





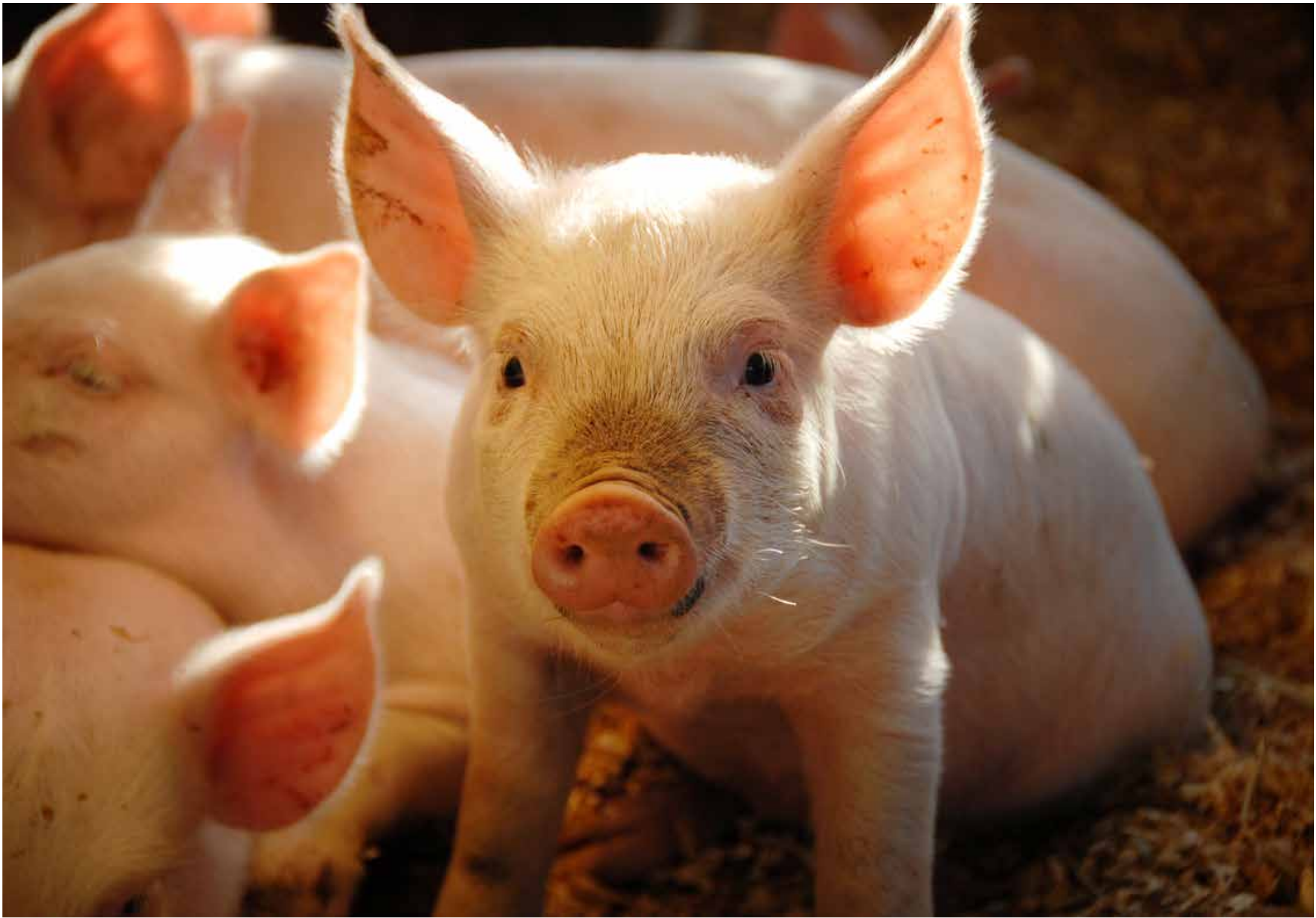
Iceland

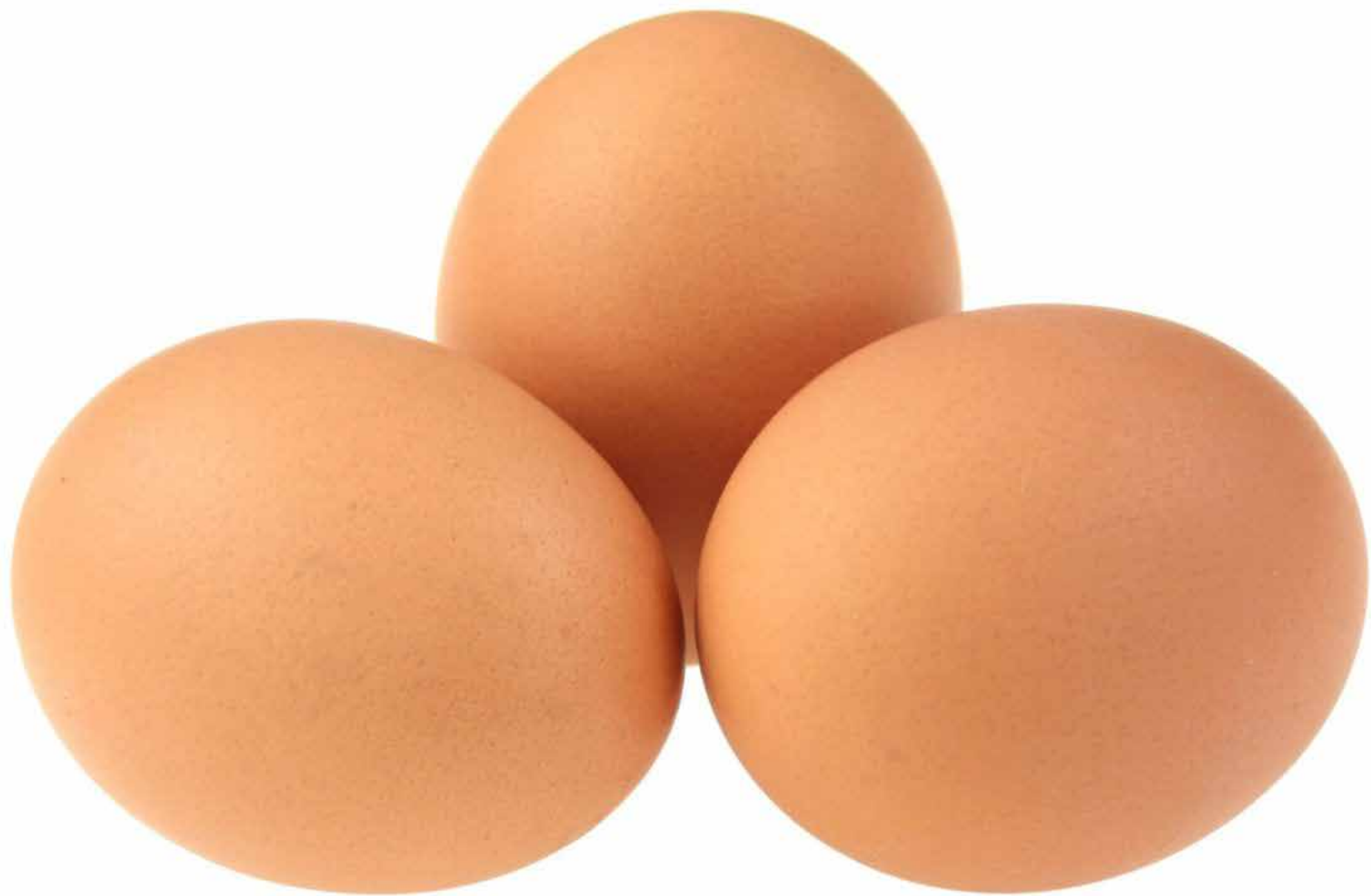
16 THICK

Irish Recipe

PORK SAUSAGES



















8 Fish Fingers COD

BirdsEye

£2.50
RRP

