

# HARRY'S

## COUNTRY KITCHEN



Good food to your door



**ORDER  
WITH EASE**

Quality frozen meals  
delivered safely  
to your door

SEE INSIDE  
FOR DETAILS



**ALL YOUR  
FAVOURITE MEALS**

**FREE DELIVERY  
ON ORDERS OVER £20\***

**NO SUBSCRIPTION  
NECESSARY**

To order call **FREE** on **0800 029 3263**

or visit [www.harryscountrykitchen.com](http://www.harryscountrykitchen.com)



**HARRY'S**  
COUNTRY KITCHEN  
★★★★★  
Good food to your door



## GOOD FOOD TO YOUR DOOR

At Harry's Country Kitchen we're committed to using high quality ingredients to create delicious and convenient prepared meals, delivered reliably to your door. We work tirelessly to create a full range of delicious dishes so you can enjoy selecting all your favourites from a wonderfully broad menu whilst ensuring you can see how nutritious they are for you.

Because our meals are frozen, we can source great ingredients at the right time and lock in their freshness. This is Harry's key to bringing you food that not only tastes good, but is also great value for money.

We want to help you to continue enjoying the meals you love at a price you can afford, without the fuss and occasional waste that comes with cooking from scratch.

We care about community and your regular point of contact will be one of our friendly Community Champions, who will deliver our food to your door. As an extra level of service, in addition to our own dishes we'll also deliver your everyday essentials, like bread, butter and milk.

We believe that the high quality and great taste of our food, the value we offer, and the level of service we provide, all make Harry's Country Kitchen the best choice anyone can make for regular home meal deliveries.

Our team works hard to ensure all dishes meet our exacting standards, but if you try something and don't like it, don't worry: just let us know and we'll give you your money back. We make this pledge because we care about you and the food you eat, and don't ever want you to feel that we have left you out of pocket.

We've tried to make our website as simple and straightforward as possible. But if you do have any feedback to help us improve, please chat to your community champion who will be happy to pass on your comments.

We very much hope you decide to give us a try. We're sure you'll love our food, value and service.



You can also stock up on all your  
**Kitchen Essentials**



# COMMUNITY CHAMPION

Our team of Community Champions deliver direct to your door and are always happy to go the extra mile. They provide free home delivery throughout the year, rain or shine. Whether you require a no contact delivery or want your order placed in the freezer they are more than happy to accommodate your needs.

The Community Champions have been hand selected from your local area to

ensure they are fully in touch with the community's needs.

As well as delivering your order, they can also take your next order at the doorstep. You can even top up your order with kitchen essentials.

Our Community Champions are there to make the process as easy as possible.



**HARRY'S**  
COUNTRY KITCHEN  
★★★★★  
*Good food to your door*

## QUICK AND SIMPLE ORDERING WITH HARRY'S COUNTRY KITCHEN

# EASY & SECURE PAYMENT METHODS

**HARRY'S**  
COUNTRY KITCHEN  
★★★★★  
*Good food to your door*

To order call **FREE** on **0800 029 3263**  
or visit **[www.harryscountrykitchen.com](http://www.harryscountrykitchen.com)**

### ORDERING ON THE PHONE

We have a dedicated team who are happy to help you place your order and assist you with anything else you might need. Simply call our freephone number to get in touch, the team are looking forward to having a chat. Monday to Friday 9am-5pm.

### SECURE PAYMENT METHODS

Easy payment methods, pay over the phone, online or through your Community Champion. We accept the following:



## HARRY'S FAVOURITE MEALS

Get started in one simple order with this great selection from the Harry's range, call us or visit our website for more details.



## DON'T JUST TAKE OUR WORD FOR IT

Here's what customers are saying about our products and the service we provide...

### ★ Trustpilot

Such a friendly service. Excellent web site. Easy to order. The meals I tried were so tasty and like home made meals. The best spaghetti bolognese I have tasted in a ready meal. The fish dishes were wonderful. I highly recommend Harry's Country Kitchen. Thank you and Merry Christmas.

Judith



### ★ Trustpilot

Good and Convenient. Very good offer on so thought I would give Harry's a try. Food tasty but portions could be more generous I feel. Customer service very good, delivery man was very friendly and a free box of tea bags was included!

Christine



### ★ Trustpilot

Good Old Fashioned Values. Easy to order, James my driver very helpful & friendly. After a slight problem head office super efficient sorting it out. Feels like a good old fashioned service absolutely love it.

Alison



### ★ Trustpilot

Brilliant service! The roast dinners were incredible and the gravy was so rich! My favourite has to be the Lasagne though. It was really convenient to place my order on the phone too. Harry and the staff were wonderful :)

Srv Tmr



### ★ Trustpilot

Second order and still excellent meals. Will continue.

Mr Green



### HARRY'S COUNTRY KITCHEN WEBSITE

Soft, sweet and sticky with bags of flavour. If you're a dessert lover like me you'll very much enjoy this (Sticky Toffee Pudding).

Pete



### facebook

100% Recommended 5 star for everything! Easy ordering, friendly delivery right to your door step, every meal is top quality and just perfect. Can't get enough of these easy meals. Great food.

Candice



### facebook

My order has just arrived and the food looks really good! Can't wait to try them. Quick and very friendly service definitely recommend!

Jessika



# MENU

## All your favourites

### MAIN MEALS



TRADITIONAL, INDIAN AND CHINESE **PAGE 8-15**

### DESSERTS



HOT DESSERTS AND COLD DESSERTS **PAGE 16-17**

### KITCHEN ESSENTIALS



FOR THE FRIDGE AND FOR THE CUPBOARD **PAGE 18-23**

**FREE DELIVERY\***  
ON ORDERS OVER £20



\*Free delivery for orders over £20 (minimum order value is £20). Delivery address must be within the delivery catchment area. Terms apply, see [www.harryscountrykitchen.com](http://www.harryscountrykitchen.com)

# Traditional Main Meals

**MMT23**  
MEAL ORDER NUMBER

**INCLUDES BRITISH PULLED BEEF**

**HARRY'S COUNTRY KITCHEN**  
Good food to your door  
**Beef & Tomato Tagliatelle**  
MADE WITH BRITISH PULLED BEEF, VEGETABLES & CHEESE SAUCE Topped with melted cheese.

