

Berrydales delicious new vegetarian ready meals includes low calorie, low fat, dairy, gluten & egg free dishes / Berrydale.

Contributors

Berrydales (Firm)

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Berrydales



DELICIOUS NEW VEGETARIAN READY MEALS

includes
LOW CALORIE, LOW FAT,
dairy, gluten & egg free dishes

VEGETABLE COUSCOUS

*238 cal.s, low fat, dairy,
gluten & egg free*

**PASTA
PRIMAVERA**
513 calories

BASMATI & WILD RICE PILAFF

*370 cal.s, low fat, dairy,
gluten & egg free*

**MEDITERRANEAN
BEAN RATATOUILLE**
411 calories, gluten & egg free



PARSNIPS & SPINACH IN A GINGER APPLE SAUCE

207 calories, low fat, dairy, gluten & egg free

LEEKS & MUSHROOMS IN A WHOLEGRAIN MUSTARD SAUCE

452 calories, gluten & egg free

Berrydale House, 5, Lawn Road, London NW3 2XS
Tel. 071 722 2866 Fax. 071 722 7685

Berrydales

Berrydales new range of vegetarian frozen ready meals have been developed for those, vegetarians and non vegetarians alike, who enjoy wholesome and tasty vegetable based dishes.

The Berrydales range, all of which are microwavable, includes 2 dishes with under 250 calories; 3 low fat dishes; 5 egg free, 4 gluten free and 3 dairy free dishes.....

VEGETABLE COUSCOUS A rich vegetable casserole with steamed couscous grains - 340g
Dairy, gluten & egg free - 214 cal.s - low fat

PARSNIPS & SPINACH IN A GINGER APPLE SAUCE Steamed parsnips, swede, spinach & pumpkin seeds in a ginger apple sauce
340g - Dairy, gluten & egg free - 207 cal.s - low fat

LEEK & MUSHROOMS IN WHOLEGRAIN MUSTARD SAUCE Steamed leeks with mushrooms in a wholegrain mustard sauce topped with sliced potatoes.
340g - Gluten & egg free - 459 cal.s

PASTA PRIMAVERA Tricolour pasta corkscrews with courgettes, broccoli and red peppers in a light cheesy sauce
340g - 513 cal.s

MEDITERRANEAN BEAN RATATOUILLE
Courgettes and black and red beans in a rich tomato sauce with a yoghurt and cheese topping
340g - Gluten & egg free - 411 cal.s

BASMATI & WILD RICE PILAFF WITH PINE NUTS Basmati and wild rice pilaff with mushrooms, waterchestnuts, pine nuts and pumpkin seeds
285g - Dairy, gluten & egg free - 370 cal.s - low fat



For more information call **Berrydales:**
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