



# 100 KCAL SNACKS

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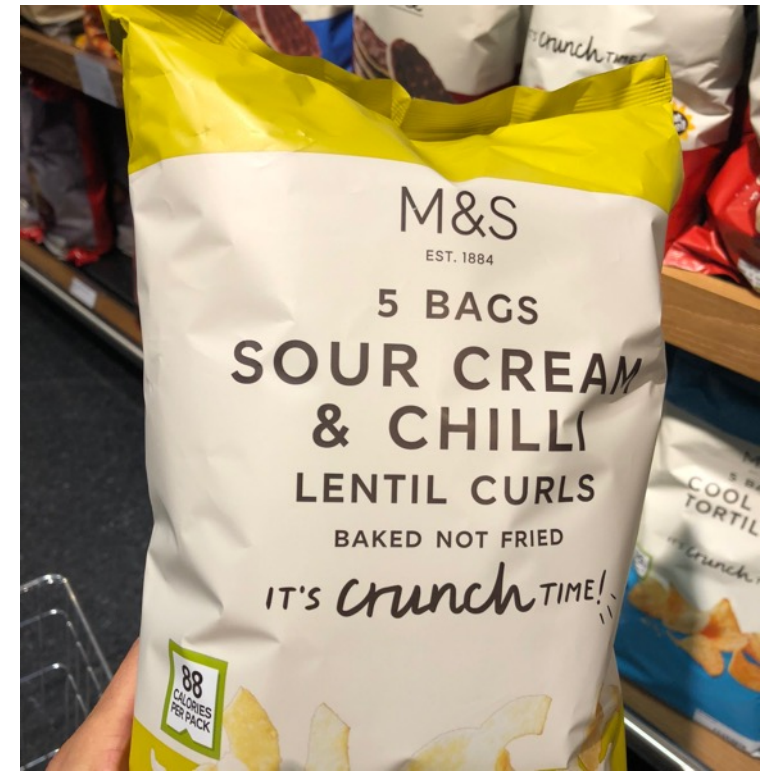
## AND

# LOW CALORIE READY MEALS

purely calories not necessarily healthy



















M&S  
EST. 1884

TAKEAWAY  
MAIN

# TASTE THAILAND

## Chicken Panang Curry

Marinated chicken in a fragrant coconut & lime curry with roasted spiced vegetables and fresh coriander



**SERVING SUGGESTION**  
Serves 2 - half pack provides

Energy	Fat	Saturates	Sugars	Salt
1078kJ 259kcal	17.0g	7.2g	7.0g	1.68g
13%	24%	36%	8%	28%

TAKEAWAY  
MAIN

# TASTE THAILAND

## Fragrant Beef Curry

Tender beef in a fragrant coconut, tomato & tamarind curry topped with roasted spiced potatoes



**SERVING SUGGESTION**  
Serves 2 - half pack provides

Energy	Fat	Saturates	Sugars	Sa
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M&S  
EST. 1884



# COUNT ON US™

## haddock mornay

with fluffy mash and peas

**323 CALORIES PER PACK**

**READY TO COOK**

Serves 1 - this pack provides

Energy	Fat	Saturates	Sugars	Salt
1357kJ 323kcal	7.6g	4.6g	7.2g	1.33g
16%	11%	23%	8%	22%

of your Reference Intake per 100g Energy 357kJ/85kcal

USE BY  
04/08/2018  
062801 09432

eat well

forever fish  
1 a pack  
suitable for



M&S  
EST. 1884

**COUNT ON US™**  
fish pie  
with pollock, prawns and  
Lochmuir™ salmon

**320**  
CALORIES  
PER PACK

**eat well**

**READY TO COOK**

Serves 1 - this pack provides

Energy	Fat	Saturates	Sugars	Salt
1349kJ 320kcal	6.4g	2.4g	2.8g	1.50g
16%	9%	12%	3%	25%

of your Reference intake  
per 100g Energy 337kJ/80kcal

**forever fish**

oven only

suitable for freezing

USE BY  
06/08/2018  
023001 16137

M&S  
EST. 1884

**COUNT ON US™**  
chicken in creamy  
mushroom sauce  
with baby potatoes  
and green beans

**281**  
CALORIES  
PER PACK

**eat well**

**READY TO COOK**

Serves 1 - this pack provides

Energy	Fat	Saturates	Sugars	Salt
1184kJ 281kcal	5.9g	2.6g	3.3g	3.3g
14%	8%	13%	4%	14%

