |
| Carbohydrate | 20g | 18g |
| of which sugars | 1.4g | 1.3g |
| Fibre | 1.3g | 1.2g |
| Protein | 16g | 14g |
| Salt | 0.56g | 0.50g |

**INGREDIENTS**

CHICKEN BREAST FILLET (50%), Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Maize Flour, **Wheat** Gluten, Dextrose, Yeast, Salt, Xylose, Pea Starch, Garlic Powder, Sunflower Oil, Black Pepper, Stabilisers: Triphosphates, Polyphosphates, Diphosphates; Paprika, Paprika Extract, Flour Treatment Agent: Ascorbic Acid.

**ALLERGY ADVICE:** For allergens, see ingredients in **bold**.
May also contain **milk**.
**WARNING:** Although every effort has been made to remove bones some small bones may remain.
**WARNING:** To avoid danger of suffocation, keep this wrapper away from babies and small children.
No artificial flavourings or preservatives.
Produced in Ireland using EU and non-EU chicken.

400g

**STORAGE INFORMATION: KEEP FROZEN**

| | | |
|---|---|---|
| Food Freezer* | ★★★★ | Until Best Before End date |
| Star Marked* Frozen Food Compartment of Refrigerator | ★★★<br>★★<br>★ | Until Best Before End date<br>1 Month<br>1 Week |
| Ice Making Compartment | | 3 Days |
| Refrigerator or other cool place | | 24 Hours |

**DO NOT RE-FREEZE ONCE DEFROSTED**
*Must be -18°C or colder

## Crispy Shredded Chicken

**MARINATED CHICKEN BREAST FILLET STRIPS WITH ADDED WATER, COATED IN A LIGHT GOLDEN BATTER AND BREADCRUMB, WITH A HINT OF SPICE**

**DIRECTIONS FOR USE**

Always wash hands, all surfaces and utensils after handling raw poultry. Remove all packaging.

**OVEN** Place on a baking tray on the middle shelf of a preheated oven for the time specified, turning once during cooking.

Fan 200°C **14-17** mins
Electric 200°C **15-18** mins
Gas 6 **15-18** mins

Ensure product is thoroughly cooked and piping hot throughout, no pink meat remains and the juices run clear. Do not reheat. Not suitable for microwave cooking.

**INGREDIENTS**

CHICKEN BREAST FILLET (60%), Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, **Wheat** Starch, Red Lentil Flour, Salt, **Wheat** Gluten, Yeast Extract, Dextrose, Garlic Powder, Sunflower Oil, Raising Agents: Diphosphates, Sodium Carbonates, Ammonium Carbonates; Black Pepper, Sugar, White Pepper, Onion Powder, Capsicum Extract, Garlic Extract, Cayenne Chilli Powder, Paprika, Black Pepper Extract, Colour: Paprika Extract.

**ALLERGY ADVICE:** For allergens, see ingredients in **bold**.
May also contain milk.
**WARNING:** Although every effort has been made to remove bones, some small bones may remain.
**WARNING:** To avoid danger of suffocation, keep this wrapper away from babies and small children.
No artificial colours, preservatives or flavourings.
Produced in Ireland using EU and non EU chicken.

380g

**NUTRITION** This pack contains 3 servings.

| TYPICAL VALUES (cooked) | Per 100g | Per 1/3 pack (114g) |
|---|---|---|
| Energy | 1157kJ/276kcal | 1318kJ/315kcal |
| Fat | 14g | 16g |
| of which saturates | 1.8g | 2.1g |
| Carbohydrate | 20g | 23g |
| of which sugars | <0.5g | <0.5g |
| Fibre | 1.3g | 1.5g |
| Protein | 17g | 20g |
| Salt | 1.0g | 1.1g |

**BEST BEFORE END:** See back of pack.

**STORAGE INFORMATION: KEEP FROZEN**

| | | |
|---|---|---|
| Food Freezer* | ★★★★ | Until Best Before End date |
| Star Marked* Frozen Food Compartment of Refrigerator | ★★★<br>★★<br>★ | Until Best Before End date<br>1 Month<br>1 Week |
| Ice Making Compartment | | 3 Days |
| Refrigerator or other cool place | | 24 Hours |

**DO NOT RE-FREEZE ONCE DEFROSTED**
*Must be -18°C or colder

## Ham & Cheese Jambons

**DIRECTIONS FOR USE**

All appliances vary, the following are guidelines only. Remove all packaging. Cook from frozen.

**OVEN** Place pastry on baking tray 1cm apart. Place baking tray on the middle shelf of a preheated oven for the time specified.

