



M&S
FOOD



STRAWBERRIES

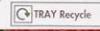
SWEET & JUICY

FROM
SELECT
FARMS
*we know
and trust*

M&S STRAWBERRIES ARE
HAND PICKED FOR MAXIMUM
FLAVOUR FROM SELECT FARMS.
WE KNOW AND TRUST.
ALWAYS PICK OF THE CROP.

Best stored in a fridge. Wash before use.

© Marks and Spencer plc, PO Box 3339 CH99 9QS UK
M&S (Ireland) Ltd PO Box 13022 Ravensdale Dublin 2 Ireland



CLASS 1



M&S



EXTRA FINE BEANS

SWEET & TENDER

FROM
SELECT
FARMS
*we know
and trust*

M&S PEAS & BEANS ARE
SOURCED FROM OUR BEST
GROWERS AND HARVESTED FOR
MAXIMUM FRESHNESS.
ALWAYS PICK OF THE CROP.

Best stored in a fridge. Wash before use.

200g e







M&S
-FOOD-

eat
well



MANGO, & WATERMELON FINGERS

SWEET & JUICY

100%
RECYCLED
FRUIT POT.
RECYCLE ME
AGAIN

USE BY



1
80g
1 of 5 a day



eat
well

M&S
-FOOD-
**RED
PEPPERS**

Best stored in a fridge.
Wash before use.

COUNTRY OF ORIGIN
The Netherlands

CLASS 1
mm

BEST BEFORE

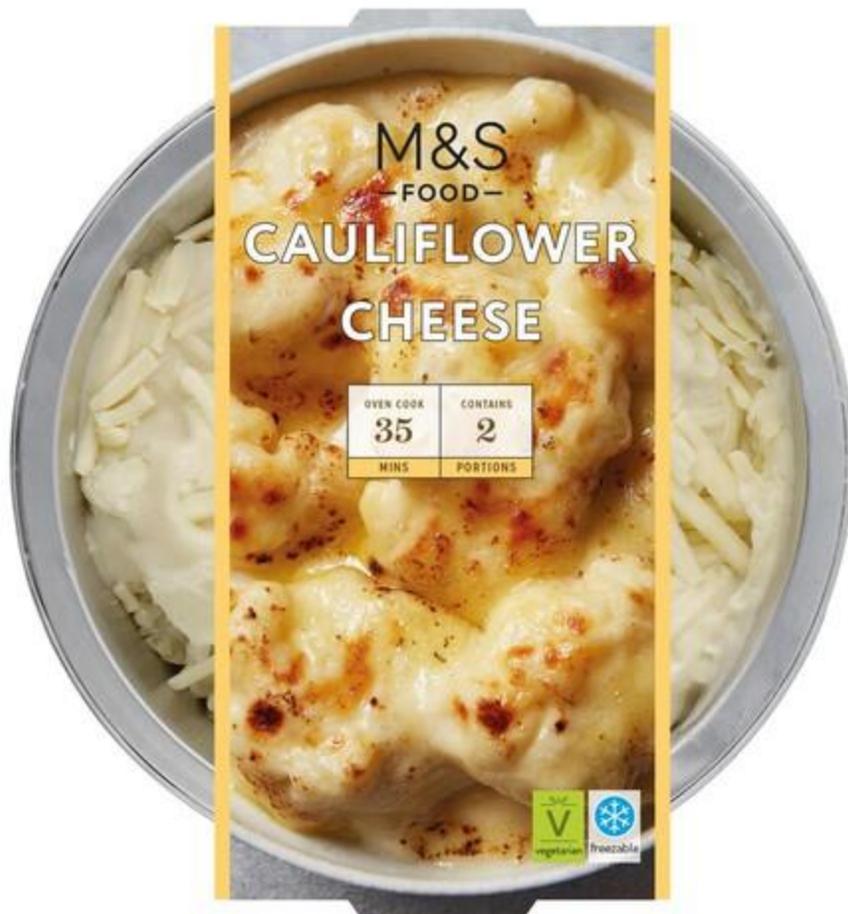


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M&S
-FOOD-

PLANT KITCHEN

DELICIOUSLY VEGAN

2 NO CHICKEN KYIVS

Soya based Kyiv
with a garlic filling

20
MINUTES



OVEN

FREEZABLE



INDIAN TAKEAWAY

by M&S
-FOOD-



LAMB ROGAN JOSH

A MEDIUM SPICED TOMATO & ONION CURRY
WITH TENDER PIECES OF MARINATED LAMB

4
MINUTES



MICROWAVE

MEDIUM

FREEZABLE

Serves 2 - half pack provides

Energy	Fat	Saturated	Sugars	Salt
1012kJ 242kcal	12.4g	2.8g	6.2g	1.50g
12%	23%	14%	7%	20%