of your Reference intake  
per 100g Energy 320kJ/76kcal

**forever fish**

oven only

suitable for freezing

USE BY  
03/08/2018  
06:35 H3

M&S  
EST. 1884

**COUNT ON US™**  
braised  
British steak  
with root vegetable crush

**243**  
CALORIES  
PER PACK

**eat well**

**READY TO COOK**

Serves 1 - this pack provides

Energy	Fat	Saturates	Sugars	Salt
1022kJ 243kcal	3.8g	1.1g	5.3g	0.8g
12%	5%	6%	6%	11%

of your Reference intake  
per 100g Energy 269kJ/64kcal

**forever fish**

British beef

oven only

suitable for freezing

USE BY  
05/08/2018  
029A 08121

M&S  
EST. 1884

**COUNT ON US™**  
roast pork loin  
in gravy  
with baby potatoes, carrots  
and savoy cabbage

**288**  
CALORIES  
PER PACK

**eat well**

Serves 1 - this pack provides  
Energy: 1217kJ | 9.9g | 4.0g | 2.4g | 1.2g  
288kcal | 14% | 14% | 20% | 3%  
of your Reference Intake  
per 100g Energy 308kJ/73kcal

USE BY  
02/08/2018  
17:29 H3

M&S  
EST. 1884

**COUNT ON US™**  
chicken jalfrezi  
with spiced basmati rice

**eat well**

Serves 1 - this pack provides  
Energy: 1568kJ | 8.0g | 0.8g | 9.2g | 1.50g  
377kcal | 19% | 11% | 4% | 10% | 25%  
of your Reference Intake

M&S  
EST. 1884

**COUNT ON US™**  
ham & mushroom  
tagliatelle  
in a creamy mushroom sauce

**375**  
CALORIES  
PER PACK

**eat well**

Serves 1 - this pack provides  
Energy: 1575kJ | 7.7g | 3.9g | 5.6g  
375kcal | 19% | 11% | 20% | 6%  
of your Reference Intake  
per 100g Energy 450kJ/107kcal

USE BY  
01/08/2018  
08:43 H3

suitable for freezing







EST. 1884 prepared meats details on ticket

**BALANCED  
for YOU**

**PULLED HAM IN  
MUSTARD SAUCE**

with mashed potato,  
carrots and runner beans

HIGH PROTEIN ▲	BALANCED CARBS* ▲	304 CALORIES PER PACK	DELICIOUSLY HEALTHY & BALANCED FOR YOU
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**eat well**

SEWING SUGGESTION

**M&S**  
EST. 1884 3 for £10  
mix & match selected prepared meats details on ticket

**BALANCED  
for YOU**

**COD MORNAY**

with mashed potato, peas, green beans  
and a Cheddar cheese sauce

HIGH PROTEIN ▲	BALANCED CARBS* ▲	312 CALORIES PER PACK	DELICIOUSLY HEALTHY & BALANCED FOR YOU
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**eat well**

**M&S**  
EST. 1884 mix & match selected prepared meats details on ticket

**BALANCED  
for YOU**

**TANDOORI CHICKEN**

with spiced pilau rice and  
sweet date & tamarind onions

HIGH PROTEIN ▲	BALANCED CARBS* ▲	378 CALORIES PER PACK	DELICIOUSLY HEALTHY & BALANCED FOR YOU
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**eat well**



M&S  
EST. 1884

3 for £10  
mix & match  
selected  
prepared meals  
details on ticket

**BALANCED  
for YOU**

▲

**ROASTED  
BEEF MEATBALLS  
& SPAGHETTI**

with a spiced tomato & pepper sauce

HIGH PROTEIN ▲	BALANCED CARBS* ▲	380 CALORIES PER PACK	DELICIOUSLY HEALTHY & BALANCED FOR YOU
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eat well

M&S  
EST. 1884

3 for £10  
mix & match  
selected  
prepared meals  
details on ticket

**BALANCED  
for YOU**

▲

**BEEF  
STROGANOFF**

with long grain rice,  
green beans and broccoli

HIGH PROTEIN ▲	BALANCED CARBS* ▲	380 CALORIES PER PACK	DELICIOUSLY HEALTHY & BALANCED FOR YOU
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eat well