Fan 200°C **23** mins
Electric 220°C **23** mins
Gas 6 **23** mins

Ensure product is thoroughly cooked and piping hot throughout. Do not reheat. Not suitable for microwave cooking.

**INGREDIENTS**

Puff Pastry (Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Margarine (Palm Oil, Water, Rapeseed Oil, Salt, Emulsifier: Mono- and Diglycerides of Fatty Acids), Water, Flavouring, Colour: Carotenes), Water, DICED FORMED HAM WITH ADDED WATER (13%) (Pork, Water, Potato Starch, Salt, Dextrose, Glucose Syrup, Stabilisers: Diphosphates, Triphosphates; Antioxidant: Sodium Ascorbate; Preservative: Sodium Nitrite), EMMENTAL CHEESE (5%) (**Milk**), Modified Potato Starch, Palm Oil, Glaze (Water, Rapeseed Oil, Cornflour, Vegetable Protein, Sugar, Tapioca Starch), Whey Powder (**Milk**), Skimmed **Milk** Powder, Glucose Syrup, **Wheat** Starch, Salt, Flavourings (contains **Milk**, **Wheat**), **Milk** Protein, **Wheat** Fibre, Cheese Powder (**Milk**), Dried **Egg**, Yeast Extract, Concentrated Lemon Juice, Maltodextrin, Turmeric Extract.

**ALLERGY ADVICE:** For allergens, see ingredients in **bold**.
**WARNING:** Although every care has been made to remove bones, some small bones may remain.

**NUTRITION** This pack contains 2 jambons.

| TYPICAL VALUES (Cooked) | Per 100g | Per Jambon (99g) |
|---|---|---|
| Energy | 1335kJ/320kcal | 1322kJ/317kcal |
| Fat | 20g | 20g |
| of which saturates | 9.7g | 9.6g |
| Carbohydrate | 26g | 25g |
| of which sugars | 2.3g | 2.2g |
| Fibre | 2.0g | 2.0g |
| Protein | 8.3g | 8.2g |
| Salt | 1.2g | 1.2g |

**STORAGE INFORMATION: KEEP FROZEN**

| | | |
|---|---|---|
| Food Freezer* | ★★★★ | Until Best Before date |
| Star Marked* Frozen Food Compartment of Refrigerator | ★★★<br>★★<br>★ | Until Best Before date<br>1 Month<br>1 Week |
| Ice Making Compartment | | 3 Days |
| Refrigerator or other cool place | | 24 Hours |

**DO NOT RE-FREEZE ONCE DEFROSTED**
*Must be -18°C or colder

220g

## Milk Chocstick

**BOURBON VANILLA FLAVOURED ICE CREAM LOLLIES COVERED WITH MILK CHOCOLATE**

**INGREDIENTS**

Skimmed **Milk**, MILK CHOCOLATE (26%) (Sugar, Cocoa Butter, Cocoa Mass, Whey Powder (**Milk**), **Milk** Fat, Skimmed **Milk** Powder, Emulsifiers: Lecithins (Sunflower), Polyglycerol Polyricinoleate; Natural Vanilla Flavouring), Whey Protein Concentrate (**Milk**), Glucose Syrup, Coconut Oil, Sugar, Skimmed **Milk** Powder, Emulsifier: Mono- and Diglycerides of Fatty Acids; Plant Extract (Carrot Concentrate), Stabilisers: Locust Bean Gum, Guar Gum; Natural Bourbon Vanilla Flavouring, Ground Extracted Vanilla Pod.

**ALLERGY ADVICE:** For allergens, see ingredients in **bold**.
May also contain nuts.
**DIETARY ADVICE:** Suitable for vegetarians.
No artificial colours or flavourings.

**NUTRITION** This pack contains 4 lollies.

| TYPICAL VALUES | Per 100g | Per lolly (79g) |
|---|---|---|
| Energy | 1234kJ/296kcal | 975kJ/234kcal |
| Fat | 18g | 14g |
| of which saturates | 14g | 11g |
| Carbohydrate | 30g | 24g |
| of which sugars | 23g | 18g |
| Fibre | 1.0g | 0.8g |
| Protein | 3.4g | 2.7g |
| Salt | 0.14g | 0.11g |

**BEST BEFORE END:** See side of pack.

**STORAGE INFORMATION: KEEP FROZEN**

| | | |
|---|---|---|
| Food Freezer | ★★★★ | Until Best Before End date |
| Star Marked* | ★★★ | Until Best Before End date |

**DO NOT RE-FREEZE ONCE DEFROSTED**
*Must be -18°C or colder

This product supports responsible cocoa farming. UTZ certified cocoa is grown with care for people and the environment. www.utz.org