**INCLUDES BRITISH PULLED BEEF**

**Beef & Tomato Tagliatelle**  
Slow cooked British beef, red wine & tomato sauce topped with cheese

**£4.50** **MMT23**  
MEAL ORDER NUMBER

Per Pack (408g) Microwaved

Energy	Fat	Saturates	Sugars	Salt
2063 kJ 490 kcal	<b>14.0g</b>	<b>6.0g</b>	<b>5.3g</b>	<b>2.5g</b>
	<b>20%</b>	<b>30%</b>	<b>6%</b>	<b>42%</b>

of an adult's reference intake  
Typical values (Microwaved) per 100g: Energy 506 kJ / 120 kcal

**MICRO 800W** **9 MINUTES** **OVEN 180°C FAN** **35 MINUTES**  
Weight: ©450g Allergens: Wheat, Milk, Barley

**Creamy King Prawn Pasta**  
King prawns with linguine in a creamy white wine & cheese sauce

**£4.50** **MMT22**  
MEAL ORDER NUMBER

Per Pack (412g) Microwaved

Energy	Fat	Saturates	Sugars	Salt
1951 kJ 463 kcal	<b>13.0g</b>	<b>7.5g</b>	<b>3.6g</b>	<b>3.1g</b>
	<b>23%</b>	<b>38%</b>	<b>4%</b>	<b>52%</b>

of an adult's reference intake  
Typical values per 100g: Energy 473 kJ / 112 kcal

**MICRO 800W** **8 MINS & 30 SECS** **OVEN 180°C FAN** **40 MINUTES**  
Weight: ©450g Allergens: Wheat, Crustaceans, Milk, Barley, Fish

**MADE WITH BRITISH HAM**

**Ham & Mushroom Pasta**  
Tagliatelle with cheese & mushroom sauce topped with British smoky ham

**£4.25** **MMT21**  
MEAL ORDER NUMBER

Per Pack (383g) Microwaved

Energy	Fat	Saturates	Sugars	Salt
1688 kJ 400 kcal	<b>7.8g</b>	<b>4.1g</b>	<b>4.2g</b>	<b>3.5g</b>
	<b>20%</b>	<b>11%</b>	<b>21%</b>	<b>58%</b>

of an adult's reference intake  
Typical values (Microwaved) per 100g: Energy 441 kJ / 104 kcal

**MICRO 800W** **7 MINS & 30 SECS** **OVEN 180°C FAN** **40 MINUTES**  
Weight: ©400g Allergens: Wheat, Milk, Barley, Mustard

# Traditional Main Meals

**MADE WITH BRITISH CHICKEN**

**Chicken & Bacon Pasta**  
Penne pasta with British chicken breast strips & bacon in cheese & garlic sauce

**£4.25** **MMT20**  
MEAL ORDER NUMBER

Per Pack (378g) Microwaved

Energy	Fat	Saturates	Sugars	Salt
1890 kJ 449 kcal	<b>11.0g</b>	<b>6.0g</b>	<b>5.2g</b>	<b>2.0g</b>
	<b>22%</b>	<b>16%</b>	<b>30%</b>	<b>6%</b>

of an adult's reference intake  
Typical values (Microwaved) per 100g: Energy 500 kJ / 119 kcal

**MICRO 800W** **7 MINUTES** **OVEN 180°C FAN** **40 MINUTES**  
Weight: ©400g Allergens: Wheat, Milk, Barley, Mustard

**Fish Pie**  
Salmon, king prawns & smoked haddock in white sauce, topped with a creamy mash & cheese crumb

**£4.50** **MMT19**  
MEAL ORDER NUMBER

Per Pack (342g) Microwaved

Energy	Fat	Saturates	Sugars	Salt
2136 kJ 510 kcal	<b>25.3g</b>	<b>14.6g</b>	<b>3.5g</b>	<b>2.9g</b>
	<b>26%</b>	<b>36%</b>	<b>73%</b>	<b>4%</b>

of an adult's reference intake  
Typical values (Ovenbaked) per 100g: Energy 529kJ / 126kcal

**OVEN 180°C FAN** **50 MINUTES**  
Weight: ©460g Allergens: Milk, Fish, Crustaceans, Wheat, Mustard

**MADE WITH BRITISH BEEF**

**Steak in Ale with Cheese Cobblers**  
British beef brisket in ale gravy with cheese dumplings

**£4.50** **MMT18**  
MEAL ORDER NUMBER

Per Pack (368g) Ovenbaked

Energy	Fat	Saturates	Sugars	Salt
1861 kJ 443 kcal	<b>17.1g</b>	<b>7.5g</b>	<b>5.4g</b>	<b>2.5g</b>
	<b>22%</b>	<b>24%</b>	<b>38%</b>	<b>6%</b>

of an adult's reference intake  
Typical values (Ovenbaked) per 100g: Energy 506 kJ / 120 kcal

**MICRO 800W** **9 MINUTES** **OVEN 180°C FAN** **40 MINUTES**  
Weight: ©400g Allergens: Wheat, Milk, Barley

**MADE WITH BRITISH CHICKEN**

**Chicken Roast Dinner**  
British chicken breast served with roast potatoes, peas, carrots, onion & sage stuffing & chicken gravy

**£4.75** **MMT1**  
MEAL ORDER NUMBER

Per Pack (400g) as Sold

Energy	Fat	Saturates	Sugars	Salt
1296 kJ 308 kcal	<b>5.6g</b>	<b>1.2g</b>	<b>7.2g</b>	<b>3.12g</b>
	<b>15%</b>	<b>8%</b>	<b>6%</b>	<b>8%</b>

of an adult's reference intake  
Typical values per 100g: Energy 341 kJ / 81 kcal

**MICRO 800W** **12 MINUTES** **OVEN 180°C FAN** **45 MINUTES**  
Weight: ©400g Allergens: Barley, Wheat

**MADE WITH BRITISH BEEF**

**Beef Roast Dinner**  
British beef slices with peas & sliced carrots with roast potatoes in a rich beef gravy with Yorkshire pudding

**£4.75** **MMT2**  
MEAL ORDER NUMBER

Per Pack (400g) as Sold

Energy	Fat	Saturates	Sugars	Salt
1332 kJ 316 kcal	<b>8.4g</b>	<b>2.0g</b>	<b>7.2g</b>	<b>3.4g</b>
	<b>16%</b>	<b>12%</b>	<b>10%</b>	<b>8%</b>

of an adult's reference intake  
Typical values per 100g: Energy 333 kJ / 83 kcal

