

PASTA, RICE AND GRAINS

- 3 Barley, pearl, white, boiled in water
- 5 Barley, whole grain, brown, boiled in water
- 6 Bemax, wheatgerm
- 7 Bran, wheat
- 8171 Bran, oat
- 7028 Bulghur wheat, cooked
- 7600 Couscous, (doughy paste made from millet) cooked
- 74 Dumplings, animal suet, unsweetened, steamed or boiled
- 8719 Dumplings, vegetable suet, unsweetened, steamed or boiled
- Lasagne prepared dish with meat, white sauce see 'Meat dishes'
- 7601 Lasagne, white or wholemeal sheet of pasta, cannelloni, boiled in water
- 27 Macaroni, NOT wholemeal, boiled in water
- 36 Macaroni, wholemeal, boiled in water
- R 819 Macaroni cheese, any NOT canned
- 38 Macaroni, canned in cheese sauce NO meat additions
- 3259 Millet, boiled in water
- 32 Noodles, egg, boiled in water
- 30 Noodles, plain, boiled in water
- 70 Pot noodles, pot rice, savoury rice eg Batchelors', weight as served
- 39 Ravioli, canned, ie pasta, meat filling and tomato sauce
- 8361 Ravioli, pasta with meat filling etc NOT canned
- 42 Rice, basmati ('Indian'), boiled
- 44 Rice, basmati ('Indian'), fried in blended vegetable oil - no vegetables
- 45 Rice, basmati ('Indian'), fried in dripping - no vegetables
- 46 Rice, basmati ('Indian'), fried in lard - no vegetables

- 47 Rice, basmati ('Indian'), fried in polyunsaturated oil - no vegetables
- 49 Rice, brown, easy cook brown, boiled in water
- 50 Rice, brown, easy cook brown, fried in blended vegetable oil - no vegetables
- 51 Rice, brown, easy cook brown, fried in dripping - no vegetables
- 52 Rice, brown, easy cook brown, fried in lard - no vegetables
- 53 Rice, brown, easy cook brown, fried in polyunsaturated oil - no vegetables
- R 76 Rice, egg fried
- 559 Rice pudding, sago, semolina, tapioca, canned NOT light or low calorie, NOT fruit or flavoured, NOT artificially sweetened
- 3068 Rice pudding, low calorie, low fat with artificial sweetener, canned, eg Weight Watchers, Sainsburys light rice pudding NOT fruit or flavoured
- 8172 Rice pudding, sago, semolina, tapioca, chocolate or any flavour but NOT containing fruit, canned NOT low calorie
- 8696 Rice pudding, sago, semolina, tapioca, chocolate or any flavour but NOT containing fruit, eg Ambrosia NOT canned, NOT low calorie, NOT homemade
- 8173 Rice pudding, sago, semolina, tapioca, with fruit but NOT flavoured, canned NOT low calorie
- 8174 Rice pudding, sago, semolina, tapioca, with fruit but NOT flavoured, eg Muller Fruit Rice Dessert NOT canned, NOT low calorie, NOT homemade
- 70 Rice, savoury, eg Batchelors', pot rice, pot noodles, weight as served
- 63 Rice, short grain - 'pudding rice', boiled or baked in whole milk, no sugar
- 64 Rice, short grain - 'pudding rice', boiled or baked in whole milk, with sugar
- 75 Rice, short grain - 'pudding rice', boiled or baked in whole milk, with sugar and butter or margarine
- 65 Rice, short grain - 'pudding rice', boiled or baked in semi-skimmed milk, no sugar

- 66 Rice, short grain - 'pudding rice', boiled or baked in semi-skimmed milk, with sugar
- 67 Rice, short grain - 'pudding rice', boiled or baked in skimmed milk, no sugar
- 68 Rice, short grain - 'pudding rice', boiled or baked in skimmed milk, with sugar
- 55 Rice, white easy cook, boiled in water
- 58 Rice, white, long or short grain, boiled in water NOT easy cook
- 59 Rice, white, long or short grain, or easy cook, fried in blended vegetable oil - no vegetables
- 61 Rice, white, long or short grain or easy cook, fried in dripping - no vegetables
- 62 Rice, white, long or short grain or easy cook, fried in lard - no vegetables
- 60 Rice, white, long or short grain or easy cook, fried in polyunsaturated oil - no vegetables
- Rice, with egg and milk, baked rice custard see 'Puddings and fruit pies'
- 70 Savoury rice, weight as served, eg Batchelors'
- 34 Spaghetti, tagliatelli, fettucine, vermicelli, white, boiled in water NOT macaroni or egg-based pasta NOT egg noodles
- 36 Spaghetti, wholemeal (brown), wholemeal pasta, wholemeal macaroni, boiled in water
- 40 Spaghetti, white, canned in bolognese sauce
- 41 Spaghetti, white, pasta, white, all shapes, canned in tomato sauce or canned in tomato and cheese sauce NOT reduced sugar
- 7602 Spaghetti, white, pasta, white, all shapes, canned in tomato sauce, reduced sugar
- 3174 Spaghetti, wholemeal (brown), other wholemeal pasta, all shapes, canned in tomato sauce NOT reduced sugar
- 3760 Spaghetti, wholemeal (brown), other wholemeal pasta, canned in tomato sauce, reduced sugar, eg Weight Watchers
- 74 Suet dumplings, made with animal suet, unsweetened, steamed or boiled

- 8719 Suet dumplings, made with vegetable suet, unsweetened, steamed or boiled
- Sago, semolina and tapioca milk puddings see 'Puddings and fruit pies' codes 556-559
- 8093 Tortellini, pasta with vegetable or ricotta cheese and spinach filling NOT meat filling
- 8175 Tortellini, pasta with cheese filling NOT meat or ricotta cheese filling
- R 576 Yorkshire pudding, hole for Toad-in-the-hole, made with whole milk NOT packet mix
- R 8643 Yorkshire pudding, hole for Toad-in-the-hole, made with whole milk NO added fat NOT packet mix
- R 7603 Yorkshire pudding, hole for Toad-in-the-hole, made with semi-skimmed milk NOT packet mix
- R 4112 Yorkshire pudding, hole for Toad-in-the-hole, made with skimmed milk NOT packet mix
- 8364 Yorkshire pudding, packet mix, made up with water
- 8614 Yorkshire pudding, packet mix, made up with egg and water
- 8365 Yorkshire pudding, frozen

BREAD AND ROLLS

NB Rolls are coded separately Recipes are not required for homemade bread and rolls, unless indicated

This section is divided into the following subsections

- A Fresh bread, white, including softgrain
- B Fresh bread, not white, not softgrain
- C Toasted bread, white, including softgrain
- D Toasted bread, not white, not softgrain
- E Fried bread - in lard
- F - in dripping
- G - in blended vegetable oil
- H - in polyunsaturated oil

- I Rolls, fresh
- J Rolls, toasted
- K Other bread including sweetened and fruit loaves, fresh
- L Other bread including sweetened and fruit loaves, toasted

A Fresh Bread, white, including softgrain

- 127 French stick, Baguette
- 7615 French stick, Baguette, flavoured with garlic and or herbs
- 7609 High fibre white bread
- 128 Milk loaf
- 130 Scottish batch bread
- 129 Slimmers white bread, eg Nimble, Slimcea, Mothers Pride Light
- 131 Soda bread
- 7604 Softgrain bread, eg Champion NOT fortified with folate,
NOT Mighty White
- 8179 Softgrain bread fortified with folate, eg Mighty White ONLY
- 132 Vienna loaf
- 121 White bread, crusty, uncut NOT milk loaf, French stick, slimmers,
Scottish batch, soda, Vienna high fibre white or soft grain bread
- 120 White bread, sliced, wrapped, includes Kingsmill Top Grade White bread,
Mothers Pride Premium, White Hovis NOT milk loaf, French stick,
slimmers, Scottish batch, soda, Vienna, high fibre white or soft grain
breads

B Fresh Bread, not white not softgrain

- 102 Brown bread, no added bran NOT wholemeal, wholewheat, stoneground wholemeal, granary, wheatgerm, Hovis, H1 Bran or Vitbe
- 7616 French granary stick, granary Baguette
- 112 Granary bread, ie with malted wheat or added barley, mixed whole grain bread NOT granary French stick or granary baguette
- 8177 H1 Bran bread, brown bread with added bran, eg VitBe H1 Bran
- 110 Hovis or wheatgerm bread NOT Hovis wholemeal or White Hovis
- 7617 Oatmeal bread, eg Vitbe H1 Oatbran, Hovis Golden Oatbran
- 114 Rye bread, Pumpernickel
- 7614 Slimmers wholemeal bread, eg Nimble
- 3603 Soda bread, wholemeal, wheaten soda farls
- 118 Vitbe bread NOT Vitbe H1 Bran
- 110 Wheatgerm bread
- 133 Wholemeal bread, wholewheat bread, stoneground wholemeal bread NOT High Fibre white bread, NOT Vitbe H1 Bran

TOAST

C Toasted bread white including softgrain

- 126 Any white bread, EXCEPT high fibre bread, soft grain bread and milk loaf
- 7610 High fibre bread
- 8073 Milk loaf
- 7605 Softgrain bread, eg Champion NOT fortified with folate, NOT Mighty White
- 8180 Softgrain bread, fortified with folate, eg Mighty White ONLY

D Toasted bread NOT white, not softgrain

- 107 Brown bread, no added bran NOT wholemeal, wholewheat, stoneground wholemeal, granary, wheatgerm, Hovis, H1 Bran or Vitbe
- 113 Granary bread, ie with malted wheat or added barley, mixed whole grain bread
- 8178 H1 Bran bread, brown bread with added bran, eg VitBe H1 Bran
- 111 Hovis bread or wheatgerm bread NOT Hovis wholemeal or White Hovis
- 7618 Oatmeal bread, eg Vitbe H1 Oatbran, Hovis Golden Oatbran
- 115 Rye bread, pumpernickel
- 3431 Soda bread, wholemeal, wheaten soda farls
- 119 Vitbe bread NOT Vitbe H1 Bran
- 138 Wholemeal bread, wholewheat bread, stoneground wholemeal bread NOT high fibre white, NOT Vitbe H1 Bran

