**Low Syn**

Stewed Steak - 1 syn per 400g can

Edamame and butterbean salad - 3 syns per pot

Be Good to Yourself Ham & Roasted Mushroom Tagliatelle - 3.5 syns per shank

Slow Cooked Lamb Shank in mint gravy - 2 sun per shank

Be Good to yourself tomato and cheese pasta bake - 4 syns

Be Good to Yourself Beef Lasagne, 390g pack - 4.5 syns

My Goodness Silky Butternut Squash Risotto - 2.5 syns per pack

Be Good to Yourself Houmous, reduced fat - 1 syn per level tbsp

Canned beef casserole - 2.5 syns per 400g can

My Goodness BBQ Chicken & Sweetcorn with Rice - 5.5 syns per pack

My Goodness Spicy Pulled Pork & Sweet Potato Mash - 6.5 Syns per pack

Sainsburys Slow Cooked BBQ Pulled British Pork - 1 syn per pack

Sainsburys Chicken & Mushroom Risotto - 3 syns per pack

piri piri chicken breast slices - 1 syn per pack

BBQ chicken breast slices - 1 syn per pack

Basmati rice (micro)- 3 syns per pouch

Pilau Rice (micro) - 3 syns per pouch

Golden vegetable rice (micro) - 2.5 syns per pouch

Spicy mexican style rice (micro) 2.5 syns per pouch

Taste the difference fish pie - 4.5 syns per pie

Taste the difference shredded lamb and rosemary tagliatelle - 6 syns per pack

**Sainsburys Branded Free Foods**

Indian style curry savoury rice

Chinese style savoury rice

Golden vegetable savoury rice

Slow Cooked Lamb Shank in red wine and rosemary gravy

Just Cook - Provençal Chicken Breast Fillets w/red and yellow peppers

Sainsbury's Chilli Chunky Beef Pieces

Tinned Spicy Tomato pasta

Tinned Beef Ravioli

Tinned Vegetable Chilli

Be good to yourself natural yoghurt 0.1% Fat

Tikka chicken breast slices

Chinese chicken breast slices

**Available at Sainsburys, non branded free foods**

Beanies Flavoured instant coffees

Danone Shape 0% Fat Yoghurts (Peach, Strawberry, Rhubarb & Apple)

Lancashire farm fat free natural yoghurt