**MICRO 800W** **12 MINUTES** **OVEN 180°C FAN** **40 MINUTES**  
Weight: ©400g Allergens: Barley, Wheat, Egg, Milk

**MADE WITH BRITISH PORK**

**All Day Breakfast**  
Two British pork sausages with baked beans, two hash browns and an omelette

**£4.25** **MMT3**  
MEAL ORDER NUMBER

Per Pack (400g) as Sold

Energy	Fat	Saturates	Sugars	Salt
2480 kJ 592 kcal	<b>24.4g</b>	<b>7.2g</b>	<b>10.0g</b>	<b>2.76g</b>
	<b>30%</b>	<b>35%</b>	<b>36%</b>	<b>9%</b>

of an adult's reference intake  
Typical values per 100g: Energy 620 kJ / 148 kcal

**MICRO 800W** **9 MINUTES** **OVEN 180°C FAN** **40 MINUTES**  
Weight: ©400g Allergens: Wheat, Egg, Milk

# Traditional Main Meals



**MMT4**  
MEAL ORDER NUMBER



## Cod, Chips & Peas

Crispy battered skinless, boneless Atlantic cod fillet with chips & garden peas

**£4.75** **MMT4**  
MEAL ORDER NUMBER

Per Pack (400g) as Sold				
Energy	Fat	Saturates	Sugars	Salt
2456 kJ 588 kcal	<b>24.0g</b>	<b>2.0g</b>	<b>3.2g</b>	<b>1.64g</b>
	<b>34%</b>	<b>10%</b>	<b>4%</b>	<b>27%</b>

of an adult's reference intake  
Typical values per 100g: Energy 614 kJ / 147 kcal

**MICRO 800W (PEAS ONLY)** **2 MINS & 30 SECS** **OVEN 180°C FAN** **35 MINUTES**

Weight: €400g Allergens: Fish, Wheat



## Fishcake, Chips & Peas

Haddock fishcake coated in a crisp batter with chips & garden peas

**£4.25** **MMT5**  
MEAL ORDER NUMBER

Per Pack (400g) as Sold				
Energy	Fat	Saturates	Sugars	Salt
2468 kJ 588 kcal	<b>19.2g</b>	<b>1.6g</b>	<b>3.2g</b>	<b>1.9g</b>
	<b>28%</b>	<b>8%</b>	<b>4%</b>	<b>32%</b>

of an adult's reference intake  
Typical values per 100g: Energy 617kJ / 147 kcal

**MICRO 800W (PEAS ONLY)** **2 MINS & 30 SECS** **OVEN 180°C FAN** **35 MINUTES**

Weight: €400g Allergens: Fish, Wheat



## Scampi, Chips & Peas

Light & crispy scampi with chips & garden peas

**£4.50** **MMT6**  
MEAL ORDER NUMBER

Per Pack (400g) as Sold				
Energy	Fat	Saturates	Sugars	Salt
2404 kJ 572 kcal	<b>16.8g</b>	<b>2.0g</b>	<b>3.6g</b>	<b>21.0g</b>
	<b>24%</b>	<b>10%</b>	<b>4%</b>	<b>35%</b>

of an adult's reference intake  
Typical values per 100g: Energy 601 kJ / 143 kcal

**MICRO 800W (PEAS ONLY)** **2 MINS & 30 SECS** **OVEN 180°C FAN** **35 MINUTES**

Weight: €400g Allergens: Wheat, Crustaceans, Oat



## Gammon, Pineapple & Chips

British smoked gammon ham with chips, sliced carrots & peas with a pineapple ring & gravy

**£4.50** **MMT7**  
MEAL ORDER NUMBER

Per Pack (400g) as Sold				
Energy	Fat	Saturates	Sugars	Salt
1600 kJ 376 kcal	<b>41.6g</b>	<b>1.6g</b>	<b>22.8g</b>	<b>2.52g</b>
	<b>19%</b>	<b>59%</b>	<b>8%</b>	<b>25%</b>

of an adult's reference intake  
Typical values per 100g: Energy 324 kJ / 77 kcal

**MICRO 800W** **10 MINUTES** **OVEN 180°C FAN** **30 MINUTES**

Weight: €400g Allergens: Barley, Wheat, Sulphites



## Spaghetti with Meatballs

Spaghetti with British pork & beef meatballs in tomato & red wine sauce, topped with cheese

**£4.50** **MMT9**  
MEAL ORDER NUMBER

Per Pack (400g) as Sold				
Energy	Fat	Saturates	Sugars	Salt
2694 kJ 644 kcal	<b>30.1g</b>	<b>10.8g</b>	<b>11.1g</b>	<b>2.4g</b>
	<b>32%</b>	<b>43%</b>	<b>54%</b>	<b>12%</b>

of an adult's reference intake  
Typical values (Microwaved) per 100g: Energy 674 kJ / 161 kcal

**MICRO 800W** **9 MINUTES**

Weight: €400g Allergens: Wheat, Milk, Egg



## Beef Stew & Mash

British chuck beef in a bourguignon style red wine sauce with mushrooms, silverskin onions & British bacon with creamy mash

**£4.50** **MMT11**  
MEAL ORDER NUMBER

Per Pack (400g) as Sold				
Energy	Fat	Saturates	Sugars	Salt
1608 kJ 388 kcal	<b>15.0g</b>	<b>8.4g</b>	<b>6.2g</b>	<b>2.7g</b>
	<b>19%</b>	<b>21%</b>	<b>42%</b>	<b>7%</b>

of an adult's reference intake  
Typical values (As Sold) per 100g: Energy 402 kJ / 97 kcal

**MICRO 800W** **9 MINS & 30 SECS** **OVEN 180°C FAN** **40 MINUTES**

Weight: €400g Allergens: Milk, Barley



## Lamb Moussaka

British minced lamb in a tomato sauce topped with aubergine, potatoes & cheese sauce

**£4.75** **MMT10**  
MEAL ORDER NUMBER

Per Pack (400g) as Sold				
Energy	Fat	Saturates	Sugars	Salt
2745 kJ 656 kcal	<b>46.4g</b>	<b>14.8g</b>	<b>14.0g</b>	<b>2.6g</b>
	<b>33%</b>	<b>66%</b>	<b>74%</b>	<b>16%</b>

of an adult's reference intake  
Typical values (Ovenbaked) per 100g: Energy 686 kJ / 164 kcal