FRIED BREAD

E Bread fried in lard

- 106 Brown bread, including those with added bran, eg Hi Bran or Vitbe
NOT wholemeal, wholewheat, stoneground wholemeal, granary, wheatgerm,
Hovis
- 164 Granary bread
- 7612 High fibre white bread
- 106 Hi Bran bread
- 164 Hovis bread NOT Hovis wholemeal or White Hovis
- 164 Rye bread
- 7607 Softgrain bread, any, eg Mighty White and Champion
- 125 White bread, any, EXCEPT high fibre and soft grain bread
- 137 Wholemeal bread, wholewheat bread, stoneground wholemeal bread

FRIED BREAD

F Bread fried in dripping

- 105 Brown bread, including those with added bran, eg Hi Bran or Vitbe NOT wholemeal, wholewheat, stoneground wholemeal, granary, wheatgerm or Hovis
- 163 Granary bread
- 105 Hi Bran bread
- 7611 High fibre white bread
- 163 Hovis bread (NOT Hovis wholemeal or White Hovis)
- 163 Rye bread
- 7606 Softgrain bread, any, eg Mighty White and Champion
- 124 White bread, any, (EXCEPT high fibre and soft grain bread)
- 136 Wholemeal bread, wholewheat bread, stoneground wholemeal bread

FRIED BREAD

G Bread fried in blended vegetable oil

- 103 Brown bread, including those with added bran, eg H1 Bran or Vitbe NOT wholemeal, wholewheat, stoneground wholemeal, granary, wheatgerm or Hovis
- Eggy bread see "Eggs and Egg dishes"
- 162 Granary bread
- 103 H1 Bran bread
- 8522 High fibre white bread
- 162 Hovis bread NOT Hovis wholemeal or White Hovis
- 162 Rye bread
- 8363 Softgrain bread, any, eg Mighty White and Champion
- 122 White bread, any, EXCEPT high fibre and soft grain bread
- 134 Wholemeal bread, wholewheat bread, stoneground wholemeal bread

FRIED BREAD

H Bread fried in polyunsaturated oil

- 104 Brown bread, including those with added bran, eg Hi Bran or Vitbe NOT wholemeal, wholewheat, stoneground wholemeal, granary, wheatgerm or Hovis
- 165 Granary bread
- 104 Hi Bran bread
- 7613 High fibre white bread
- 165 Hovis bread NOT Hovis wholemeal or White Hovis
- 165 Rye bread
- 7608 Softgrain bread, any, eg Mighty White and Champion
- 123 White bread, any, EXCEPT high fibre and soft grain bread
- 135 Wholemeal bread, wholewheat bread, stoneground wholemeal bread

ROLLS

I Rolls, fresh

- 7620 Brown, granary, wheatgerm or wholegrain rolls, crusty NOT wholemeal, wholewheat, or stoneground wholemeal
- 7621 Brown, granary, wheatgerm or wholegrain rolls, soft NOT wholemeal, wholewheat, or stoneground wholemeal
- 157 Brown hamburger bun or roll, brown roll with sesame seeds
- 7619 Softgrain rolls
- 158 White, crusty rolls
- 157 White hamburger bun or roll, white roll with sesame seeds
- 159 White, soft rolls
- 160 White, starch reduced rolls, eg Energen
- 161 Wholemeal, wholewheat, stoneground wholemeal rolls

ROLLS

J Rolls, toasted

- 169 Brown, granary, wheatgerm or wholegrain rolls NOT wholemeal, wholewheat or stoneground wholemeal
- 170 Brown hamburger roll or bun, brown roll with sesame seeds
- 170 White hamburger roll or bun, white roll with sesame seeds
- 171 White rolls, any EXCEPT hamburger bun or roll
- 172 Wholemeal, wholewheat, stoneground wholemeal rolls

K Other Bread including sweetened and fruit loaves, fresh

- 8176 Aberdeen butteries, croissant with sweet filling
- R 101 All Bran loaf (made with All Bran and dried fruit)
- 141 Chapatis, brown, made with butter ghee
- 142 Chapatis, brown, made with vegetable ghee
- 143 Chapatis, brown, made without fat
- 144 Chapatis, white, made with butter ghee
- 145 Chapatis, white, made with vegetable ghee
- 146 Chapatis, white, made without fat
- 8603 Chapatis, wholemeal, made with sunflower oil
- 166 Croissant, plain, not filled
- 8176 Croissant, with sweet filling
- 8366 Croissant, with savoury filling
- 108 Currant bread (NOT malted)
- R 149 Malt loaf (with or without currants), NOT wholemeal
- R 167 Malt loaf, wholemeal
- 173 Muffins, English, wholemeal
- 151 Muffins, English, NOT wholemeal
- 7622 Naan bread, plain
- 153 Papadums, poppadoms, cooked without fat
- 154 Papadums, poppadoms, fried in butter ghee
- 155 Papadums, poppadoms, fried in vegetable ghee
- 116 Pitta bread, white
- 117 Pitta bread, wholemeal
- 114 Pumpernickel, rye bread
- Teacakes see "Buns & Pastries"

L Other Bread including sweetened and fruit loaves, toasted

- 148 Crumpets, Pikelets
- 109 Currant bread, NOT malted
- R 150 Malt loaf (with or without currants) NOT wholemeal
- R 168 Malt loaf, wholemeal
- 152 Muffins, NOT wholemeal
- 174 Muffins, wholemeal
- 148 Pikelets, crumpets
- 115 Pumpernickel, rye bread
- Scotch pancakes see "Buns & Pastries"
- Teacakes see "Buns & Pastries"

BREAKFAST CEREALS

- 201 All bran, Kelloggs only
- 8481 "All bran" type cereal, Sainsburys Hi Fibre Bran only
- 8482 "All bran" type cereal, eg Tesco bran breakfast cereal NOT Kelloggs, NOT Sainsburys
- 8910 Boulders breakfast cereal, Tesco only
- 7628 Bran buds, Kelloggs only
- 202 Branflakes without sultanas, Kelloggs only NOT wheatflakes
- 7623 Branflakes without sultanas, own brand NOT Kelloggs, NOT wheatflakes
- 203 Branflakes with sultanas, Kelloggs only NOT wheatflakes
- 7624 Branflakes with sultanas, own brand NOT Kelloggs, NOT Wheatflakes
- 9032 Cinnamon Toast Crunch, Nestle
- 204 Coco Pops, Kelloggs only
- 8483 Coco Pops, own brand eg Cocoa Rice, Coco Snaps, Cocoa Puffs, Cocoa Crunchies NOT Kelloggs
- 8383 Coco Shreddies
- 205 Cornflakes, Kelloggs only
- 206 Cornflakes, own brand NOT Kelloggs
- 4289 Cornflakes, High fibre only, eg Ryvita
- 7637 Cheerios, any flavour
- 8181 Chockles, chocolate flavoured coated cornflakes and puffed rice clusters with mallow pieces, eg Sainsburys
- 8712 Clusters, Nestle only
- 7639 Cruesli
- 232 Crunchy Nut Cornflakes, Honey Nut Cornflakes, eg Kelloggs, own brand
- 221 Cubs, Shredded Wheat, Mini Shredded Wheat
- 227 Frosties, Kelloggs only

- 7626 Frosted Cornflakes, own brand, eg Sainsbury's Snowflakes NOT Kelloggs
- 8182 Frosted shreddie
- 229 Fruit and Fibre, any brand
- 8183 Fruit and nut bran (Weetabix)
- 8190 Fruit filled mini shredded wheat, own brand, eg Sainsburys Apricot wheats, Raisin wheats, Strawberry wheats, Cherry Wheats NOT Kelloggs Raisin Splitz
- 210 Grapenuts
- 8184 Golden Crackles, wheat and maize cereal in brown sugar and honey eg Kelloggs
- 8185 Golden Grahams, corn and wheat squares with brown sugar and honey eg Nestle
- 8186 Golden Oatmeal Crisp, oat and rice flakes with raisins and almonds eg Kelloggs
- 8481 Hi Fibre Bran, Sainsburys only
- 8675 Honey Bears, bear shaped toasted rice with honey and brown sugar, eg Co-op
- 232 Honey Nut Cornflakes, Crunchy Nut Cornflakes, eg Kelloggs, own brand
- 8486 Honey Nut Loops, Kelloggs only
- Instant oat cereals see Ready Brek
- 8492 Lucky Charms, Nestle
- 8187 Mall"o"s, mixed grain cereal with mallow pieces eg Sainsburys
- 212 Muesli, with added sugar, eg Alpen or Country Store NOT "crunchy" muesli
- 213 Muesli, crunchy, eg Jordan's Original Crunchy, Harvest Crunch
- R 214 Muesli, no added sugar, home made or shop bought
- 7629 Muesli, with extra fruit, eg Alpen with tropical fruit
- 8958 Nut Feast, Kelloggs only
- 7647 Oat bran flakes, no additions, Kelloggs Common Sense only

7648 Oat bran flakes with raisins and apple, Kelloggs Common Sense only

4084 Oat and bran flakes, no additions, own brand, eg Sainsburys

8188 Oat and wheat bran, eg Weetabix

Oat cereals, instant see Ready Brek

8189 Oat cereal, instant, containing fruit and nuts, eg Quake Awake

231 Oat Krunchies

8853 Pop Tarts, Kelloggs, any flavour

215 Porridge, (NOT instant) made with all water

216 Porridge, (NOT instant) made with all whole milk

217 Porridge, (NOT instant) made with whole milk and water

3797 Porridge, (NOT instant) made with all semi-skimmed milk

3925 Porridge, (NOT instant) made with all skimmed milk

7644 Porridge with bran, (NOT instant) made with all whole milk

7645 Porridge with bran, (NOT instant) made with all semi-skimmed milk

7646 Porridge with bran, (NOT instant) made with all skimmed milk

218 Puffed Wheat

8189 Quake Awake, oat cereal containing fruit and nuts

7051 Raisin Splitz, Kelloggs only

2675 Ready Brek, Warm Start, other instant oat cereals, NOT flavoured, NOT containing fruit and nuts dry weight

219 Ready Brek, Warm Start, other instant oat cereals, NOT flavoured, NOT containing fruit and nuts, made with all whole milk

7640 Ready Brek, Warm Start, other instant oat cereals, NOT flavoured, NOT containing fruit and nuts, made with all semi-skimmed milk

3421 Ready Brek, Warm Start, other instant oat cereals, NOT flavoured, NOT containing fruit and nuts, made with all skimmed milk

8005 Ready Brek, Warm Start, other instant oat cereals, flavoured, eg chocolate, NOT containing fruit or nuts, dry weight

7641 Ready Brek, Warm Start, other instant oat cereals, flavoured, eg chocolate, NOT containing fruit or nuts, made with all whole milk