per 100g Energy 506kJ/121kcal

Use By



M&S
-FOOD-

CHOCO POPS

toasted puffed rice cereal fortified
with vitamins and iron with cocoa

fortified with
VITAMINS
+ IRON



V
Vegetarian
Contains no animal products
except for milk and milk
derived ingredients
May contain traces of
nuts, soy, wheat, egg, sesame
and other allergens. See
ingredient list for more
information.
M&S FOODS (UK) LTD

M&S
-FOOD-

Cornish

RASPBERRY RIPPLE

DAIRY
ICE CREAM

Made in Cornwall
with Cornish Milk
and Clotted Cream

NEW
RECIPE

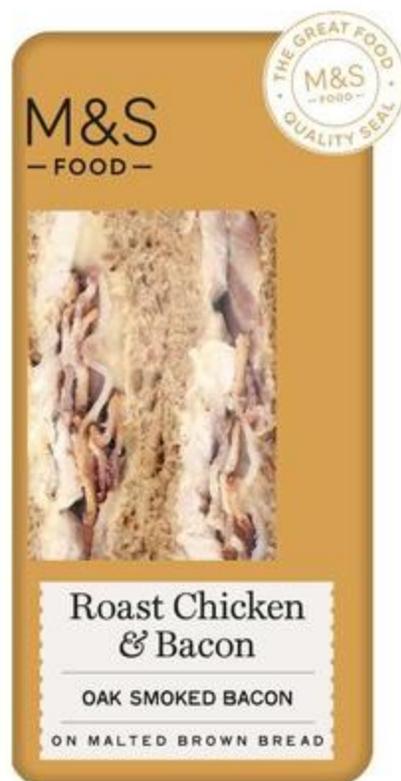
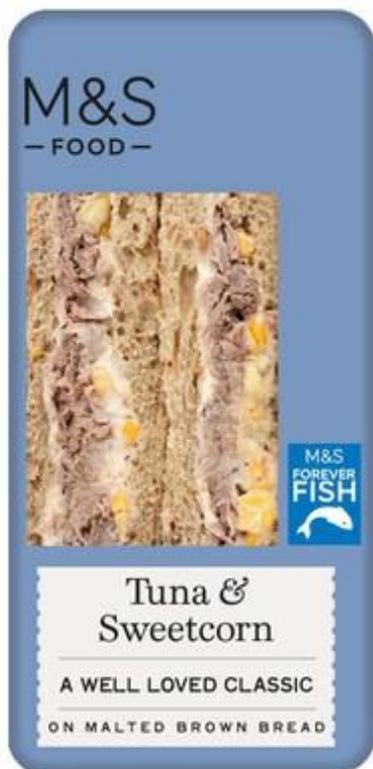
1 litre
(580g e)

KEEP FROZEN



per 1/8 tub 618kJ/148kcal
Energy 10% of your RI
per 100g 853kJ/204kcal



























M&S
-FOOD-
**EXTRA CREAM
CUSTARD CREAMS**
made with real custard powder

Energy 11.0g, Fat 0.5g, Saturates 0.2g, Sugar 1.0g, Fibre 0.1g, Protein 0.1g, Salt 0.0g



M&S
-FOOD-
PORRIDGE
**TRADITIONAL
SCOTTISH
OATS**

milled for a soft and creamy texture



**eat
well**
HIGH IN
FIBRE



**BIGGER
PACK
BETTER
VALUE**

Serves 21 - per 100g provides
Energy 11.0g, Fat 0.5g, Saturates 0.2g,
Sugar 1.0g, Fibre 0.1g, Protein 0.1g,
Salt 0.0g