**MICRO 800W** **11 MINUTES** **OVEN 180°C FAN** **45 MINUTES**

Weight: €400g Allergens: Milk



## Cottage Pie

British minced beef with onion & carrot topped with creamy mash

**£4.25** **MMT8**  
MEAL ORDER NUMBER

Per Pack (400g) as Sold				
Energy	Fat	Saturates	Sugars	Salt
2042 kJ 488 kcal	<b>27.8g</b>	<b>13.2g</b>	<b>8.2g</b>	<b>3.0g</b>
	<b>24%</b>	<b>40%</b>	<b>66%</b>	<b>9%</b>

of an adult's reference intake  
Typical values (Ovenbaked) per 100g: Energy 510 kJ / 122 kcal

**MICRO 800W** **14 MINUTES** **OVEN 180°C FAN** **45-50 MINUTES**

Weight: €400g Allergens: Milk, Egg, Barley

# Traditional Main Meals

# Traditional Main Meals

**MMT12**  
MEAL ORDER NUMBER



**MADE WITH BRITISH BEEF**



**Spaghetti Bolognese**

Per Pack (400g) as Sold					
Energy	Fat	Saturates	Sugars	Salt	
1640 kJ 392 kcal	<b>16.4g</b>	<b>6.0g</b>	<b>13.2g</b>	<b>3.7g</b>	
	<b>23%</b>	<b>30%</b>	<b>15%</b>	<b>62%</b>	

of an adult's reference intake  
Typical values (as Sold) per 100g: Energy 410 kJ / 98 kcal

**MICRO 800W** **10 MINUTES** **OVEN 180°C FAN** **45-50 MINUTES**  
Weight: €400g Allergens: Wheat, Eggs, Milk, Celery

**MADE WITH BRITISH BEEF**

**Spaghetti Bolognese**

Spaghetti with British minced beef in tomato & herb sauce sprinkled with cheese

**£4.25** **MMT12**  
MEAL ORDER NUMBER

Per Pack (400g) as Sold					
Energy	Fat	Saturates	Sugars	Salt	
2678 kJ 640 kcal	<b>23.0g</b>	<b>10.5g</b>	<b>11.0g</b>	<b>2.9g</b>	
	<b>32%</b>	<b>52%</b>	<b>12%</b>	<b>48%</b>	

of an adult's reference intake  
Typical values (as Sold) per 100g: Energy 669 kJ / 160 kcal

**MICRO 800W** **9 MINUTES**  
Weight: €400g Allergens: Wheat, Sulphites, Milk, Egg, Celery

**MADE WITH BRITISH BEEF**

**Beef Lasagne**

British minced beef in tomato & herb sauce, topped with béchamel sauce, Cheddar & mozzarella cheese

**£4.50** **MMT13**  
MEAL ORDER NUMBER

Per Pack (400g) as Sold					
Energy	Fat	Saturates	Sugars	Salt	
2159 kJ 516 kcal	<b>22.4g</b>	<b>9.6g</b>	<b>12.8g</b>	<b>3.28g</b>	
	<b>32%</b>	<b>48%</b>	<b>14%</b>	<b>55%</b>	

of an adult's reference intake  
Typical values (as Sold) per 100g: Energy 540 kJ / 129 kcal

**MICRO 800W** **10 MINUTES** **OVEN 180°C FAN** **45-50 MINUTES**  
Weight: €400g Allergens: Wheat, Egg, Milk

**MADE WITH BRITISH BEEF**

**Chilli Con Carne**

British minced beef with kidney beans & red peppers in a rich tomato sauce with rice

**£4.25** **MMT14**  
MEAL ORDER NUMBER

Per Pack (400g) as Sold					
Energy	Fat	Saturates	Sugars	Salt	
2075 kJ 496 kcal	<b>14.7g</b>	<b>5.0g</b>	<b>10.0g</b>	<b>2.2g</b>	
	<b>25%</b>	<b>25%</b>	<b>11%</b>	<b>37%</b>	

of an adult's reference intake  
Typical values (Microwaved) per 100g: Energy 519 kJ / 124 kcal

**MICRO 800W** **9 MINUTES** **OVEN 180°C FAN** **35-40 MINUTES**  
Weight: €400g Allergens: Barley

# Traditional Main Meals

**SUITABLE FOR VEGETARIANS**



**Vegetable Lasagne**

Aubergines, red peppers & courgettes in tomato sauce, topped with béchamel sauce & mozzarella & Cheddar cheese

**£4.25** **MMT15**  
MEAL ORDER NUMBER

Per Pack (400g) as Sold					
Energy	Fat	Saturates	Sugars	Salt	
1640 kJ 392 kcal	<b>16.4g</b>	<b>6.0g</b>	<b>13.2g</b>	<b>3.7g</b>	
	<b>23%</b>	<b>30%</b>	<b>15%</b>	<b>62%</b>	

of an adult's reference intake  
Typical values (as Sold) per 100g: Energy 410 kJ / 98 kcal

**MICRO 800W** **10 MINUTES** **OVEN 180°C FAN** **45-50 MINUTES**  
Weight: €400g Allergens: Wheat, Eggs, Milk, Celery

**SUITABLE FOR VEGETARIANS**



**Vegetarian Chilli**

Soya mince & kidney beans in a chilli & tomato sauce with rice

**£4.25** **MMT16**  
MEAL ORDER NUMBER

Per Pack (400g) as Sold					
Energy	Fat	Saturates	Sugars	Salt	
1774 kJ 424 kcal	<b>5.8g</b>	<b>1.0g</b>	<b>15.1g</b>	<b>2.0g</b>	
	<b>21%</b>	<b>8%</b>	<b>17%</b>	<b>33%</b>	

of an adult's reference intake  
Typical values (as Sold) per 100g: Energy 444 kJ / 106 kcal