7642 Ready Brek, Warm Start, other instant oat cereals, flavoured, eg chocolate, NOT containing fruit or nuts, made with all semi-skimmed milk

7643 Ready Brek, Warm Start, other instant oat cereals, flavoured, eg chocolate, NOT containing fruit or nuts made with all skimmed milk

220 Rice Krispies, Kelloggs only NOT with marshmallow shapes

7630 Rice Krispies, own brand, eg Sainsburys Rice Pops NOT Kelloggs

4331 Ricicles, Kelloggs NOT with marshmallow shapes

8819 Ricicles, Kelloggs, with marshmallow shapes

221 Shredded Wheat, Cubs, Mini Shredded Wheat

8190 Shredded Wheat, mini, fruit filled, own brand, eg Sainsburys Apricot Wheats, Raisin Wheats, Strawberry Wheats, Cherry Wheats NOT Kelloggs Raisin Splitz

222 Shreddies, any brand NOT frosted, NOT Coco

8383 Shreddies, Coco only

8182 Shreddies, frosted only

211 Smacks, Kelloggs

223 Special K, Kelloggs High Protein Cereal

228 Start

224 Sugar Puffs

4741 Team, Nabisco

7638 Toppas, Kelloggs

Warm Start see Ready Brek

225 Weetabix, other whole wheat bisks, wheatflakes without sultanas or raisins

7632 Weetos, chocolate covered rings

Wheatflakes without sultanas or raisins see Weetabix

226 Wheatflakes with sultanas or raisins

BISCUITS

- 8191 All butter biscuits, eg Petit Beurre, including own brand NOT shortbread
- 274 Bath Olivers, Water biscuits
- 3802 Brandy snaps
- 7649 Bread sticks, Grissini
- 8192 Carob half coated biscuits
- 251 Cheese biscuits, eg Cheddars any flavour, Cheeselets, Cheese thins, KP cheese biscuits, McVities Mini Cheddars, Walkers Say Cheese, Crawford's 'Cheese Snaps', Golden Wonder 'Preludes', including own brand
- 252 Cheese sandwich biscuits, eg Tuc with 'real cheese' filling, including own brand
- 7665 Cereal crunchy bars, eg Jordans "Original Crunchy", Jordans Oat Bran Bars, Harvest Crunch, including own brand
- 7656 Chewy cereal snack bars with any additions, eg Cluster, Harvest chewy bars, Jordans Chewy bars, McVities Solar, own brand NOT Tracker bars, NOT Original crunchy bars, NOT Harvest Crunch
- 253 Chocolate biscuits, full coated, containing biscuit filling only, eg Breakaway, United, chocolate fingers (plain, milk or white chocolate), fully coated digestives, includes McVities Gold Bar
- 8193 Chocolate biscuits, full coated, containing biscuit and cream filling, eg Hob Nob bars, Club biscuits, Penguins, Yoyos, Trio, Cadburys Vanilla Creole
- 8194 Chocolate biscuits, full coated, containing wafer and cream, eg Taxi, Club wafer NOT Kit Kat
- 8195 Chocolate coated biscuits, containing marshmallows, eg Teacakes, Wagon Wheels
- 254 Chocolate short or sweet biscuits, half coated, eg Cadburys Animals and Burton's Cartoonies NOT half coated semi-sweet biscuits, NOT half coated chocolate digestives, NOT half coated chocolate digestives with oats, NOT Jaffa Cakes
- 7662 Chocolate chip cookies, eg Crawford's Mini Cookies, including own brand
- 7663 Chocolate chip cookies with nuts, eg Boosters, Maryland Maxi
- 8204 Chocolate semi-sweet biscuits, half coated, eg Burton's Royal Tea

- 7651 Coconut cookies, not iced, purchased, eg Mr Men and Little Misses cookies
- 7650 Cornish wafers, eg Jacobs
- 7654 Crackers, savoury with additions, eg sesame seeds and or poppy seeds NOT Ryvita
- 255 Cream cracker biscuits NOT wholemeal
- 7652 Cream crackers, wholemeal, eg Farmhouse-type, Jacobs brown wheat, includes Hovis crackers
- 268 Cream sandwich biscuits, eg custard creams, bourbons, coconut creams NOT crunch creams, NOT wholemeal, NOT jam sandwich biscuits or wafer cream sandwich biscuits
- 256 Crispbreads, eg Ryvita (wheat and rye), Energen NOT High Fibre Ryvita, NOT starch reduced Energen
- 7325 Crispbread, rye, high fibre, eg High Fibre Ryvita
- 7653 Crispbread, rye, with sesame seeds only, eg Ryvita with sesame seeds
- 257 Crispbreads, starch reduced, eg Energen
- 258 Crispbreads, extra light, eg Krispen, Crackerbread, Cracottes, French Toasts, Dutch Crispbakes
- 8196 Crunch biscuit NOT cream filled, NOT crunchy cereal bars
- 8197 Crunch biscuit, half coated with chocolate NOT crunchy cereal bars
- 8198 Crunch biscuit, with cream filling NOT crunchy cereal bars
- 259 Digestive, sweetmeal or wheatmeal, plain NOT reduced sugar, NOT Hob Nobs, NOT digestives with oats
- 8199 Digestive, sweetmeal or wheatmeal, plain, reduced sugar, eg Sainsburys reduced sugar wheatmeal digestive NOT Hob Nobs, NOT digestives with oats
- 8989 Digestives, plain, reduced fat, McVities Light Digestives only
- 260 Digestive, chocolate half-coated, NOT chocolate Hob-nobs
- 276 Digestive, wholemeal
- 7657 Digestives with oats, plain, eg Hob-nobs, Rustics, Oatbakes, Snapjacks NOT wholemeal digestives

- 7658 Digestives with oats, chocolate, half-coated, eg Hob-nobs, Rustics, Oatbakes NOT wholemeal digestives
- 7659 Digestives with oats and fruit, eg Snapjacks, Rustics
- 7660 Digestives with oats, fruit and chocolate, half-coated, eg Snapjacks
- 7664 Fig rolls, any type, including banana and date bars
- 261 Flapjacks, purchased NOT homemade, NOT cereal crunch bars
- R 357 Flapjacks, homemade (made with oats, margarine (NOT polyunsaturated), syrup and sugar)
- 262 Fruit biscuits, NOT wholemeal eg Fruit shortcake, Shrewsbury, Jaspers
- 281 Fruit and nut biscuits
- 8484 Garibaldi biscuits
- 263 Gingernut biscuits, purchased NOT homemade
- R 7667 Gingernut biscuits, homemade (made with SR flour, B soda, syrup, margarine (NOT polyunsaturated), sugar and salt)
- R 264 Homemade biscuits, eg Easter biscuits (made with margarine (NOT polyunsaturated), flour, sugar and egg) NOT wholemeal, NOT shortbread, gingernuts or melting moments
- R 7666 Homemade biscuits, wholemeal (made with wholemeal flour, margarine (NOT polyunsaturated), sugar and egg) NOT wholemeal shortbread
- 8200 Honey biscuits, eg McVities Happy Bears
- 8201 Iced biscuits, iced rings, party rings
- 7661 Jaffa cakes, any flavour
- 265 Jam filled biscuits, eg Jammie Dodgers
- 8541 Jam and cream filled biscuits, eg Jacobs Happy Faces
- 2277 Kit Kat
- 279 Krackawheat
- 8195 Marshmallow chocolate coated biscuits, eg Munchmallows
- 8166 Marshmallow biscuits, eg Jamborees NOT chocolate coated
- 266 Matzo

- R 411 Melting moments, homemade (made with margarine (NOT polyunsaturated), sugar, flour, cornflour, glace cherries)
- 267 Oatcakes, purchased NOT homemade
- R 7668 Oatcakes, homemade (made with lard)
- 8203 Ostlers, moist biscuit, any flavour
- 3267 Rice cakes
- 279 Ritz, Saltines, Wyna, TUC, Krackawheat
- 3922 Rusks, plain, NOT low sugar, NOT flavoured, eg Farley's Original, Osterrusks, Farex Fingers, own brand (Superdrug, Boots Rusks)
- 7669 Rusks, plain, low sugar, NOT flavoured, eg Farley's, Cow and Gate Liga Rusks
- 7670 Rusks, NOT low sugar, flavoured, eg Milupa Muesli rusks, Farley's Banana Rusks, Farley's Orange
- 7672 Rusks, low sugar and flavoured, eg Cow and Gate Liga Orange and Banana rusks
- 7673 Rusks, teething, eg Bickie Peg
- 268 Sandwich cream biscuits, eg custard creams, bourbons, coconut creams NOT crunch creams, NOT wholemeal, NOT jam sandwich biscuits or wafer cream sandwich biscuits
- 272 Sandwich wafer biscuits, cream filled
- 269 Semi-sweet biscuits, eg Osborne, Rich Tea, Marie, Morning Coffee NOT half coated with chocolate
- 8204 Semi-sweet biscuits, half coated with chocolate, eg Royal Tea
- 270 Short, sweet biscuits, eg Lincoln, Shortcake, Malted milk, Nice NOT coconut biscuits
- R 271 Shortbread (made with flour, butter and sugar), homemade NOT wholemeal
- 8162 Shortbread, purchased
- 4103 Shortbread, wholemeal, purchased
- 412 Slimming biscuits, eg Slender bars, Bisks, Limmits
- 280 'Snowballs', coconut and chocolate coated marshmallow NOT chocolate marshmallow biscuits
- 279 TUC, Saltines, Wyna, Ritz, Krackawheat

- 275 Twiglets, eg Nabisco, Smiths and own brand
- 272 Wafer biscuits, filled, cream filled sandwich wafer biscuits
- 273 Wafers and cornets, ice cream cones and wafers, weight excluding ice cream
- 274 Water biscuits, Bath Olivers
- 276 Wholemeal biscuits, plain or flavoured, wholemeal digestives NOT digestives with oats
- 277 Wholemeal biscuits fruit, nut, or fruit and nut, NOT digestive
- 278 Wholemeal biscuits, cream filled NOT digestive