M&S  
EST. 1884

3 for £10  
mix & match  
selected  
prepared meals  
details on ticket

**BALANCED  
for YOU**

▲

**BEEF & RED WINE  
CASSEROLE**

with roasted potatoes,  
carrots and mushrooms

HIGH PROTEIN ▲	BALANCED CARBS* ▲	357 CALORIES PER PACK	DELICIOUSLY HEALTHY & BALANCED FOR YOU
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eat well



M&S  
EST. 1884

3 for £10  
mix & match  
selected  
prepared meals  
details on ticket

**BALANCED  
for YOU**

▲

**RED THAI  
CHICKEN CURRY**  
with green beans, red peppers  
and jasmine rice

HIGH PROTEIN ▲	BALANCED CARBS* ▲	372 CALORIES PER PACK	DELICIOUSLY HEALTHY & BALANCED FOR YOU
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eat

M&S  
EST. 1884

3 for £10  
mix & match  
selected  
prepared meals  
details on ticket

**BALANCED  
for YOU**

▲

**TIKKA CHICKEN  
& SPICED  
CAULIFLOWER RICE**  
with turmeric onions and  
roasted cauliflower florets

HIGH PROTEIN ▲	BALANCED CARBS* ▲	284 CALORIES PER PACK	DELICIOUSLY HEALTHY & BALANCED FOR YOU
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eat

M&S  
EST. 1884

3 for £10  
mix & match  
selected  
prepared meals  
details on ticket

**BALANCED  
for YOU**

▲

**CHICKEN KATSU  
CURRY**  
with sliced red peppers, edamame beans  
and fragrant jasmine rice

HIGH PROTEIN ▲	BALANCED CARBS* ▲	372 CALORIES PER PACK	DELICIOUSLY HEALTHY & BALANCED FOR YOU
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eat



























**Kirsty's**  
**Classic Beef LASAGNE**  
 With Rich Bolognese Sauce

Minced British beef in a rich tomato sauce layered with our fresh egg pasta & topped with a deliciously creamy Béchamel sauce.

**NATURALLY FREE FROM GLUTEN, WHEAT & DAIRY**

LOW IN SUGAR | 352 CALORIES

400g

FREE FROM GLUTEN, WHEAT & DAIRY  
 LOW IN SUGAR

SEASONING DIRECTIONS: SIMPLY MICROWAVE FOR 10 MINUTES. KEEP REFRIGERATED.

This 400g (ovenbaked) pack contains

ENERGY	FAT	SATURATED	SUGAR	SALT
3400kJ	8.4g	4.8g	4.4g	1.6g
800kcal	18%	12%	24%	5%
	27%			

of your reference nutrient intake.  
 Typical energy values per 100g: 840kJ / 200kcal

**Kirsty's**  
**Malaysian Butternut SQUASH CURRY**  
 With Brown Basmati Rice

Tender butternut squash, red pepper and soy beans in a rich and creamy Malay curry sauce served with fragrant coriander and red pepper brown basmati rice.

**NATURALLY FREE FROM GLUTEN, WHEAT AND DAIRY**

SOURCE OF FIBRE | LOW IN SUGAR | 340 CALORIES

400g

FREE FROM GLUTEN, WHEAT & DAIRY  
 SOURCE OF FIBRE

SEASONING DIRECTIONS: SIMPLY MICROWAVE FOR 10 MINUTES. KEEP REFRIGERATED.

This 400g (microwaved) pack contains

ENERGY	FAT	SATURATED	SUGAR	SALT
1440kJ	8.4g	5.6g	10.4g	1.1g
340kcal	17%	12%	28%	12%
	18%			

of your reference nutrient intake.  
 Typical energy values per 100g: 360kJ / 85kcal

**— FIT — KITCHEN**  
 CREATED BY NUTRITIONISTS - LOVED BY CHEFS

**BBQ Chicken & Veggies**

3 of your 5 a day

25g protein  
5g fibre

Only 26g carb  
219 calories

Per 100g	Per 380g serving	Keep refrigerated				
Calories	Calories	Fat	Saturates	Sugar	Salt	
58	219	2.6g	0.7g	18g	0.89g	
Reference Intake		11%	4%	3%	18%	11%

Serves 1 | 380g e | Use by 26 JUL















































































