**MICRO 800W** **10 MINUTES** **OVEN 180°C FAN** **40-45 MINUTES**  
Weight: €400g Allergens: Soya, Barley

**MADE WITH BRITISH LAMB**



**Shepherd's Pie**

British minced lamb with carrots, swede & onions, topped with creamy mash

**£4.75** **MMT17**  
MEAL ORDER NUMBER

Per Pack (400g) as Sold					
Energy	Fat	Saturates	Sugars	Salt	
2059 kJ 492 kcal	<b>28.0g</b>	<b>14.2g</b>	<b>8.8g</b>	<b>2.6g</b>	
	<b>25%</b>	<b>40%</b>	<b>71%</b>	<b>10%</b>	<b>43%</b>

of an adult's reference intake  
Typical values (as Sold) per 100g: Energy 515 kJ / 123 kcal

**MICRO 800W** **14 MINUTES** **OVEN 180°C FAN** **45-50 MINUTES**  
Weight: €400g Allergens: Milk, Egg, Barley, Wheat

**MMT16**  
MEAL ORDER NUMBER



**SUITABLE FOR VEGETARIANS**

**Vegetarian Chilli**

Per Pack (400g) as Sold					
Energy	Fat	Saturates	Sugars	Salt	
1774 kJ 424 kcal	<b>5.8g</b>	<b>1.0g</b>	<b>15.1g</b>	<b>2.0g</b>	
	<b>21%</b>	<b>8%</b>	<b>17%</b>	<b>33%</b>	

of an adult's reference intake  
Typical values (as Sold) per 100g: Energy 444 kJ / 106 kcal

**MICRO 800W** **10 MINUTES** **OVEN 180°C FAN** **40-45 MINUTES**  
Weight: €400g Allergens: Soya, Barley

# Chinese Style Main Meals

\*White Rice Steam Bag, 200g, with selected Indian or Chinese meals. Max. 1 bag per meal. Subject to availability. No substitutes or alternatives. White Rice Steam Bag, 200g, also available to be purchased separately.

**MMCI**  
MEAL ORDER NUMBER

**MADE WITH BRITISH CHICKEN** **INCLUDES WHITE RICE STEAM BAG**

Per Pack (343g) Microwaved					
Energy	Fat	Saturates	Sugars	Salt	
2058 kJ 493 kcal	<b>29.6g</b>	<b>13.5g</b>	<b>17.6g</b>	<b>2.8g</b>	
	<b>42%</b>	<b>68%</b>	<b>20%</b>	<b>47%</b>	

of an adult's reference intake  
Typical values (Microwaved) per 100g: Energy 600 kJ / 144 kcal

**MICRO 800W** **8 MINS & 30 SECS** **OVEN 180°C FAN** **50 MINUTES**  
Weight: e375g Allergens: Milk

**MILD**

**MADE WITH BRITISH CHICKEN** **INCLUDES WHITE RICE STEAM BAG**

**Sweet & Sour Chicken**  
British chicken breast pieces in a sweet & sour sauce with pepper, water chestnuts & pineapple pieces

**£4.50** **MMC1**  
MEAL ORDER NUMBER

Per Pack (340g) Microwaved					
Energy	Fat	Saturates	Sugars	Salt	
1885 kJ 446 kcal	<b>7.0g</b>	<b>1.0g</b>	<b>50.1g</b>	<b>1.1g</b>	
	<b>10%</b>	<b>5%</b>	<b>56%</b>	<b>18%</b>	

of an adult's reference intake  
Typical values (Microwaved) per 100g: Energy 554 kJ / 131 kcal

**MICRO 800W** **6 MINUTES** **OVEN 180°C FAN** **40 MINUTES**  
Weight: e375g Allergens: Wheat, Soya

**MILD**

**MADE WITH BRITISH CHICKEN**

**Chicken Chow Mein**  
British chicken breast strips with noodles, red & green peppers in a chow mein sauce

**£4.50** **MMC2**  
MEAL ORDER NUMBER

Per Pack (330g) Microwaved					
Energy	Fat	Saturates	Sugars	Salt	
1386 kJ 328 kcal	<b>6.7g</b>	<b>0.9g</b>	<b>5.4g</b>	<b>3.1g</b>	
	<b>10%</b>	<b>5%</b>	<b>6%</b>	<b>52%</b>	

of an adult's reference intake  
Typical values (Microwaved) per 100g: Energy 420 kJ / 100 kcal

**MICRO 800W** **7 MINUTES** **OVEN 180°C FAN** **40 MINUTES**  
Weight: e375g Allergens: Wheat, Soya, Barley, Sesame Seed

**MILD**

**MADE WITH BRITISH BEEF**

**Beef in Blackbean Sauce**  
Marinated British beef strips with red pepper in black bean sauce

**£4.50** **MMC3**  
MEAL ORDER NUMBER

Per Pack (348g) Microwaved					
Energy	Fat	Saturates	Sugars	Salt	
1013 kJ 241 kcal	<b>7.1g</b>	<b>1.2g</b>	<b>3.4g</b>	<b>4.3g</b>	
	<b>10%</b>	<b>6%</b>	<b>4%</b>	<b>72%</b>	

of an adult's reference intake  
Typical values (Microwaved) per 100g: Energy 291 kJ / 69 kcal

**MICRO 800W** **11 MINUTES** **OVEN 180°C FAN** **45 MINUTES**  
Weight: e375g Allergens: Soya, Wheat, Barley

# Indian Style Main Meals

**MILD**

**MADE WITH BRITISH CHICKEN** **INCLUDES WHITE RICE STEAM BAG**

**Chicken Korma**  
British chicken breast pieces in a creamy coconut sauce

**£4.25** **MMI1**  
MEAL ORDER NUMBER

Per Pack (343g) Microwaved					
Energy	Fat	Saturates	Sugars	Salt	
2058 kJ 493 kcal	<b>29.6g</b>	<b>13.5g</b>	<b>17.6g</b>	<b>2.8g</b>	
	<b>42%</b>	<b>68%</b>	<b>20%</b>	<b>47%</b>	

of an adult's reference intake  
Typical values (Microwaved) per 100g: Energy 600 kJ / 144 kcal

**MICRO 800W** **8 MINS & 30 SECS** **OVEN 180°C FAN** **50 MINUTES**  
Weight: e375g Allergens: Milk

**MEDIUM**

**MADE WITH BRITISH CHICKEN** **INCLUDES WHITE RICE STEAM BAG**

**Chicken Tikka Masala**  
Tikka marinated British chicken breast pieces in a creamy curry sauce

**£4.25** **MMI2**  
MEAL ORDER NUMBER

Per Pack (343g) Microwaved					
Energy	Fat	Saturates	Sugars	Salt	
2023 kJ 486 kcal	<b>31.2g</b>	<b>8.6g</b>	<b>14.3g</b>	<b>2.6g</b>	
	<b>45%</b>	<b>43%</b>	<b>16%</b>	<b>43%</b>	

of an adult's reference intake  
Typical values (Microwaved) per 100g: Energy 590 kJ / 142 kcal