BUNS AND PASTRIES record recipes for all homemade buns and pastries

- R 8176 Aberdeen Butteries, croissant with sweet filling
- R 301 Bakewell tart, frangipane tart, ie shortcrust pastry base with jam, sponge filling with ground almonds Pastry (NOT wholemeal), made with half margarine (NOT polyunsaturated) and half lard
- R 8831 Bakewell tart, frangipane tart, ie shortcrust pastry base with jam, sponge filling with ground almonds Pastry (NOT wholemeal), made with half polyunsaturated margarine and half lard
- R 303 Chelsea buns, Bath buns, NOT wholemeal
- R 407 Chelsea buns, wholemeal
- R 326 Chorley cakes, Eccles cakes
- 7676 Choux buns, filled with fresh cream NOT iced
- 7677 Choux buns, filled with fresh cream iced
- R 311 Coconut tart
- R 314 Cream horns, oysters, mille feuille, ie flaky pastry, cream filled - artificial cream
- R 313 Cream horns, oysters, mille feuille, ie flaky pastry, cream filled - fresh cream
- Croissant, plain or with savoury filling see "Bread & Rolls"
- 8176 Croissant, with sweet filling, Aberdeen Butteries
- Crumpets, English muffins, pikelets see 'Bread and rolls'
- R 315 Currant buns, homemade NOT wholemeal (see also 303)
- 8123 Currant buns, purchased NOT wholemeal (see also 303)
- R 386 Custard slice, vanilla slice, ie flaky pastry, icing, custard filling
- 316 Custard tart, individual, purchased
- R 317 Custard tart, large, homemade, pastry (NOT wholemeal), made with half margarine (NOT polyunsaturated) and half lard
- R 318 Danish pastry
- R 323 Doughnuts, ring NOT wholemeal, NOT iced
- R 7679 Doughnuts, ring, iced

- R 324 Doughnuts, jam, artificial cream or fruit filling, homemade NOT wholemeal
- 8139 Doughnuts, jam, artificial cream or fruit filling, purchased NOT wholemeal
- R 325 Doughnuts, fresh cream filling NOT wholemeal
- R 7678 Doughnuts, confectioners custard filling
- R 410 Doughnuts, wholemeal, ring or jam only
- R 326 Eccles cakes, Chorley cakes
- 327 Eclairs, chocolate icing, real cream filling, fresh, purchased
- 7680 Eclairs, chocolate icing, real fresh cream filling, frozen, purchased
- R 328 Eclairs, chocolate icing, artificial cream
- Flapjacks see "Biscuits"
- Frangipane tart see Bakewell tart
- 4556 Greek pastries, eg baaclava, tangos, tsamilka, shredded type
- R 7674 Hot cross buns, rich currant buns NOT wholemeal
- R 7675 Hot cross buns, rich currant buns, wholemeal
- R 408 Iced buns, homemade
- 8125 Iced bun, purchased
- 340 Jam tart, syrup tart, treacle tart, one crust, individual, purchased
- R 341 Jam tart, syrup tart, treacle tart, one crust, individual, homemade Pastry (NOT wholemeal), made with half margarine (NOT polyunsaturated) and half lard
- 572 Jam tart, syrup tart, treacle tart, one crust, large, purchased
- R 342 Jam tart, syrup tart, treacle tart, one crust, large, homemade, wholemeal pastry made with half margarine (NOT polyunsaturated) and half lard
- R 343 Jam tart, syrup tart, treacle tart, two crusts, large, homemade, pastry (NOT wholemeal), made with half margarine (NOT polyunsaturated) and half lard
- R 346 Lemon curd tart, one crust, with homemade lemon curd Pastry (NOT wholemeal), made with half margarine (NOT polyunsaturated) and half lard

- R 347 Lemon meringue pie, homemade, pastry (NOT wholemeal), made with half margarine (NOT polyunsaturated) and half lard
- R 411 *Melting moments*, homemade, made with margarine (NOT polyunsaturated), sugar, flour, cornflour, glace cherries
- R 353 Mince pies, sweet, individual, shortcrust pastry (NOT wholemeal), made with half margarine (NOT polyunsaturated) and half lard
- R 3203 Mince pies, sweet, individual, shortcrust pastry, (NOT wholemeal), made with all margarine (NOT polyunsaturated)
- R 7681 Mince pies, sweet, individual, shortcrust pastry, wholemeal, made with half margarine (NOT polyunsaturated) and half lard
- R 3308 Mince pies, sweet, individual, puff pastry
- R 354 Mincemeat tart, one crust, large, shortcrust pastry (NOT wholemeal), made with half margarine (NOT polyunsaturated) and half lard
- R 355 Mincemeat tart, two crusts, shortcrust pastry (NOT wholemeal), made with half margarine (NOT polyunsaturated) and half lard
- R 7682 Pinni, dabra (Asian sweetmeat)
- R 366 Sata pastries, assorted (Indian pastries)
- R 367 Scones, cheese NOT wholemeal
- R 368 Scones, fruit or treacle NOT wholemeal
- R 369 Scones, plain, oven baked NOT wholemeal
- R 371 Scones, potato
- R 372 Scones, wholemeal, plain
- 3189 Scones, wholemeal, fruit, purchased
- R 373 Scotch pancakes, drop scones, plain
- 3561 Scotch pancakes, drop scones with fruit, purchased
- R 7683 Sevyaan (sweet Indian snack)
- 406 Shortcrust pastry, cooked, purchased, eg pastry flan case
- R 7684 Strawberry tartlets, shortcrust pastry with strawberries and glaze
- Syrup tart see Jam tart
- R 384 Teacakes NOT wholemeal, NOT chocolate marshmallow teacake

- R 385 Teacakes, toasted NOT wholemeal, NOT chocolate marshmallow teacake
- R 407 Teacakes, wholemeal NOT chocolate Marshmallow teacake
- R 423 Teacakes, wholemeal, toasted NOT chocolate Marshmallow teacake
- Treacle tart see Jam tart
- R 386 Vanilla slice, custard slice, ie flaky pastry, icing, custard filling
- R 389 Welsh cheesecake, ie shortcrust pastry base with jam, sponge filling (NOT containing ground almonds) Pastry (NOT wholemeal), made with half margarine (NOT polyunsaturated) and half lard
- R 407 Wholemeal fruit buns, wholemeal Chelsea buns, wholemeal tea cakes

CAKES (see also Buns and Pastries) record recipes for all homemade cakes

- American Muffins see Fairy cakes
- R 302 Banana cake, homemade
- R 304 Battenburg, ie sponge with marzipan coating and jam
- Black Forest gateau see Chocolate gateau
- 8672 Caramel shortcake, purchased, ie shortbread with caramel layer and chocolate topping
- R 305 Caramel shortcake, homemade, ie shortbread with caramel layer and chocolate topping
- R 8650 Carrot cake made with wholemeal flour, homemade, NOT iced
- 7685 Carrot cake made with wholemeal flour, purchased NOT iced
- 3899 Carrot cake made with wholemeal flour with cream cheese icing, purchased
- 7686 Cherry cake, purchased
- 306 Chinese cakes and pastries, purchased
- 307 Chinese glutinous rice flour cakes, purchased
- 3897 Chocolate cake with two layers of icing, frozen, purchased, eg Sara Lee Double Chocolate Cake
- 383 Chocolate covered swiss roll, mini roll, purchased
- R 309 Chocolate cupcakes, chocolate fairy cakes, iced, homemade
- 7687 Chocolate cupcakes, iced, purchased
- R 8551 Chocolate gateau, Black Forest gateau, with cream, homemade
- 7694 Chocolate gateau, Black Forest gateau, Black Forest dessert, with cream, purchased
- R 310 Chocolate krispie cakes, made with Rice Krispies
- R 8553 Chocolate sponge cake, chocolate swiss roll, made without fat, fresh cream filling, homemade
- R 8554 Chocolate sponge cake, chocolate swiss roll, made without fat, buttercream filling, homemade
- 8562 Chocolate sponge cake, chocolate swiss roll, buttercream filling, purchased

- R 3082 Chocolate sponge cake, made with margarine (NOT polyunsaturated) NO filling, NO icing, homemade
- 8555 Chocolate sponge cake, chocolate fairy cakes, chocolate American muffin, NO filling, NO icing, purchased
- R 308 Chocolate sponge cake, made with margarine (NOT polyunsaturated), with buttercream filling, homemade
- 7688 Coconut cake, purchased
- R 312 Coconut cornflake tray, made with margarine (NOT polyunsaturated), sugar, cornflakes, coconut
- R 409 Coconut macaroons, coconut pyramids
- Coffee cake see madeira cake
- R 319 Date and krispie crunch, made with margarine (NOT polyunsaturated), sugar, dates, Rice Krispies
- R 320 Date and walnut loaf, made with margarine (NOT polyunsaturated), dates and walnuts
- R 321 Digestive nut crunch, made with butter, digestive biscuits, nuts and condensed milk
- R 322 Dough cake, yeast fruit cake, doughbuns, Bara Brith
- Doughnuts see 'Buns and Pastries'
- R 349 Fairy cakes, American Muffins, homemade NOT chocolate NOT iced
- 8367 Fairy cakes, American Muffins, purchased NOT chocolate NOT iced
- R 3082 Fairy cakes, American Muffins, chocolate, homemade NOT iced
- 8555 Fairy cakes, American Muffins, chocolate, purchased NOT iced
- R 7689 Fairy cakes, iced, homemade, includes cupcakes NOT chocolate
- 329 Fairy cakes, fancy iced cakes, purchased, eg fondant fancies NOT chocolate
- R 309 Fairy cakes, chocolate, chocolate cupcakes, iced, homemade
- 7687 Fairy cakes, fancy iced cakes, chocolate, chocolate cupcakes, iced, purchased
- Flapjacks see 'Biscuits'
- R 330 Florentines, ie nuts, dried fruit, butter, chocolate
- R 334 Fruit cake, plain, light fruit cake, homemade NOT wholemeal

- 8105 Fruit cake, plain, light fruit cake, purchased NOT wholemeal
- R 8567 Fruit cake, plain, made with wholemeal flour, homemade
- 7690 Fruit cake, plain, made with wholemeal flour, purchased
- R 331 Fruit cake, rich, homemade, eg Dundee, cherry, Christmas cake mixture NOT iced
- 332 Fruit cake, rich, purchased, eg Dundee, cherry, Christmas cake mixture NOT iced
- R 333 Fruit cake, rich, iced, with marzipan and royal icing, homemade, eg Christmas cake
- 8568 Fruit cake, rich, iced, with marzipan and royal icing, purchased, eg Christmas cake
- R 335 Fruit squares, made with margarine (NOT polyunsaturated), flour, sugar, dried fruit
- R 336 Gateau, with cream, homemade NOT Black Forest or chocolate gateau
- 8550 Gateau, with cream, purchased NOT Black Forest or chocolate gateau
- R 8551 Gateau, with cream, chocolate, homemade eg Black Forest gateau, chocolate gateau
- 7694 Gateau, with cream, chocolate, purchased eg Black Forest gateau, Black Forest dessert, chocolate gateau
- R 337 Gingerbread, parkin
- 7691 Ginger cake, purchased
- R 338 Gulab jamen, homemade, ie Indian syrup cake
- 339 Gulab jamen, purchased, ie Indian syrup cake
- 3834 Jam roly poly, purchased
- R 344 Jellabi, ie fried Asian pastry, soaked in syrup
- R 345 Lardy cake, made with yeast base, sugar and fat
- R 348 Macaroons, almond NOT coconut
- R 409 Macaroons, coconut, coconut pyramids
- R 349 Madeira cake, luncheon cake, seed cake, fairy cakes, coffee cake, homemade NO filling NOT iced

