### **Free Foods**

Morrisons Natural Cottage Cheese virtually Fat free

Morrisons nume greek style fat free yoghurt

Morrisons new potatoes in salted water, canned

Morrisons Nume Cottage Cheese with Chive and Onion

Morrisons Stir Fry Vegetables - Canned

Morrisons Tropical Crush Drink, no added sugar

Morrisons instant mash, 80G

Garlic & Herb Chicken Mini Fillets, Chilled

Ginger, Chilli & Coriander King Prawns, Chilled

Morrisons Kitchen Bacon Loin with Parsley Sauce, Chilled

Morrisons summer fruit mix / black forest fruit mix, frozen

Kitchen Salmon with a Soy, Honey & Ginger Glaze, Chilled

Kitchen Shin of Beef Casserole, Chilled

Lamb Steaks with Pea & Mint Crumb, Chilled

NuMe Cottage Cheese with Chive & Onion

NuMe Fat Free Natural Yoghurt

NuMe Fruits of the Forest Yoghurt

NuMe Mackerel Fillets with Tomato and Red Pepper Dressing, Chilled

NuMe Morrocan Spiced Salmon, Chilled

Peppered Beef Slices, Chilled

Signature Applewood Smoked Scottish Salmon, Chilled

Signature Lamb Shanks with Red Currant Gravy & Roasted Vegetables

Sliced Beef in Gravy, Frozen

Turkey Breast Slices, Chilled

## **Low Syn**

NUME reduced fat butchers style sausages (Pork or cumberland) - 1 syn each

Morrisons mini potato waffles, each 0.5 syns

Morrisons indian takeaway bombay potato, 225g pack 4.5 syns

Morrisons potato, carrot and swede mash, half pack 1.5 syns

Eat Smart Bars:

* Blueberry & Cream - 3.5 syns
* Chewy Choc Brownie - 3.5 syns
* Chewy Cranberry - 4.5 syns
* Chewy Strawberry cheesecake - 3.5 syns
* Toffee Apple - 4.5
* Toffee Breakfast - 3.5

Morrisons Signature Mini All Butter Pastry Cases 9 pack 2.5 syns each

Morrisons beef ravioli in tomato sauce, canned - 1.5 syns

Morrisons beef grillsteaks, frozen 4 pack, 3.5 syns each

Nume Dried apple/ carrot / beetroot crisps - 2.5 syns per bag

Morrisons kitchen indian takeaway poppadoms, plain, 2 syns each

Morrisons kitchen red pepper and sundried tomato pasta, 400g - 5 syns

NuMe melba toast, 20G - 4 syns

NuMe Chicken Dinner, 375g pack - 4.5 syns

Nume braised beef with mash, chilled 400g - 5 syns

Morrisons beef stew and dumplings (400g can) 3.5 syns

Morrisons fresh ideas Pepperoni chicken, each 3 syns

Morrisons fresh ideas cajun chickem, chilled 2 syns each

Morrisons fresh ideas hunters chicken, chilled 215g each 4.5 syns

Morrisons kitchen taste of home, slow cooked lamb shank in mint gravy,400g - 1.5 syns

Morrisons kitchen taste of home, slow cooked lamb shank in red wine and rosemary gravy, 1 syn

Morrisons kitchen taste of home, minced beef and potatoes, 400G 4 syns

Morrisons herby baby potatoes, chilled 360G pack, 2 syns

Morrisons rogan josh lamb shanks, chilled 400g, 1.5 syns

Morrisons kitchen tastes of ome braised steak and mash, 250g 4 syns

Morrisons BBQ chicken pasta salad, 350G, 3 syns

Morrisons Slow cooked bbq style beef brisket, chiled 359G pack, 3 syns

NuMe Creamy Mushroom Pasta, 350g pack - Chilled 3 syns

NuMe Five Bean Casserole, 400g pack ~ Frozen 3 syns

NuMe Moussaka - 375G pack - 1.5 syns

NuMe King Prawn & Coconut Noodles, 350g pack - Frozen 4 syns

NuMe Sweet Chilli Chicken Noodles, 350g pack - Frozen 4.5 syns

NuMe Salmon, Sweet Potato & Broccoli Fishcakes, twin pack 140g each - Frozen 4.5 syns

NuMe Chicken in Tomato & Basil Sauce with Roast Potatoes, 375g pack - Chilled - 5syns

NuMe Beef in Ale with Mash, 375g pack - Chilled 6 syns

NuMe Chicken Breast in Red Wine Sauce with Herby Garlic Potatoes, 375g pack - Chilled 5.5 syns

NuMe Chicken Tikka Masala & Rice, 400 pack - Frozen 6 syns

NuMe Minced Beef & Potatoes, 350g pack - Chilled 6 syns

Nume paella, chilled 380G - 5.5 syns

M Savers Chocolate Cake Bars - 1 bar 5.5 syns

M Savers Fruit Cereal Bars - 1 bar 4 syns

M Savers Chocolate Chip and nut bars - 1 bar 4.5 syns

M Savers Chocolate Mousse - 60g pot - 5 syns

Nume dairy aerosol cream, 20g serving 2 syns

Kershaws homestyle chicken dinner, 400G frozen 4 syns

Kershaws homestyle lamb dinner, 400g frozen 3 syns

Kershaws homestyle beef dinner 5.5 syns

Morrisons nume blue cheese dressing, 1 level teaspoon 0.5 syns

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## **Morrisons micro-rice pouches**

Basmati - 1 syn

Pilau - 4 syns

Long Grain - 1.5

Mexican - 1.5

Egg Fried - 4.5

Thai Jasmine - 3.5

### **Healthy A**

Eatlean Protein Cheese - 70G

NuMe cheese slices 10 pack (3 x 20G)

Morrisons soya milk, sweeterned 300ml

Morrisons soya milk, unsweetened 500ml

Morrisons soya milk, sweetened long life 250ml

### **Healthy B**

M Savers Muesli - 30g

M Savers wheat biscuits x 2

Morrisons nume chewy cereal bars, chocolate and fudge/Cranberry x 2

Morrisons fantastic fibre cereal, 40G

Morrisons might malties, 35G

Morrisons puffed wheat cereal, 35G

Morrisons mini blueberry mini wheats, 35G

Morrisons mini apricot wheats, 35G

Morrisons kitchen creamy vegetable soup, chilled (300g Serving)

Morrisons nume mexican spiced chicken and bean soup, (200G serving)

Morrisons nume chickpea and spinach soup, 200G serving

Morrisons chunky beef and vegetable soup (200G serving)