

Ready meals : your guide to healthy eating frozen, chilled & ambient ready meals / Tesco Stores Limited.

Contributors

Tesco (Firm)

Publication/Creation

Cheshunt : Tesco, [1992]

Persistent URL

<https://wellcomecollection.org/works/nmkvkjj6>

License and attribution

Conditions of use: it is possible this item is protected by copyright and/or related rights. You are free to use this item in any way that is permitted by the copyright and related rights legislation that applies to your use. For other uses you need to obtain permission from the rights-holder(s).

**wellcome
collection**

Wellcome Collection
183 Euston Road
London NW1 2BE UK
T +44 (0)20 7611 8722
E library@wellcomecollection.org
<https://wellcomecollection.org>

TESCO

READY MEALS



YOUR GUIDE TO

HEALTHY EATING

FROZEN

CHILLED &

AMBIENT

READY MEALS

INTRODUCTION

All Healthy Eating Ready Meals, whether frozen, chilled or ambient, are prepared to specially designed recipes, which make them lower in fat and saturated fat with a balance of sugars and salt.

As well as being tasty and versatile, they are healthy too.



FROZEN READY MEALS

Enjoy the convenience of frozen foods with these great tasting and healthy ready meals. With 19 different recipes to choose from, including creative dishes such as Salmon in Dill Sauce and old favourites such as Spaghetti Bolognese, you can find a meal for every occasion.



CHILLED READY MEALS

The finest fresh ingredients are combined with the utmost care to create perfectly balanced, Healthy Eating versions of your favourite meals.



For a main course choose from Spaghetti Bolognese, Lasagne, Chilli, Vegetable Chilli, Chicken Casserole with Dumplings or Chicken Tikka Masala. Or why not try Vegetable Pasta Shells as a handy snack?



All Healthy Eating chilled ready meals can be cooked in the oven or microwave and are suitable for home freezing.



AMBIENT READY MEALS

The new additions to the Tesco Convenient Cuisine range



feature a number of Healthy Eating Ready Meals which offer top quality and total convenience. They are made using only the finest ingredients to authentic recipes from at home and abroad.

Some of the ready meals available are Hot and Mild Vegetable Curry, Chilli Con Carne, Chicken Masala and Vegetable Tikka Masala, all accompanied with rice.

As they are vacuum packed they can be safely stored at room temperature.

All varieties are also microwaveable in minutes.



All lines subject to availability.
Some lines at selected stores only.
© Tesco Stores Ltd., Cheshunt EN8 9SL, U.K.
♥ Printed on Recycled Paper.