- 8367 Madeira cake, luncheon cake, seed cake, fairy cakes, coffee cake, purchased NO filling, NO icing
- R 350 Meringue, no cream or filling
- R 351 Meringue, filled with artificial cream
- R 352 Meringue, filled with fresh cream
- R 322 Muesli bread
- R 337 Parkin, gingerbread
- R 365 Raisin rhapsody, made with shortcrust pastry, margarine (NOT polyunsaturated), raisins
- R 370 Rock cakes, made with margarine (NOT polyunsaturated), flour, sugar, currants
- R 584 Rum baba, savarin
- Scones see "Buns and Pastries"
- Sponge cake, chocolate see chocolate sponge cake
- R 8563 Sponge cake, NOT chocolate, made without fat, homemade NO filling
- R 376 Sponge cake, NOT chocolate, made without fat, jam filled, homemade
- R 377 Sponge cake, NOT chocolate, made without fat, with buttercream filling, homemade
- R 8552 Sponge cake, NOT chocolate, made without fat, with fresh cream filling, homemade
- R 8507 Sponge cake, NOT chocolate, made without fat, with jam and cream filling, homemade
- 379 Sponge cake, NOT chocolate, made without fat, purchased, frozen, fresh cream filling
- R 2644 Sponge cake, NOT chocolate, made with margarine (NOT polyunsaturated), homemade NO filling, NO icing
- R 374 Sponge cake, NOT chocolate, made with margarine (NOT polyunsaturated), jam filling homemade NO icing
- 380 Sponge cake, NOT chocolate, purchased, jam filled NO icing
- R 413 Sponge cake, NOT chocolate, made with margarine (NOT polyunsaturated), jam filling, water icing, homemade, eg Victoria sandwich
- R 8647 Sponge cake, NOT chocolate, made with polyunsaturated margarine, jam filling, water icing, homemade

- R 378 Sponge cake, NOT chocolate, made with margarine (NOT polyunsaturated), with buttercream filling or icing, homemade
- 8508 Sponge cake, NOT chocolate, jam and buttercream filling, purchased
- 381 Sponge cake, packet mix, as served
- 375 *Sponge fingers*, made without fat, purchased NOT chocolate
- R 382 Sultana loaf, made with flour, fat, sultanas and sugar
- 383 Swiss roll, chocolate covered, mini roll, purchased
- R 376 Swiss roll, jam filling, homemade NOT chocolate swiss roll
- 380 Swiss roll, jam filling, purchased NOT chocolate swiss roll
- R 8552 Swiss roll, fresh cream filling, homemade NOT chocolate swiss roll
- R 8507 Swiss roll, jam and fresh cream filling, homemade NOT chocolate swiss roll
- 8508 Swiss roll, jam and fresh cream filling, purchased NOT chocolate swiss roll
- R 377 Swiss roll, buttercream filling, homemade NOT chocolate swiss roll
- 8564 Swiss roll, buttercream filling, purchased NOT chocolate swiss roll
- R 8553 Swiss roll, chocolate, fresh cream filling, homemade
- R 8554 Swiss roll, chocolate, buttercream filling, homemade
- 8562 Swiss roll, chocolate, buttercream filling, purchased
- 375 Trifle sponges, made without fat, purchased NOT chocolate
- R 413 Victoria sandwich, sponge cake made with margarine (NOT polyunsaturated), jam filling, water icing
- R 388 Walnut loaf, made with flour, margarine (NOT polyunsaturated), walnuts and sugar
- R 7692 Welsh cake, made with flour, margarine (NOT polyunsaturated), dried fruit and eggs

PUDDINGS AND FRUIT PIES Recipes are only required for homemade puddings and pies where indicated 'R'

- 551 Angel Delight, Instant Whip, instant dessert, NOT sugar free, made up with whole milk Includes potted Angel Delight and Instant Whip ready to eat
- 3179 Angel Delight, Instant Whip, instant dessert, NOT sugar free, made up with semi-skimmed milk
- 4319 Angel Delight, Instant Whip, instant dessert, NOT sugar free, made up with skimmed milk
- 9025 Angel Delight, Instant Whip, instant dessert, NOT sugar free, made up with water
- 587 Angel Delight, Instant Whip, instant dessert, sugar free, made up with whole milk
- 7693 Angel Delight, Instant Whip, instant dessert, sugar free, made up with semi-skimmed milk
- 5035 Angel Delight, Instant Whip, instant dessert, sugar free, made up with skimmed milk
- R 502 Apple Crumble NOT wholemeal crumble
Apple Pie see Fruit Pies
- R 501 Apple snow, made with stewed apple, sugar and egg white
- 570 Arctic Roll - sponge roll with ice-cream filling
- R 504 Batter pudding, sweet, made with flour, egg, milk, and syrup
- 7694 Black Forest desserts, Black Forest gateau, chocolate sponge dessert with black cherries and cream, purchased
- R 506 Blancmange, made with whole milk
- R 505 Bread pudding, made with bread, butter, dried fruit, sugar and spice
- R 507 Bread and butter pudding, made with bread, butter, sugar, milk, egg and currants
- 8205 Buttermilk desserts, fruit flavoured
- R 508 Charlotte pudding, made with bread, butter, sugar, fruit
- R 509 Cheesecake, baked, homemade
- 510 Cheesecake, with fruit topping, purchased, frozen

- 8626 Cheesecake, chocolate, purchased, frozen, NO fruit
- R 588 Cheesecake, packet mix, as served, includes fruit topping
- R 8787 Cheesecake, packet mix, as served, NO fruit topping
- R 511 Christmas pudding, homemade
- 512 Christmas pudding, purchased
- R 517 Creme caramel, cream caramel, homemade
- 7695 Creme Caramel, cream caramel, purchased
- 7696 Cream desserts, potted fresh cream desserts, chocolate, caramel, or fruit flavoured, but NOT containing fruit Includes Supreme, Creme Vienne, Le Grand, Sainsburys Supreme, own brand
- 7697 Cream desserts, creamy desserts with fruit, eg Edenvale Strawberry Supreme, own brand
- R 502 Crumble, apple only NOT wholemeal topping
- R 503 Crumble, any fruit except apple (502) NOT wholemeal topping
- R 3176 Crumble, wholemeal, apple, topping made with margarine (NOT polyunsaturated), wholemeal flour, sugar
- R 7698 Crumble, wholemeal, any fruit except apple, topping made with margarine (NOT polyunsaturated), wholemeal flour, sugar
- R 545 Custard, egg, baked or as sauce NOT custard tart
- 546 Custard, canned
- 547 Custard, as served, made with powder, whole milk and sugar
- 548 Custard, as served, made with powder, semi-skimmed milk and sugar
- 549 Custard, as served, made with powder, skimmed milk and sugar
- 8145 Custard, instant, as served, made with powder and water, eg Birds whisk and serve custard
- 8857 Custard, instant, sugar free, as served, made with powder and water eg Sainsburys sugar free instant custard
- 8100 Custard low fat, ready to serve, eg Birds NOT canned
- 8206 Custard low fat, ready to serve, canned, eg Ambrosia low fat
- 8152 Custard, carton, NOT low fat, eg Ambrosia
- 7699 Custard, confectioners only

- 8207 Custard fruit dessert, eg Dairy Crest Custard Crazy, own brand
NOT custard style yogurt
- 74 Dumplings, made with animal suet, unsweetened, steamed or boiled
- 8719 Dumplings, made with vegetable suet, unsweetened, steamed or boiled
- R 545 Egg custard, baked or as sauce NOT custard tart
- R 542 Eve's pudding
- R 583 Flan, fruit, sponge base with fruit
- R 7700 Flan, fruit (NOT strawberry), shortcrust pastry
- 8208 Fruit cup, jelly with fruit, purchased, eg Chivers Pure fruit cup
- R 544 Fruit fool, any fruit, homemade
- 8556 Fruit fool, any fruit, purchased
- 8207 Fruit custard dessert, eg Dairy Crest Custard Crazy, own brand
NOT custard style yogurt
- 577 Fruit fritters, any fruit, fried in blended vegetable oil NOT
purchased from a takeaway shop
- 580 Fruit fritters, any fruit, fried in blended vegetable oil,
purchased from a takeaway shop
- 578 Fruit fritters, any fruit, fried in lard
- 579 Fruit fritters, any fruit, fried in polyunsaturated oil
- 586 Fruit pie, any fruit, individual, purchased from McDonalds,
Kentucky Fried Chicken or Wimpy
- 520 Fruit pie, individual, purchased, two crusts, apple, blackcurrant,
apricot or blackberry filling, eg Mr Kiplings fruit pies
- 535 Fruit pie, blackcurrant, wholemeal pastry, one crust, made with
half lard and half margarine (NOT polyunsaturated)
- 540 Fruit pie, blackcurrant, wholemeal pastry, two crusts, made with
half lard and half margarine (NOT polyunsaturated)
- 531 Fruit pie, blackcurrant, NOT wholemeal pastry, one crust, made with
all margarine (NOT polyunsaturated)
- 532 Fruit pie, blackcurrant, NOT wholemeal pastry, one crust, made with
all lard
- 533 Fruit pie, blackcurrant, NOT wholemeal pastry, one crust, made with
half lard and half margarine (NOT polyunsaturated)