**MICRO 800W** **8 MINS & 30 SECS** **OVEN 180°C FAN** **50 MINUTES**  
Weight: e375g Allergens: Milk

**MEDIUM**

**MADE WITH BRITISH CHICKEN** **INCLUDES WHITE RICE STEAM BAG**

**Butter Chicken**  
Marinated British chicken breast pieces in a rich & creamy tomato & butter curry sauce

**£4.25** **MMI3**  
MEAL ORDER NUMBER

Per Pack (342g) Microwaved					
Energy	Fat	Saturates	Sugars	Salt	
1853 kJ 445 kcal	<b>28.5g</b>	<b>8.8g</b>	<b>9.5g</b>	<b>2.5g</b>	
	<b>22%</b>	<b>41%</b>	<b>44%</b>	<b>11%</b>	<b>42%</b>

of an adult's reference intake  
Typical values (Microwaved) per 100g: Energy 542 kJ / 130 kcal

**MICRO 800W** **8 MINS & 30 SECS** **OVEN 180°C FAN** **50 MINUTES**  
Weight: e375g Allergens: Milk

**MMI2**  
MEAL ORDER NUMBER

**MADE WITH BRITISH CHICKEN** **INCLUDES WHITE RICE STEAM BAG**

Per Pack (343g) Microwaved					
Energy	Fat	Saturates	Sugars	Salt	
2023 kJ 486 kcal	<b>31.2g</b>	<b>8.6g</b>	<b>14.3g</b>	<b>2.6g</b>	
	<b>45%</b>	<b>43%</b>	<b>16%</b>	<b>43%</b>	

of an adult's reference intake  
Typical values (Microwaved) per 100g: Energy 590 kJ / 142 kcal

**MICRO 800W** **8 MINS & 30 SECS** **OVEN 180°C FAN** **50 MINUTES**  
Weight: e375g Allergens: Milk

**SUITABLE FOR VEGETARIANS**

**White Rice Steam Bag**  
Cooked white rice ready to microwave in 3 minutes

**£1.00** **MS1**  
MEAL ORDER NUMBER

Per Bag (200g) Microwaved					
Energy	Fat	Saturates	Sugars	Salt	
1141 kJ 268 kcal	<b>0.0g</b>	<b>0.0g</b>	<b>0.0g</b>	<b>0.1g</b>	
	<b>0%</b>	<b>0%</b>	<b>0%</b>	<b>2%</b>	

of an adult's reference intake  
Typical values (Microwaved) per 100g: Energy 576 kJ / 136 kcal

**MICRO 800W** **3 MINUTES**  
Weight: e200g



# All Your Favourite Desserts



**D1**  
DESSERT ORDER NUMBER

**2 Vanilla Panna Cottas**

Vanilla flavoured set cream

**£1.50**

Per Panna Cotta (90g) as Sold					
Energy	Fat	Saturates	Sugars	Salt	
1494 kJ 357 kcal	<b>33.0g</b>	<b>20.0g</b>	<b>13.0g</b>	<b>0.1g</b>	
18%	<b>47%</b>	<b>100%</b>	<b>14%</b>	<b>2%</b>	

of an adult's reference intake  
Typical values per 100g: Energy 1660 kJ / 397 kcal

**DEFROST** 3 HRS & 30 MINS

Weight: e180g (2 x e90g) Allergens: Milk  
Also may contain: Nuts, Soya, Wheat, Peanuts



**SUITABLE FOR VEGETARIANS**

**Apple & Blackberry Crumble Tart**

Apple & blackberry filled tart, topped with an oat flake crumble

**£1.50**

**D3**  
DESSERT ORDER NUMBER

Per Apple and Blackberry Crumble Tart (180g) as Sold					
Energy	Fat	Saturates	Sugars	Salt	
2516 kJ 601 kcal	<b>26.0g</b>	<b>9.5g</b>	<b>39.0g</b>	<b>0.4g</b>	
30%	<b>37%</b>	<b>48%</b>	<b>43%</b>	<b>7%</b>	

of an adult's reference intake  
Typical values per 100g: Energy 1398 kJ / 334 kcal

**MICRO** 800W 2 MINUTES

Weight: 180g Allergens: Wheat, Oat, Egg  
Also may contain: Milk, Nuts, Soya, Peanuts



**2 Vanilla Panna Cottas**

Vanilla flavoured set cream

**£1.50**

**D1**  
DESSERT ORDER NUMBER

Per Panna Cotta (90g) as Sold					
Energy	Fat	Saturates	Sugars	Salt	
1494 kJ 357 kcal	<b>33.0g</b>	<b>20.0g</b>	<b>13.0g</b>	<b>0.1g</b>	
18%	<b>47%</b>	<b>100%</b>	<b>14%</b>	<b>2%</b>	

of an adult's reference intake  
Typical values per 100g: Energy 1660 kJ / 397 kcal

**DEFROST** 3 HRS & 30 MINS

Weight: e180g (2 x e90g) Allergens: Milk  
Also may contain: Nuts, Soya, Wheat, Peanuts



**Apple Crumble**

Apple pieces in a cinnamon sauce topped with a crumble topping

**£1.50**

**D2**  
DESSERT ORDER NUMBER

Per Apple Crumble (250g) as Sold					
Energy	Fat	Saturates	Sugars	Salt	
2315 kJ 553 kcal	<b>17.0g</b>	<b>5.3g</b>	<b>59.8g</b>	<b>0.28g</b>	
28%	<b>24%</b>	<b>27%</b>	<b>66%</b>	<b>5%</b>	

of an adult's reference intake  
Typical values per 100g: Energy 926 kJ / 221 kcal

**MICRO** 800W 1 MIN & 20 SECS

Weight: 250g Allergens: Wheat, Egg, Milk  
Also may contain: Gluten, Soya, Milk, Egg, Nuts, Peanuts