100%
COD FILLET



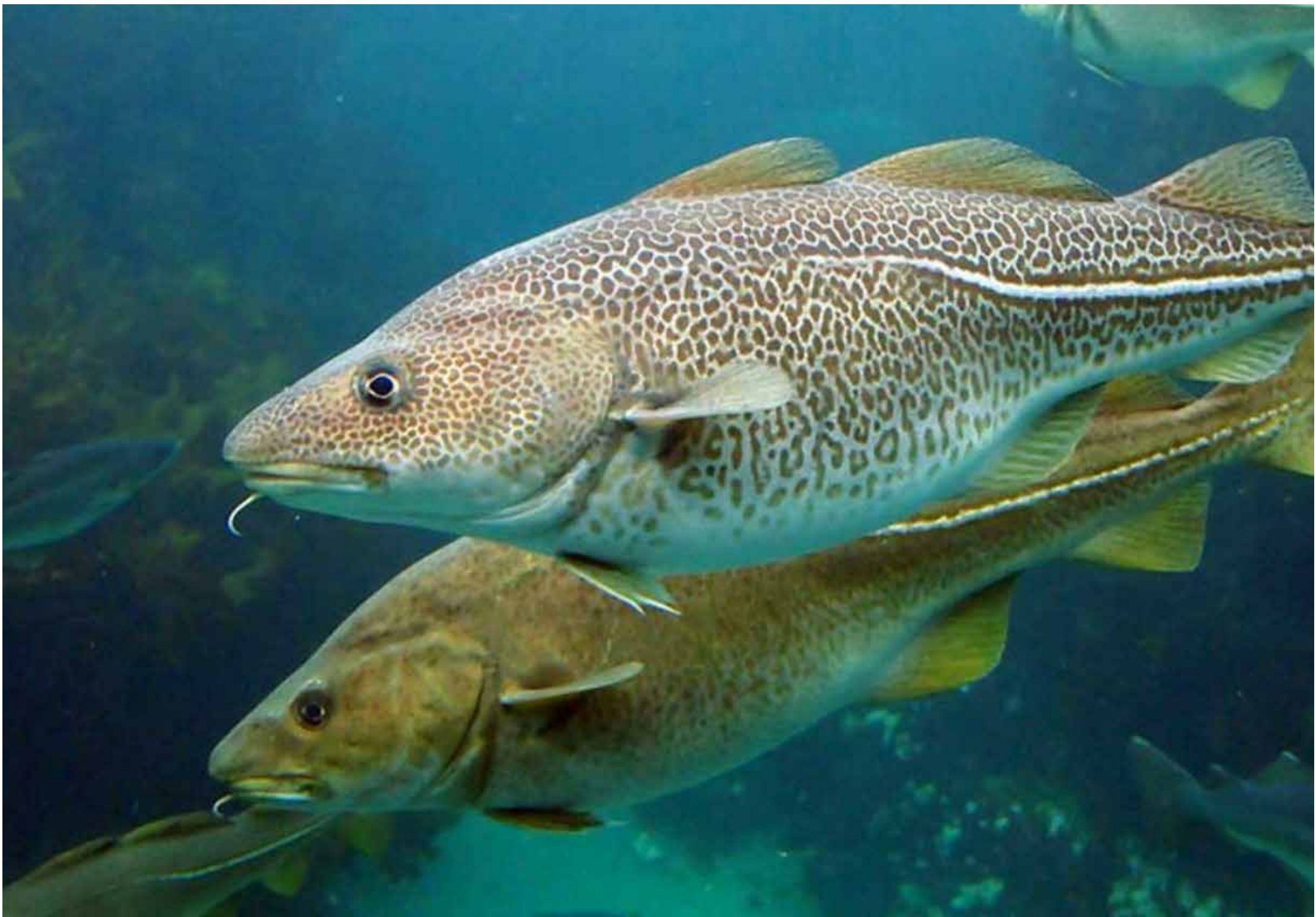
Per 4 fish fingers (112g) oven baked provides:

Energy	Fat	Saturates	Sugars	Salt
1024kJ 244kcal	10.0g	0.7g	1.2g	0.80g
12%	14%	4%	1%	13%



Reference intake of an average adult (8400kJ / 2000kcal)*
Average values per 100g: Energy 939kJ / 224kcal.

serving suggestion

















ocado



Vegan

Meat Free Mince