- 534 Fruit pie, blackcurrant, NOT wholemeal pastry, one crust, made with half compound cooking fat and half margarine (NOT polyunsaturated)
- 536 Fruit pie, blackcurrant, NOT wholemeal pastry, two crusts, made with all margarine (NOT polyunsaturated)
- 537 Fruit pie, blackcurrant, NOT wholemeal pastry, two crusts, made with all lard
- 538 Fruit pie, blackcurrant, NOT wholemeal pastry, two crusts, made with half lard and half margarine (NOT polyunsaturated)
- 539 Fruit pie, blackcurrant, NOT wholemeal pastry, two crusts, made with half compound cooking fat and half margarine (NOT polyunsaturated)
- 525 Fruit pie, other fruit, wholemeal pastry, one crust, made with half lard and half margarine (NOT polyunsaturated)
- 530 Fruit pie, other fruit, wholemeal pastry, two crusts, made with half lard and half margarine (NOT polyunsaturated)
- 521 Fruit pie, other fruit, NOT wholemeal pastry, one crust, made with all margarine (NOT polyunsaturated)
- 522 Fruit pie, other fruit, NOT wholemeal pastry, one crust, made with all lard
- 523 Fruit pie, other fruit, NOT wholemeal pastry, one crust, made with half lard and half margarine (NOT polyunsaturated)
- 524 Fruit pie, other fruit, NOT wholemeal pastry, one crust, made with half compound cooking fat and half margarine (NOT polyunsaturated)
- 526 Fruit pie, other fruit, NOT wholemeal pastry, two crusts, made with all margarine (NOT polyunsaturated)
- 527 Fruit pie, other fruit, NOT wholemeal pastry, two crusts, made with all lard
- 528 Fruit pie, other fruit, NOT wholemeal pastry, two crusts, made with half lard and half margarine (NOT polyunsaturated)
- 529 Fruit pie, other fruit, NOT wholemeal pastry, two crusts, made with half compound cooking fat and half margarine (NOT polyunsaturated)
- 7701 Fruit sundaes, any fruit, purchased, one crust, fruit filling with artificial cream topping, eg Mr Kipling's
- R 544 Gooseberry fool, rhubarb fool, any flavoured fruit fool, homemade only
- 8556 Gooseberry fool, rhubarb fool, any flavoured fruit fool, purchased

Instant dessert, Instant whip, packet mix, as served see Angel
Delight

- R 553 Jelly, NOT low in sugar, made with water, includes ready to eat
pot
- R 554 Jelly, NOT low sugar, made with whole milk
- R 7702 Jelly, NOT low sugar, made up with semi-skimmed milk
- R 7703 Jelly, NOT low sugar, made up with skimmed milk
- R 7704 Jelly, low sugar, made up with water
- R 7705 Jelly, low sugar, made up with whole milk
- R 7706 Jelly low sugar, made up with semi-skimmed milk
- R 7707 Jelly, low sugar, made up with skimmed milk
- 8557 Jelly, milk, purchased, eg Chambourcy
- 8208 Jelly, with fruit, purchased, eg Chivers Pure fruit cup
- R 555 Junket, made with whole milk
- 8557 Milk jelly, purchased, eg Chambourcy
- 559 Milk pudding, rice, sago, semolina or tapioca, canned NOT light
or low calorie, NOT fruit or flavoured, NOT artificially
sweetened
- 8172 Milk pudding, rice, sago, semolina or tapioca, canned, chocolate or
any flavour but NOT containing fruit, NOT low calorie
- 8209 Milk pudding, rice, sago, semolina or tapioca, canned, light or
low calorie
- 556 Milk pudding, sago, semolina or tapioca, made with whole milk
NOT rice pudding
- 557 Milk pudding, sago, semolina or tapioca, made with semi-skimmed
milk NOT rice pudding
- 558 Milk pudding, sago, semolina or tapioca, made with skimmed milk
NOT rice pudding
- 4743 Mousse, instant, packet, made up with water, eg Birds Mousse
- 7709 Mousse, chocolate, rich, eg St Ivel Real, Chambourcy Real
Chocolate Mousse, Sainsbury Chocolate Mousse and Hippo Potta Milk
Chocolate Mousse, Aero Mousse only

- 7710 Mousse, chocolate, other eg Edenvale Chocolate Choice, Munch Bunch Chocolate Pots, Hippo Pota MUD chocolate mousse, own brands NOT St Ivel Real, Sainsbury Chocolate Mousse, Hippo Potta Milk Chocolate Mousse, Aeromousse or Chambourcy Real Chocolate Mousse
- 7711 Mousse, fruit flavoured, eg St Ivel Real orange and lemon, Strawberry or Banana Hippo Potta Mousse, own brand NOT fruit yogurt mousse
- 7753 Mousse, fruit yogurt only
- 7712 Mousse, frozen, purchased
- R 582 Mousse, chocolate, homemade
- R 563 Pancakes made with whole milk, includes dredging with sugar
- R 8627 Pancakes made with semi-skimmed milk
- R 564 Queen of puddings, made with breadcrumbs, whole milk, jam and egg white
- R 560 Rice with egg and whole milk, baked rice custard
- 3068 Rice pudding, low calorie, low fat, with artificial sweetener, canned, eg Weight Watchers, Sainsburys light rice pudding NOT fruit or flavoured
- 8172 Rice pudding, sago, semolina, tapioca, chocolate or any flavour but NOT containing fruit, canned NOT low calorie
- 8696 Rice pudding, sago, semolina, tapioca, chocolate or any flavour but NOT containing fruit, eg Ambrosia NOT canned NOT low calorie
- 8173 Rice pudding, sago, semolina, tapioca, with fruit but NOT flavoured, canned NOT low calorie
- 8174 Rice pudding, sago, semolina, tapioca, with fruit but NOT flavoured, eg Muller Fruit Rice Dessert NOT canned, NOT low calorie, NOT homemade
- 63 Rice pudding - short grain 'pudding' rice boiled or baked in whole milk, no sugar, homemade
- 64 Rice pudding - short grain 'pudding' rice boiled or baked in whole milk with sugar, homemade
- 75 Rice pudding - short grain 'pudding' rice boiled or baked in whole milk, with sugar and butter or margarine, homemade
- 65 Rice pudding - short grain 'pudding' rice boiled or baked in semi-skimmed milk, no sugar, homemade
- 66 Rice pudding - short grain 'pudding' rice boiled or baked in semi-skimmed milk, with sugar, homemade

- 67 Rice pudding - short grain 'pudding' rice boiled or baked in skimmed milk, no sugar, homemade
- 68 Rice pudding - short grain 'pudding' rice boiled or baked in skimmed milk, with sugar, homemade
- R 584 Savarin, Rum baba
- R 585 Sorbet, any, homemade or purchased
- R 565 Souffle, sweet, baked
- Souffle, cheese, plain or savoury see 'Eggs and Egg dishes'
- 566 Sponge pudding, canned, any
- R 567 Sponge pudding, steamed, microwaved or baked, plain or ginger
- R 568 Sponge pudding, steamed, microwaved or baked, with dried fruit (currants, raisins etc)
- R 542 Sponge pudding, steamed, microwaved or baked, with fruit (NOT dried fruit), eg Eve's pudding, upside down pudding
- R 569 Sponge pudding, steamed, microwaved or baked, with jam, syrup or treacle
- 570 Sponge with ice-cream filling, eg Arctic Roll
- 7713 Spotted Dick, purchased
- R 571 Suet pudding, made with animal suet, steamed or baked, plain, sweetened NOT spotted Dick
- R 573 Trifle, homemade, with cake, fruit, custard and fresh cream
- 574 Trifle, purchased, with fresh cream
- 575 Trifle, purchased, frozen, with dairy cream NOT artificial cream
- R 581 Trifle, with artificial cream, eg Bird's trifle
- R 542 Upside down pudding, sponge pudding, steamed or baked with fruit, eg apple, pineapple
- 3204 Waffles, sweet, grilled, purchased
- R 2452 White sauce, made with whole milk, sweet
- Yorkshire pudding see "Pasta, rice and grains"

MILK

This section is divided into the following sub-sections

- A Milk
- B Milk Based Drinks

A Milk

- 601 Buttermilk
- 8205 Buttermilk desserts, fruit flavoured
- 602 Milk, whole, pasteurised, Summer (May-October), silver top
Includes homogenised
- 603 Milk, whole pasteurised, Winter (November-April), silver top
Includes homogenised
- 604 Milk, whole, sterilised
- 605 Milk, whole, UHT or longlife
- 606 Milk, whole, Channel Island or Jersey, pasteurised, Summer
(May-October) gold top
- 607 Milk, whole, Channel Island or Jersey, pasteurised, Winter
(November-April) gold top
- 608 Milk, semi-skimmed, pasteurised, summer (May-October), red and
silver striped top
- 8543 Milk, semi-skimmed, pasteurised, winter (November-April), red and
silver striped top
- 609 Milk, semi-skimmed, pasteurised, with added vitamins and milk
solids, eg Vitapints, Shape NOT low fat Vitapint
- 610 Milk, semi-skimmed, UHT or longlife
- 611 Milk, semi-skimmed, UHT or longlife, Channel Island, eg 'Light
Gold'
- 694 Milk, semi-skimmed, UHT or longlife, CANNED
- 613 Milk, skimmed, pasteurised, summer (May-October), blue and silver
checked top
- 8544 Milk, skimmed, pasteurised, winter (November-April), blue and
silver checked top
- 614 Milk, skimmed, pasteurised, with added vitamins and milk solids,
eg low fat Vitapints NOT Vital or Calcia
- 615 Milk, skimmed, sterilised
- 616 Milk, skimmed, UHT or longlife
- 617 Milk, skimmed, UHT or longlife with added vitamins
- 3145 Milk, unpasteurised, whole, eg Farm fresh untreated milk