**Butterscotch & Treacle Pudding**

A moist treacle sponge with butterscotch sauce

**£1.50**

**D4**  
DESSERT ORDER NUMBER

Per Butterscotch and Treacle Pudding (185g) as Sold					
Energy	Fat	Saturates	Sugars	Salt	
2662 kJ 638 kcal	<b>29.6g</b>	<b>4.1g</b>	<b>64.9g</b>	<b>0.33g</b>	
32%	<b>42%</b>	<b>21%</b>	<b>72%</b>	<b>6%</b>	

of an adult's reference intake  
Typical values per 100g: Energy 1439 kJ / 343 kcal

**MICRO** 800W 70-80 SECONDS

Weight: e185g Allergens: Wheat, Egg, Milk  
Also may contain: Soya



**SUITABLE FOR VEGETARIANS**

**Sticky Toffee Pudding**

Toffee sponge topped with toffee sauce and caramel fudge pieces

**£1.50**

**D5**  
DESSERT ORDER NUMBER

Per Sticky Toffee Pudding (185g) as Sold					
Energy	Fat	Saturates	Sugars	Salt	
3082 kJ 736 kcal	<b>37.6g</b>	<b>11.7g</b>	<b>70.1g</b>	<b>0.9g</b>	
37%	<b>54%</b>	<b>59%</b>	<b>78%</b>	<b>16%</b>	

of an adult's reference intake  
Typical values per 100g: Energy 1666 kJ / 398 kcal

**MICRO** 800W 70-80 SECONDS

Weight: e185g Allergens: Wheat, Egg, Milk  
Also may contain: Soya



**SUITABLE FOR VEGETARIANS**

**Spotted Dick**

Lightly spiced sponge packed with sultanas

**£1.50**

**D6**  
DESSERT ORDER NUMBER

Per Spotted Dick (170g) as Sold					
Energy	Fat	Saturates	Sugars	Salt	
1951 kJ 466 kcal	<b>24.1g</b>	<b>2.4g</b>	<b>36.0g</b>	<b>0.2g</b>	
23%	<b>34%</b>	<b>12%</b>	<b>40%</b>	<b>3%</b>	

of an adult's reference intake  
Typical values per 100g: Energy 1148 kJ / 274 kcal

**MICRO** 800W 70-80 SECONDS

Weight: e170g Allergens: Wheat, Egg



**SUITABLE FOR VEGETARIANS**

**Chocolate Pudding**

Chocolate sponge with a chocolate fudge sauce

**£1.50**

**D7**  
DESSERT ORDER NUMBER

Per Chocolate Sponge (185g) as Sold					
Energy	Fat	Saturates	Sugars	Salt	
2852 kJ 681 kcal	<b>35.0g</b>	<b>6.8g</b>	<b>58.6g</b>	<b>0.9g</b>	
34%	<b>50%</b>	<b>34%</b>	<b>65%</b>	<b>15%</b>	

of an adult's reference intake  
Typical values per 100g: Energy 1542 kJ / 368 kcal

**MICRO** 800W 70-80 SECONDS

Weight: e185g Allergens: Egg, Wheat, Milk, Soya

# All Your Favourite Desserts

## Kitchen Essentials

## Kitchen Essentials

 For the Freezer



Birds Eye 4 Steamfresh Family Favourite Mix, 540g

**£3.00** **57297**  
ORDER NUMBER

Bakery



Warburtons 6 Crumpets

**£1.25** **4495**  
ORDER NUMBER

Bakery



Warburtons 6 Sliced Soft White Rolls

**£1.35** **5727**  
ORDER NUMBER

For the Fridge



Richmond 8 Thick Pork Sausages, 410g

**£2.50** **7304**  
ORDER NUMBER

For the Fridge



Clover Spread, 500g

**£2.45** **8186**  
ORDER NUMBER

For the Fridge



Cathedral City Mature Cheddar, 350g

**£4.25** **12425**  
ORDER NUMBER

Bakery



Warburtons Medium Sliced Wholemeal, 400g

**£1.25** **7055**  
ORDER NUMBER

Bakery



Warburtons Toastie Thick Sliced Soft White Bread, 400g

**£1.25** **7977**  
ORDER NUMBER

Bakery



Mr Kipling 6 Viennese Whirls

**£2.25** **26984**  
ORDER NUMBER

For the Fridge



Cathedral City Our Mature Cheddar, 6 x 20g

**£2.00** **69084**  
ORDER NUMBER

For the Fridge



Philadelphia Original, Soft Cheese, 280g

**£3.00** **76405**  
ORDER NUMBER

For the Fridge



Cravendale Filtered Fresh Semi Skimmed Milk Fresher for Longer, 2L

**£2.50** **29015**  
ORDER NUMBER

Bakery



Mr Kipling 6 Bramley Apple Pies

**£2.25** **9501**  
ORDER NUMBER

Bakery



Mica 4 Belgian Frangipans Almond Flavoured Cakes

**£1.25** **48488**  
ORDER NUMBER

Bakery



Hoppers Farmhouse Bakeries 9 Assorted Jam Tarts

**£1.35** **51705**  
ORDER NUMBER

For the Fridge



Cravendale Filtered Fresh Whole Milk Fresher for Longer, 2L

**£2.50** **29016**  
ORDER NUMBER

For the Fridge



Müller Rice Strawberry Low Fat Pudding Desserts, 170g

**£1.00** **9127**  
ORDER NUMBER

For the Fridge



Müller Light Smooth Toffee Fat Free Yogurt, 160g

**£1.00** **13051**  
ORDER NUMBER

For full information on allergens, nutrition, ingredients & storage please ask your Community Champion or the customer services team when placing your order. Or alternatively refer to the website [www.harryscountrykitchen.com](http://www.harryscountrykitchen.com)

## Kitchen Essentials

## Kitchen Essentials

For the Fridge



Müller Corner Delicious, Creamy Yogurt Strawberry, 136g

**£1.00** **7038**  
ORDER NUMBER

For the Fridge



Müller Corner Delicious, Creamy Yogurt Banana Chocolate Flakes, 124g

**£1.00** **6944**  
ORDER NUMBER

For the Fridge



Activia Strawberry Gut Health Yogurt 4 x 115g, (460g)

**£2.75** **33506**  
ORDER NUMBER

For the Cupboard



Cotswold 6 Large Eggs

**£2.00** **92825**  
ORDER NUMBER

For the Cupboard



John West Tuna Chunks in Brine, 4 x 132g (Drained weight 93g)