316g 440ml

## Almond Chocstick

**BOURBON VANILLA FLAVOURED ICE CREAM LOLLIES COVERED WITH MILK CHOCOLATE AND CHOPPED ALMONDS**

**INGREDIENTS**

Skimmed **Milk**, MILK CHOCOLATE (30%) (Sugar, Cocoa Butter, Skimmed **Milk** Powder, **Milk** Fat, Cocoa Mass, Whey Powder (**Milk**), Emulsifiers: Lecithins (Sunflower), Polyglycerol Polyricinoleate; Flavouring), Whey Protein Concentrate (**Milk**), Glucose Syrup, Coconut Oil, CHOPPED **ALMONDS** (5%), Sugar, Skimmed **Milk** Powder, Emulsifier: Mono- and Diglycerides of Fatty Acids; Plant Extract (Carrot Concentrate), Stabilisers: Locust Bean Gum, Guar Gum; Natural Bourbon Vanilla Flavouring, Ground Extracted Vanilla Pod.

**ALLERGY ADVICE:** For allergens, see ingredients in **bold**.
May also contain other nuts.
**DIETARY ADVICE:** Suitable for vegetarians.
No artificial colours or flavourings.

**NUTRITION** This pack contains 4 lollies.

| TYPICAL VALUES | Per 100g | Per lolly (73g) |
|---|---|---|
| Energy | 1426kJ/342kcal | 1041kJ/250kcal |
| Fat | 22g | 16g |
| of which saturates | 15g | 11g |
| Carbohydrate | 31g | 23g |
| of which sugars | 25g | 18g |
| Fibre | 1.1g | 0.8g |
| Protein | 4.6g | 3.4g |
| Salt | 0.14g | 0.10g |

**BEST BEFORE END:** See side of pack.

**STORAGE INFORMATION: KEEP FROZEN**

| | | |
|---|---|---|
| Food Freezer* | ★★★★ | Until Best Before End date |
| Star Marked* | ★★★ | Until Best Before End date |

**DO NOT RE-FREEZE ONCE DEFROSTED**
*Must be -18°C or colder

This product supports responsible cocoa farming. UTZ certified cocoa is grown with care for people and the environment. www.utz.org

292g 400ml

## Specially Selected Chunky Chips

COATED AND PRE-FRIED CHUNKY OVEN CHIPS

**DIRECTIONS FOR USE:** Remove all packaging.

**OVEN** Place one layer of chips on a baking tray on the middle shelf of a preheated oven for the time specified, turning halfway through cooking time.

Fan 200°C **25-30** mins
Electric 220°C **25-30** mins
Gas 7 **25-30** mins

Ensure product is thoroughly cooked and piping hot throughout.
Do not reheat. Not suitable for microwave cooking.

**INGREDIENTS**

POTATO (90%), SEASONING (6%) (**Wheat** Starch, Rice Flour, **Wheat** Flour, Salt, Thickener: Xanthan Gum; Yeast Extract, Raising Agents: Diphosphates, Sodium Carbonates; Dextrose), SUNFLOWER **OIL** (4%), Stabiliser: Diphosphates.

**ALLERGY ADVICE:** For allergens, including cereals containing gluten, see ingredients in **bold**.
**DIETARY ADVICE:** Suitable for vegetarians.

**NUTRITION**

| TYPICAL VALUES (cooked) | Per 100g |
|---|---|
| Energy | 620kJ/147kcal |
| Fat | 3.3g |
| of which saturates | 0.4g |
| Carbohydrate | 25g |
| of which sugars | <0.5g |
| Fibre | 2.1g |
| Protein | 2.8g |
| Salt | 0.44g |

**BEST BEFORE:** See back of pack.

**STORAGE INFORMATION: KEEP FROZEN**

| | | |
|---|---|---|
| Food Freezer* | ★★★★ | Until Best Before date |
| Star Marked* Frozen Food Compartment of Refrigerator | ★★★ | Until Best Before date |
| | ★★ | 1 Month |
| | ★ | 1 Week |
| Ice Making Compartment | | 3 Days |
| Refrigerator or other cool place | | 24 Hours |

**DO NOT RE-FREEZE ONCE DEFROSTED**
*Must be -18°C or colder

Produced in Belgium using British potatoes.

**WARNING** To avoid danger of suffocation, keep this wrapper away from babies and small children.

1.5kg e

## Specially Selected Sweet Potato Fries

SWEET POTATO CHIPS - COATED AND PRE-FRIED OVEN CHIPS

**DIRECTIONS FOR USE**

Remove all packaging.