733 Vital only skimmed milk fortified with calcium

734 Calcia only skimmed milk fortified with calcium and vitamin D

694 Canned milk, semi-skimmed, UHT or longlife

7716 Coffee Compliment, dry weight

7717 Coffee whitener, dry weight, eg Coffee Mate, own brand NOT Coffee Compliment or Coffee Mate Lite

8213 Coffee Mate Lite, dry weight

618 Condensed milk, skimmed, sweetened, undiluted

619 Condensed milk, whole, sweetened, undiluted

620 Dried milk, skimmed, with added vitamins, dry weight, eg Marvel

695 Dried milk, skimmed, with added vitamins, made up, eg Marvel made up

621 Dried milk, skimmed, with added non-milk fat, dry weight, eg Five Pints, Pint Size

696 Dried milk, skimmed, with added non-milk fat, made up, eg Five Pints, Pint Size

622 Evaporated milk, whole, unsweetened, undiluted

4713 Evaporated milk, low fat, canned

623 Goats milk, Summer (May-October)

624 Goats milk, Winter (November-April)

Shape milk see code 609

625 Sheeps milk, Summer (May-October)

626 Sheeps milk, Winter (November-April)

650 Soya milk NOT sweetened, NOT flavoured

8512 Soya milk, sweetened, NOT flavoured

7715 Soya milk, flavoured, eg Granose, Provamel, Holland and Barratt, Whitewave

8726 Soya milk, enriched with calcium, eg Tesco, Plamil

Vitapints see code 609 and code 614

B Milk Based Drinks

- 649 Build-Up drink, dry weight
- 8217 Cadbury's Chocolate Milk Drink, low fat, made with skimmed milk, real chocolate drink, carton
- 2305 Complian, dry weight
- 7714 Mars bar milk
- 612 Milk, mixed skimmed and whole milk drink, sterilised, eg Crazy Milk, Breaktime, Stripes NOT chocolate flavoured milk, NOT milk shake, NOT Nescafe Frappe
- 8212 Milk, mixed skimmed and whole milk drink, sterilised, chocolate flavoured, eg Crazy Milk, Breaktime, Stripes, Yazoo NOT milk shake, NOT Cadburys Chocolate milk drink, NOT Mars Bar milk, NOT Nescafe Frappe
- R 627 Milk shake, home made, NO ice cream
- R 628 Milk shake, home made, thick, with ice cream
- 629 Milk shake, purchased, thick, with ice cream, eg MacDonalds, Wimpy
- 8214 Milk shake, UHT, purchased, carton, made with whole milk, eg Ed the Duck Milkshake
- 8215 Milk shake, purchased, made with semi-skimmed milk, carton, eg Munch Bunch Shakers
- 2311 Milk shake powder, dry weight, eg Nesquick
- 8216 Milk (semi-skimmed) and fruit juice mixed, purchased, eg Frulait
- 8621 Nourishment, fortified milk drink
- 649 Slender slimming drink, dry weight

CREAM

643 Aerosol spray cream

630 Artificial cream, Dream Topping, made up with whole milk, weight as served

7720 Artificial cream, Dream Topping, made with semi-skimmed milk, as served

4209 Artificial cream, Dream Topping, made with skimmed milk, as served

632 Clotted cream

644 Creme fraiche NOT creme fraiche dessert

633 Cultured sour cream

634 Double dairy cream, fresh or frozen, includes extra thick double cream

635 Double dairy cream, UHT or longlife
Dream Topping see artificial cream

2681 Elmlea, imitation cream, double cream only

4328 Elmlea, imitation cream, single cream only

7718 Elmlea, imitation cream, whipping cream only

636 Half dairy cream, fresh NOT Shape

637 Half dairy cream, UHT or longlife NOT Shape

638 Single dairy cream, fresh, includes extra thick single cream

639 Single dairy cream, frozen

640 Single dairy cream, UHT or longlife

7719 Smatana

633 Sour cream, cultured

641 Sterilised cream, double, canned

642 Sterilised half cream

697 Tip-Top NOT Tip Top pours and whips

8368 Tip Top Pours And Whips NOT Tip Top

643 Whipping dairy cream, canned aerosol spray cream

- 644 Whipping dairy cream, fresh, includes extra thick whipping cream
- 645 Whipping dairy cream, frozen
- 646 Whipping dairy cream, UHT or longlife

YOGURT

This section is divided into the following sub-sections

- A Creamy yogurt, including Greek yogurt
- B Low fat yogurt, NOT fortified
- C Low fat yogurt, fortified
- D Very low fat yogurt
- E Other yogurt - not made from cow's milk
- F Yogurt products

A Creamy yogurt, including Greek yogurt

- 701 Creamy yogurt, whole milk yogurt, flavoured or containing fruit/nuts or with separate fruit/nuts, eg Muller Fruit Corner, Ski Split, Ski Swirl, Gold Ski range, Bio live yogurt
- 8613 Creamy yogurt, whole milk yogurt, flavoured or containing fruit/nuts or with separate fruit/nuts, pasteurised, longlife or UHT eg Fruittis thick and creamy yogurt
- 702 Creamy yogurt, whole milk yogurt, natural, eg Sainsbury's whole milk natural yogurt
- 7741 Greek yogurt, cows, strained, plain, unflavoured, eg Total, own brand
- 7742 Greek yogurt, sheep, eg Total
- 8935 Whole milk yogurt sweetened with fruit juice, St Ivel Baby and Toddler yogurt only

B Low fat yogurt, NOT fortified

- 703 Low fat yogurt, any flavour but NOT containing fruit, sweetened, includes set yogurt, eg St Ivel Fiendish Feet, Le yogurt Actif fruit flavour set NOT longlife, UHT or pasteurised
- 704 Low fat yogurt, containing fruit only, sweetened, includes live yogurt range, eg Ski Classic, Extra fruit Ski, Munch Bunch NOT longlife, UHT or pasteurised
- 706 Low fat yogurt, containing muesli or nuts only, sweetened or unsweetened NOT longlife, UHT or pasteurised
- 712 Low fat yogurt, natural, slightly sweetened NOT longlife, UHT or pasteurised
- 705 Low fat yogurt, natural, unsweetened NOT longlife, UHT or pasteurised
- 713 Low fat Diet yogurt, with artificial sweetener, eg own brand NOT longlife, UHT or pasteurised
- 708 Low fat yogurt, longlife, UHT or pasteurised, natural or any fruit or flavour, eg Fruit basket, Dennis the Menace, St Ivel Prize
- 8222 Low fat Diet yogurt, longlife, UHT or pasteurised, with artificial sweetener, eg Hermesetas Light

C Low fat yogurt, fortified

- 7749 Low fat Mr Men Fruit yogurt, containing fruit, fortified with vitamins A and C
- 7750 Low fat Mr Men yogurt, any but NOT containing fruit, fortified with vitamins A and C
- 7748 Low fat yogurt, containing fruit, fortified with vitamins A, C and D, eg Chambourcy Hippo Fruit Yogurt NOT Mr Men fruit yogurt
- 7746 Low fat yogurt, any but NOT containing fruit, fortified with vitamins A, C and D, eg Chambourcy Hippo Low Fat Set NOT Mr Men yogurt

D Very Low Fat Yogurt

- 8376 Very low fat yogurt, containing fruit, with artificial sweetener
eg own brand NOT fortified NOT longlife or UHT or pasteurised
- 7751 Very low fat yogurt, containing fruit, with artificial sweetener,
fortified with vitamins C and D
- 8990 Very low fat yogurt, containing fruit, with added sugar NO
artificial sweetener NOT fortified NOT longlife or UHT or
pasteurised
- 8488 Very Low Fat Yogurt, any flavour, with Simplese, Tesco Healthy
Eating Bio only
- 8223 Very low fat yogurt, longlife or UHT or pasteurised, natural or
any fruit or flavour, eg Fruittis NOT fortified

E Other Yogurt - not made from cows milk

7742 Greek yogurt, sheep, eg Total
7743 Soya yogurt eg Sojal dairy free yoga
9115 Soya yogurt, low fat, with added sugar and fruit, eg Granose
710 Yogurt made from goats or sheeps milk, any flavour NOT
artificially sweetened NOT Greek yogurt

F Yogurt Products

- 8513 Choc ice containing yogurt eg Ski Bar
- 8220 Custard style fruit yogurt NOT custard fruit dessert
- 8227 Frozen yogurt in a cone, eg Walls Fresta, Ski Cone
- 8228 Frozen yogurt, NOT in a cone, eg Ski Soft Serve, Walls Fresta, own brand, includes Munch Bunch frozen yogurt lolly NOT "Mr Whippy" type
- 7757 Frozen yogurt, NOT in a cone, eg Mr Whippy type only
- 711 Yogurt drink, UHT, eg Ambrosia
- 7986 Yogurt drink, containing fruit juice, NOT containing artificial sweetener, eg Ski Cool
- 7756 Yogurt drink containing fruit juice, with artificial sweetener, eg Ski Cool Lite
- 7755 Yogurt drink, containing pureed fruit, NOT containing artificial sweetener, eg Yop
- 7753 Yogurt fruit mousse, NOT fortified, eg Boots, own brand
- 8224 Yogurt mousse with cream, eg Ski Frousse
- 7754 Yogurt and jelly dessert, eg Munch Bunch Wobblers, Turtles yogurt jelly dessert, St Ivel Tremblers

FROMAGE FRAIS AND OTHER DAIRY DESSERTS

This section is divided into the following sub-sections

A Fromage Frais

B Cream or Dairy Desserts

A Fromage Frais

- 7735 Fromage frais, plain, unflavoured, unsweetened, eg Yoplait Petits Filous, Chambourcy, own brand NOT containing fruit, NOT reduced fat
- 8221 Fromage frais, plain, unflavoured, sweetened, eg Petit Danone NOT containing fruit, NOT reduced fat
- 7736 Fromage frais, flavoured or containing fruit or with separate fruit, eg Chambourcy Le Fromage Frais Creamy, Petit Filous, Kool, Hippo tots, Ski Gold Fromage Frais, Munch Bunch Pot Shots, Sainsbury Duet, own brand NOT reduced fat, NOT fortified
- 7737 Fromage frais, fruit, fortified with vitamins A and C eg Mr Men
- 7738 Fromage frais, very low fat, virtually fat free, plain, unflavoured, eg St Ivel Shape, Chambourcy Le Fromage Frais Very Low Fat, own brand
- 7739 Fromage frais, very low fat, virtually fat free, flavoured or containing fruit or with separate fruit, eg Chambourcy Le Fromage Frais fruit Very Low fat, Diet Ski fruit, own brand NOT containing artificial sweetener
- 7985 Fromage frais, very low fat, virtually fat free, diet, flavoured or containing fruit or with separate fruit, with artificial sweetener, eg St Ivel Shape, own brand
- 7740 Fromage frais mousse, eg Chambourcy Mousse de Fromage Frais

B Cream or Dairy Desserts

- 8205 Buttermilk desserts, fruit flavoured
- 7696 Cream desserts, potted flavoured fresh cream desserts, eg chocolate, caramel or fruit flavour but NOT containing fruit, eg Supreme, Creme Vienne, Le Grand, Sainsbury Surprise, own brand
- 7697 Cream desserts, creamy desserts with fruit, eg Edenvale Strawberry Supreme
- 4743 Mousse, instant, packet, made up with water, eg Birds Mousse
- 7709 Mousse, chocolate, rich, eg St Ivel Real, Chambourcy Real Chocolate Mousse, Sainsbury Chocolate Mousse and Hippo Potta Milk Chocolate Mousse, Aero Mousse only
- 7710 Mousse, chocolate, other, eg Edenvale Chocolate Choice, Munch Bunch Chocolate Pots, Hippo Potta MUD chocolate mousse, own brands NOT St Ivel Real, Sainsbury Chocolate Mousse, Hippo Potta Milk Chocolate Mousse, Aeromousse or Chambourcy Real Chocolate Mousse
- 7711 Mousse, fruit flavoured, eg St Ivel Real orange and lemon, Strawberry or Banana Hippo Potta Mousse, own brand NOT fruit yogurt mousse
- 7753 Mousse, fruit yogurt only
- 7712 Mousse, frozen, purchased

