

OK FOODS

Our Savoury Selections

Savoury Product List	
Individual Portions: Meat and Fish	
Chicken Timbale	Dysphagic C
Lamb Timbale	Dysphagic C
Pork Timbale	Dysphagic C
Beef Timbale	Dysphagic C
Turkey Timbale	Dysphagic C
Fish Timbale	Dysphagic C
Individual Portions: Veg	
Cauliflower Timbale	Dysphagic C
Carrot Timbale	Dysphagic C
Sweetcorn Timbale	Dysphagic C
Pea Timbale	Dysphagic C
Broccoli Timbale	Dysphagic C
Mixed Veg Timbale	Dysphagic C
Individual Portions: Meat and Fish	
Moroccan Savoury Lamb Mince	Dysphagic B
Chicken Korma	Dysphagic B
Red Thai beef curry	Dysphagic B
Fish Pie	Dysphagic B
Creamy pork with apple	Dysphagic B
Christmas Turkey (with Bacon and Pork)	Dysphagic B
Individual Portions: Veg	
Cauliflower Puree	Dysphagic B
Carrot puree	Dysphagic B
Sweetcorn puree	Dysphagic B
Pea puree	Dysphagic B
Broccoli puree	Dysphagic B
Mixed Veg puree	Dysphagic B

Key to abbreviations used:

GF=gluten-free, MF=meat-free, NF=nut-free, EF=egg free

Our Products are Bursting with Flavour!

40g vegetable moulded shapes; 40 and 80g protein moulded shapes

Flash Frozen, Ready to Heat

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Combinations: Meat and Fish	
Fish Meal, Dual Compartment 250g	Dys B & D
Fish Pie with mixed vegetables	Dys B & D
Chicken Meal Dual Compartment 250g	Dys B & D
Chicken Korma with mash	Dys B & D
Lamb Meal, Dual Compartment	Dys B & D
Aloo Keema Mutta with rice	Dys B & D
Pork Meal, Dual Compartment 250g	Dys B & D
Creamy pork with apple with mash	Dys B & D
Turkey Meal, Dual Compartment 250g	Dys B & D
Christmas turkey with mixed vegetables	Dys B & D
Beef Meal Dual Compartment 250g	Dys B & D
Red Thai Beef curry with Rice	
Combinations: Veg	
Vegetable meal, Dual Compartment 250g	Dys D
Mild lentil curry with rice	Dys D
Vegetable meal, Dual Compartment 250g	Dys D
Ratatouille with chick peas and sauté potato	Dys D
Vegetable meal, Dual Compartment 250g	Dys D
Vegetable hot pot with Cheese with mash	
Allergen-free Meals	
Dual Compartment 250g	Dys D
Pasta Bolognese with peas	GF, NF, EF
Dual Compartment 250g	
Beef and baked bean risotto with mixed veg	Dys D
	GF, NF, EF
Dual Compartment 250g	
Lentil curry with rice	Dys D
	GF, MF, NF, EF
Pasta Bolognese	EF
Moroccan Savoury Lamb Mince with Rice	GF, EF,
Spanish Omelette	GF
Beef lasagne	EF
Macaroni Bolognese	EF
Vegetable Crumble with a Cheesey Crust	EF
Cowboy-style Beef Mince with rice	GF, EF
Vegetable lasagne	
Chicken and Potato Pie with peas	EF

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Baby Puree Meals	
Cottage Pie with Peas	
Lemon Chicken and Pea Risotto	
Apple, Parsnip and Potato	
Infant Purees - 4 months to 1 year	
Peach and Banana	GF, EF
Caribbean Pineapple Whiz	GF, EF
Apple and Pear	GF, EF

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