**OVEN** Place a single layer of sweet potato chips on a baking tray on the middle shelf of a preheated oven for the time specified, or until golden yellow, ensuring not to overcook. Ensure product is thoroughly cooked and piping hot throughout. Do not reheat. Not suitable for microwave cooking.

Fan 200°C
Electric 200°C **23-26** mins
Gas 6

**INGREDIENTS**

**SWEET POTATOES (90%), Fully Refined Soybean Oil, Potato Starch, Rice Flour, Maize Starch, Dextrin, Salt, Thickener: Xanthan Gum; Raising Agents: Sodium Carbonates, Diphosphates; Colour: Paprika Extract.**

**DIETARY ADVICE: Suitable for vegetarians.**
**No artificial colours or flavourings.**
**Gluten-Free.**

**NUTRITION** This pack contains 5 servings.

| TYPICAL VALUES (cooked) | Per 100g |
|---|---|
| Energy | 916kJ/219kcal |
| Fat | 8.5g |
| of which saturates | 1.7g |
| Carbohydrate | 31g |
| of which sugars | 9.5g |
| Fibre | 4.5g |
| Protein | 2.5g |
| Salt | 0.51g |

**STORAGE INFORMATION: KEEP FROZEN**

| | | |
|---|---|---|
| Food Freezer* | ★★★★ | Until Best Before date |
| Star Marked* | ★★★ | Until Best Before date |
| Frozen Food Compartment of Refrigerator | ★★ | 1 Month |
| | ★ | 1 Week |
| Ice Making Compartment | | 3 Days |

**DO NOT RE-FREEZE ONCE DEFROSTED**
*Must be -18°C or colder

## Specially Selected Organic Garden Peas

QUICK-FROZEN ORGANIC GARDEN PEAS

**DIRECTIONS FOR USE:** Remove all packaging.

Cook from frozen.

**MICROWAVE**

| | | | |
|---|---|---|---|
| 750W | **2 1/2** mins | stir and re-cover | **2** mins |
| 850W | **2 1/4** mins | | **2** mins |
| 1000W | **2** mins | | **2** mins |

Place 200g of frozen peas into a non-metallic container. Cover with microwavable film or a saucer. Heat on full power for the time specified above, stir and re-cover as directed. Stand for 1 minute.

**CAUTION:** Beware of escaping steam when removing film or saucer. Handle carefully to avoid scalding.

**BOIL** Place the required amount of frozen peas into sufficient boiling water to cover. Bring back to the boil and simmer for 2 – 3 minutes. Drain and season to taste. **2-3** mins

Ensure product is thoroughly cooked and piping hot throughout. Do not reheat.

**INGREDIENTS**

ORGANIC GARDEN PEAS (100%).

**WARNING:** To avoid danger of suffocation, keep this wrapper away from babies and small children. Do not eat raw.

Not Yet Recycled

500g e

If you are not entirely satisfied with this product please return it to the store where it was purchased and we will be pleased to replace or refund it. This does not affect your statutory rights.

ALDI

**SPECIALLY PRODUCED FOR:**
Aldi Stores (Ireland) Ltd.,
PO Box 726, Naas, Co. Kildare.
**Visit us at www.aldi.ie**

**NUTRITION** This pack contains approx. 6 servings.

| TYPICAL VALUES (cooked) | Per 100g | Per serving (80g) |
|---|---|---|
| Energy | 354kJ/84kcal | 283kJ/67kcal |
| Fat | 0.7g | 0.6g |
| of which saturates | 0.1g | 0.1g |
| Carbohydrate | 11g | 9.0g |
| of which sugars | 5.9g | 4.7g |
| Fibre | 5.5g | 4.4g |
| Protein | 5.5g | 4.4g |
| Salt | <0.01g | <0.01g |

**STORAGE INFORMATION: KEEP FROZEN**

| | | |
|---|---|---|
| Food Freezer* | ★★★★ | Until Best Before End date |
| Star Marked* | ★★★ | Until Best Before End date |
| Frozen Food Compartment of Refrigerator | ★★ | 1 Month |
| | ★ | 1 Week |
| Ice Making Compartment | | 3 Days |
| Refrigerator or other cool place | | 24 Hours |

**DO NOT RE-FREEZE ONCE DEFROSTED**
*Must be -18°C or colder

Best Before End:

KEEP FROZEN

40866001363 94

## Country Mix Vegetables

**A MIX OF BABY CARROTS, BROCCOLI FLORETS AND CAULIFLOWER FLORETS**

**DIRECTIONS FOR USE** Cook from frozen. Remove all packaging.

**BOIL** Place the required amount of vegetables into sufficient boiling water to cover. Bring back to the boil and simmer for 4 - 5 minutes. Drain and season to taste. **4-5** minutes