**£4.25** **71476**  
ORDER NUMBER

For the Cupboard



Heinz Baked Beans, 415g

**£1.25** **9104**  
ORDER NUMBER

For the Fridge



Elmlea Double, 270ml

**£1.85** **51796**  
ORDER NUMBER

For the Cupboard



Nescafe Gold Blend Instant Coffee, 200g

**£7.50** **4027**  
ORDER NUMBER

For the Cupboard



Taylors of Harrogate Yorkshire Tea 160 +50 Free Teabags, 656g

**£5.50** **60991**  
ORDER NUMBER

For the Cupboard



Heinz Cream of Tomato Soup, 400g

**£1.65** **34723**  
ORDER NUMBER

For the Cupboard



Heinz Big Soup Beef & Vegetable, 400g

**£1.75** **6200**  
ORDER NUMBER

For the Cupboard



Heinz Big Soup Chicken & Vegetable, 400g

**£1.75** **6208**  
ORDER NUMBER

For the Cupboard



Whitworths Granulated Sugar, 1kg

**£0.75** **53845**  
ORDER NUMBER

For the Cupboard



Viva Skimmed Long-Life Milk, 1L

**£0.90** **54123**  
ORDER NUMBER

For the Cupboard



Viva Semi-Skimmed Long-Life Milk, 1L

**£0.90** **54122**  
ORDER NUMBER

For the Cupboard



Pringles Sour Cream & Onion Sharing Crisps, 200g

**£2.75** **68973**  
ORDER NUMBER

For the Cupboard



Walkers Ready Salted Multipack Crisps, 6 x 25g

**£1.95** **4720**  
ORDER NUMBER

For the Cupboard



Walkers Cheese & Onion Multipack Crisps, 6 x 25g

**£1.95** **9533**  
ORDER NUMBER

For full information on allergens, nutrition, ingredients & storage please ask your Community Champion or the customer services team when placing your order. Or alternatively refer to the website [www.harryscountrykitchen.com](http://www.harryscountrykitchen.com)

## Kitchen Essentials

For the Cupboard



Ritz The Original Biscuit Crackers, 165g

**£1.25** **74593**  
ORDER NUMBER

For the Cupboard



Coca-Cola Original Taste, 1L

**£1.65** **72842**  
ORDER NUMBER

For the Cupboard



Diet Coke, 1.25L

**£1.55** **56529**  
ORDER NUMBER

For the Cupboard



McVitie's Digestives Milk Chocolate, 2 x 266g

**£2.89** **91602**  
ORDER NUMBER

For the Cupboard



Crawford's Bourbon Creams Sandwich Biscuits, 300g

**£0.90** **53598**  
ORDER NUMBER

For the Cupboard



Cadbury Timeout Wafer Bar 6 Pack, 121.2g

**£1.50** **58377**  
ORDER NUMBER

For the Cupboard



Robinsons Orange, 1L

**£2.00** **23122**  
ORDER NUMBER

For the Cupboard



Ambrosia Devon Custard, 400g

**£1.20** **5563**  
ORDER NUMBER

For the Cupboard



Ambrosia Rice Pudding Can, 400g

**£1.20** **5564**  
ORDER NUMBER

For the Cupboard



Kit Kat 2 Finger Milk Chocolate Biscuit Bar, 5 x 20.7g

**£1.50** **92512**  
ORDER NUMBER

For the Cupboard



Galaxy Ripple Chocolate Bars Multipack, 4 x 33g

**£1.50** **45437**  
ORDER NUMBER

For the Cupboard



Heinz Tomato Ketchup, 342g

**£2.00** **49075**  
ORDER NUMBER

For the Cupboard



Werther's Original Butter Candies, 137.5g

**£1.50** **55650**  
ORDER NUMBER

For the Cupboard



Maynards Bassetts Wine Gums Sweets Bag, 165g

**£1.50** **78173**  
ORDER NUMBER

For the Cupboard



Hartley's Jelly Strawberry Flavour, 125g

**£0.60** **47260**  
ORDER NUMBER

For the Cupboard



Hellmann's Real Mayonnaise, 430ml

**£2.70** **51741**  
ORDER NUMBER



If you try one of our Harry's products and don't like it, don't worry: just let us know and we'll give you your money back!

For full information on allergens, nutrition, ingredients & storage please ask your Community Champion or the customer services team when placing your order. Or alternatively refer to the website [www.harryscountrykitchen.com](http://www.harryscountrykitchen.com)

# HARRY'S COUNTRY KITCHEN

★★★★★  
Good food to your door



## FREE DELIVERY\*

ON ORDERS OVER £20

**NO SUBSCRIPTION  
NECESSARY**

## HARRY'S FAVOURITE MEALS

Get started in one simple order with this great selection from the Harry's range, call us or visit our website for more details.



## QUICK AND SIMPLE ORDERING WITH HARRY'S COUNTRY KITCHEN

To order call **FREE** on **0800 029 3263**  
or visit **www.harryscountrykitchen.com**

### FREE, FRIENDLY DELIVERY

Once you have placed your order, one of our local Community Champions will bring it directly to you. Delivery is **FREE**, the minimum order spend is £20.

### SECURE PAYMENT METHODS

Easy payment methods, pay over the phone, online or through your Community Champion. We accept the following:



### ORDERING ON THE WEB

Our website is a quick, easy and secure way to have delicious frozen meals and desserts delivered directly to your home. Shop online 24/7

**harryscountrykitchen.com**

### ORDERING ON THE PHONE

We have a dedicated team who are happy to help you place your order and assist you with anything else you might need. Simply call our freephone number to get in touch, the team are looking forward to having a chat. Monday to Friday 9am-5pm

Address: **Harry's Country Kitchen, PO Box 254, HCK Grocery Limited, Deeside, CH5 9FR.**

Call centre opening hours: Mon-Fri 9am-5pm (opening hours subject to change). Calls are free and may be recorded.

All photography is serving suggestion only. Prices correct at time of print. Products subject to availability.

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\*Free delivery for orders over £20 (minimum order value is £20). Delivery address must be within the delivery catchment area. Terms apply, see [www.harryscountrykitchen.com](http://www.harryscountrykitchen.com)

†White Rice Steam Bag, 200g, with selected Indian or Chinese meals. Max. 1 bag per meal. Subject to availability. No substitutes or alternatives.

White Rice Steam Bag, 200g, also available to be purchased separately.