**MICROWAVE** Place 200g of vegetables into a non-metallic microwaveable container and add 2 - 3 tablespoons water. Cover with microwaveable film (pierce several times) or a saucer. Cook on full power for the time specified above, stir and re-cover as directed. Stir before serving.

| | | | |
|---|---|---|---|
| D/850W | **2** minutes | stir and re-cover | **1½** minutes |
| C/750W | **2** minutes **30** seconds | | **2½** minutes |
| E/1000W | **1** minutes | | **1½** minutes |

**CAUTION:** Beware of escaping steam when removing film or saucer. Handle carefully to avoid scalding.
Ensure product is thoroughly cooked and piping hot throughout. Do not reheat.
**WARNING:** To avoid danger of suffocation, keep this wrapper away from babies and small children. Do not eat raw.

**NUTRITION** This pack contains approx. 12 servings.

| TYPICAL VALUES (boiled) | Per 100g | Per serving (80g) |
|---|---|---|
| Energy | 128kJ/30kcal | 102kJ/24kcal |
| Fat | 0.6g | <0.5g |
| of which saturates | 0.1g | 0.1g |
| Carbohydrate | 3.6g | 2.9g |
| of which sugars | 2.7g | 2.2g |
| Fibre | 1.6g | 1.2g |
| Protein | 1.9g | 1.5g |
| Salt | 0.03g | 0.02g |

**INGREDIENTS**

BABY CARROTS (34%), BROCCOLI (33%), CAULIFLOWER (33%).

1kg e

**STORAGE INFORMATION: KEEP FROZEN**

| | | |
|---|---|---|
| FOOD FREEZER* | ★★★★ | UNTIL BEST BEFORE END DATE |
| STAR MARKED* FROZEN FOOD COMPARTMENT OF REFRIGERATOR | ★★★ | UNTIL BEST BEFORE END DATE |
| | ★★ | 1 MONTH |
| | ★ | 1 WEEK |
| ICE MAKING COMPARTMENT | | 3 DAYS |
| REFRIGERATOR OR OTHER COOL PLACE | | 24 HOURS |

**DO NOT RE-FREEZE ONCE DEFROSTED**
*MUST BE -18°C OR COLDER

**Best Before End:** See back of pack.
*80g of this product will provide one of your five daily portions of fruit and vegetables. Source of Fibre.

## Irish Raspberry Ripple Dairy Ice Cream Tub

**VANILLA FLAVOURED ICE CREAM WITH SWIRLS OF RASPBERRY SAUCE**

**INGREDIENTS:** Reconstituted Skimmed **Milk** Powder, Sugar, CREAM (10%) (**Milk**), RASPBERRY SAUCE (5%) (Sugar, Water, RASPBERRY PURÉE (20%), Modified Maize Starch, Acid: Citric Acid; Colour: Anthocyanins; Stabiliser: Pectin), Vegetable Oils (Palm Oil, Palm Kernel Oil), Glucose Syrup, Whey Powder (**Milk**), Emulsifier: Mono- and Diglycerides of Fatty Acids; Stabilisers: Guar Gum, Xanthan Gum, Locust Bean Gum; Flavouring.
**ALLERGY ADVICE:** For allergens, see ingredients in **bold**. May also contain nuts.
**DIETARY ADVICE:** Suitable for vegetarians.
No artificial colours or flavourings.

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**STORAGE INFORMATION: KEEP FROZEN**

| | | |
|---|---|---|
| Food Freezer* | ★★★★ | Until Best Before End date |
| Star Marked* Frozen Food Compartment of Refrigerator | ★★★ | Until Best Before End date |
| | ★★ | 1 Month |
| | ★ | 1 Week |

**DO NOT RE-FREEZE ONCE DEFROSTED**
*Must be -18°C or colder

**NUTRITION** This pack contains 10 (46g) scoops.

| TYPICAL VALUES | Per 100g | Per scoop (46g) |
|---|---|---|
| Energy | 771kJ/184kcal | 355kJ/85kcal |
| Fat | 8.9g | 4.1g |
| of which saturates | 5.6g | 2.6g |
| Carbohydrate | 23g | 11g |
| of which sugars | 20g | 9.4g |
| Fibre | <0.5g | <0.5g |
| Protein | 2.4g | 1.1g |
| Salt | 0.09g | 0.04g |

**BEST BEFORE END :** See side of tub.
KEEP FROZEN. Produced in Ireland.
Made in Ireland with Pure Irish Cream.
If you are not entirely satisfied with this product please return it to the store where it was purchased and we will be pleased to replace or refund it. This does not affect your statutory rights.