ICE CREAM AND FROZEN DESSERTS

- 570 Arctic Roll, sponge with ice cream filling
- 8225 Choc ices, luxury, made with real dairy ice cream, eg Walls Dream, Walls Fruit and Nut Dream, Magnum, Lyons Maid Ace, Galaxy Dove, Bounty
- 730 Choc ices, purchased, made with non dairy ice cream or unspecified, eg Walls Chunky
- 8226 Choc ice, containing caramel and or nuts, eg Mars, Snickers, Winner, Figaro
- 732 Feast, Triple Choc, Toffee Crumble, Max the Lion, Sky
- 720 Ice cream, dairy, vanilla, block, hard, purchased
- 721 Ice cream, dairy, vanilla, soft scoop, purchased
- 722 Ice cream, non-dairy, vanilla, block, hard, purchased
- 723 Ice cream, non-dairy, vanilla, soft scoop, purchased
- 724 Ice cream, dairy, flavoured, block, hard, purchased
- 725 Ice cream, dairy, flavoured, soft scoop, purchased
- 726 Ice cream, non-dairy, flavoured, block, hard, purchased, includes ice cream on a stick, eg Funny Faces
- 727 Ice cream, non-dairy, flavoured but NOT toffee with fudge or toffee pieces, soft scoop, purchased
- 8009 Ice cream, non-dairy, toffee with fudge or toffee pieces
- 7758 Ice cream, reduced calorie, eg Weight Watchers
- 728 Ice cream, "Mr Whippy" type, purchased
- 731 Ice cream, cornet, purchased, eg King Cone, Cornetto NOT Frozen yogurt cornetto
- 7759 Ice cream desserts, eg Walls Viennetta, Sonata, Carrissimo, and Lyons Maid Hostess
- 729 Ice lollies, containing ice cream, eg Mivvi, own brand splits
- 2262 Ice lollies, NOT containing ice cream, fruit or flavoured, purchased, eg Slush Puppy, Callipo, Fab, Spin, Scribbler, Zoom, Tropical Juice Bar, Funny Bunny NOT fortified with vitamin C

- 7762 Ice lollies, NOT containing ice-cream, fruit or flavoured, purchased, fortified with vitamin C, eg Walls "Sparkle", Lyons Maid "Mr Men NOT Mr Men Dairy
- 7760 Kulfi, Indian ice cream, homemade or purchased
- 7761 Milk ice lollies, eg Walls "Mini Milk", Lyons Maid "Mr Men Dairy"
- 729 Mivvi, ie ice lolly containing ice cream, purchased, eg Fruit Splits, Walls Red Alert, Tangle Twister, own brand
- 7712 Mousse, frozen, purchased
- 585 Sorbet, any, homemade or purchased
- 8227 Yogurt frozen in a cone, eg Walls Fresta, Ski Cone
- 8228 Yogurt frozen, eg Ski soft serve, Walls Fresta, own brand NOT frozen yogurt in a cone
- 7757 Yogurt frozen, Mr Whippy type only NOT in a cone

EGGS AND EGG DISHES For recipe items please state size of egg

- 755 Egg, boiled, no shell, or leftover shell weighed
- 783 Egg, boiled, leftover shell not weighed
- 785 Egg, boiled, yolk only NOT white
- 786 Egg, boiled, white only NOT yolk
- 784 Duck egg whole, boiled, no shell, or leftover shell weighed
- 7769 Egg bread, French toast, Gypsy toast, made with whole milk, fried in blended vegetable oil NOT wholemeal bread
- 4843 Egg bread, wholemeal bread, made with whole milk, fried in blended vegetable oil
- R 545 Egg custard, baked or as sauce
- 756 Egg, fried in blended vegetable oil
- 757 Egg, fried in butter
- 758 Egg, fried in dripping
- 759 Egg, fried in lard
- 760 Egg, fried in margarine (NOT polyunsaturated)
- 761 Egg, fried in polyunsaturated margarine or oil
- 8732 Egg, fried in olive oil
- 7763 Egg, fried without fat, ie in non stick pan
- Egg fried rice see "Pasta, rice and grains"
- 762 Egg, poached in water NO added fat
- R 8598 Egg, poached in water, with added fat
- R 7767 Egg fu yung, with beansprouts, mushrooms, onions, almonds, fried in blended vegetable oil
- 7768 Egg nog, drink with egg, whole milk ($\frac{1}{2}$ pt), sugar and sherry
- R 803 Curried egg and potato NO rice
- 771 Omelette, cheese, cooked in blended vegetable oil
- 772 Omelette, cheese, cooked in butter
- 773 Omelette, cheese, cooked in margarine (NOT polyunsaturated)

- 774 Omelette, cheese, cooked in polyunsaturated margarine or oil
- 775 Omelette, ham, cooked in blended vegetable oil
- 776 Omelette, ham, cooked in butter
- 777 Omelette, ham, cooked in margarine (NOT polyunsaturated)
- 778 Omelette, ham, cooked in polyunsaturated margarine or oil
- 767 Omelette, sweet, cooked in blended vegetable oil
- 768 Omelette, sweet, cooked in butter
- 769 Omelette, sweet, cooked in margarine (NOT polyunsaturated)
- 770 Omelette, sweet, cooked in polyunsaturated margarine or oil
- R 763 Omelette, plain or other, cooked in blended vegetable oil, eg bacon, mushroom, Spanish NOT cheese, ham, or sweet
- R 764 Omelette, plain or other, cooked in butter, eg bacon, mushroom, Spanish NOT cheese, ham, or sweet
- R 765 Omelette, plain or other cooked in margarine (NOT polyunsaturated), eg bacon, mushroom, Spanish NOT cheese, ham, or sweet
- R 766 Omelette, plain or other cooked in polyunsaturated margarine or oil eg bacon, mushroom, Spanish NOT cheese, ham, or sweet
- 7766 Omelette, curried, egg masala cooked in butter with onion
- R 813 Quiche Lorraine, made with shortcrust pastry, filled with bacon, cheese, egg and milk, also other quiches with cheese, egg and milk, homemade NOT mushroom Pastry made with half margarine (NOT polyunsaturated), and half lard NOT wholemeal pastry
- 8565 Quiche Lorraine, made with shortcrust pastry, filled with bacon, cheese, egg and milk, also other quiches with cheese, egg and milk, purchased NOT wholemeal pastry
- R 8566 Quiche, mushroom, made with shortcrust pastry, filled with mushrooms and cheese, homemade Pastry made with half margarine (NOT polyunsaturated), and half lard NOT wholemeal pastry
- 7772 Quiche, mushroom, made with shortcrust pastry, filled with mushrooms and cheese, purchased NOT wholemeal pastry
- 814 Scotch egg, purchased
- 7764 Scotch egg mini, bite size savoury eggs, picnic scotch egg with chopped egg centre, purchased
- 779 Scrambled egg, made with whole milk and butter

- 780 Scrambled egg, made with whole milk and margarine (NOT polyunsaturated)
- 781 Scrambled egg, made with whole milk and polyunsaturated margarine
- 8727 Scrambled egg, made with semi-skimmed milk and polyunsaturated margarine
- 8638 Scrambled egg, made with skimmed milk and polyunsaturated margarine
- 782 Scrambled egg, made with whole milk, NO fat Includes microwave cooked
- 8711 Scrambled egg, made with semi-skimmed milk, NO fat Includes microwave cooked
- 7765 Scrambled egg, without milk, made with butter
- R 815 Soufflé, cheese
- R 816 Soufflé, plain, savoury, NOT sweet
- R 576 Yorkshire pudding, hole for Toad-in-the-hole, made with whole milk NOT packet mix
- R 8643 Yorkshire pudding, hole for Toad-in-the-hole, made with whole milk NO added fat NOT packet mix
- R 7603 Yorkshire pudding, hole for Toad-in-the-hole, made with semi-skimmed milk NOT packet mix
- R 4112 Yorkshire pudding, hole for Toad-in-the-hole, made with skimmed milk NOT packet mix
- 8364 Yorkshire pudding, packet mix, made up with water
- 8614 Yorkshire pudding, packet mix, made up with egg and water
- 8365 Yorkshire pudding, frozen

CHEESE

- 693 Blue cheese, low fat only
- 691 Brie, any, Melbury
- 651 Caerphilly
- 681 Cambozola
- 652 Camembert
- 7731 Cheddar/Cheshire type low fat hard cheese, eg Delight, Tendale, Shape, own brand NOT Edam reduced fat (15% fat), NOT low fat blue cheese, NOT Flora or sunflower oil type cheddar
- Cheddar type made with sunflower oil see 8219
- 8218 Cheddar type smoked hard cheese, eg Applewood smoked cheddar
- 653 Cheddar, Australian
- 654 Cheddar, English
- 657 Cheddar, Irish
- 658 Cheddar, New Zealand
- 660 Cheddar, vegetarian
- 661 Cheddar, any other or non-specified country of origin NOT smoked
- 684 Cheese spreads and triangles, flavoured, eg Primula NOT Flora cheese spread
- 685 Cheese spreads and triangles, plain, eg Dairylea, Primula, Mr Men, Laughing Cow NOT low fat, NOT Flora
- 4414 Cheese spreads and triangles, low fat, half fat, eg Delight, Kerrygold Light, Primula low fat dairy spreads NOT hard
- 7733 Cheese spread with sunflower oil eg Flora
- 662 Cheshire, blue Cheshire
- 686 Cottage cheese, flavoured with additions, eg pineapple, onion NOT very low fat versions
- 687 Cottage cheese, plain NOT very low fat versions
- 7725 Cottage cheese, very low fat, diet, low calorie, half fat, eg St Ivel Shape, own brand NO additions

- 7726 Cottage cheese, with additions (eg pineapple, chives), very low fat, diet, low calorie, half fat, eg St Ivel Shape, own brand
- 7730 Cottage cheese snack pots, with vegetable additions including coleslaw, eg Edenvale, own brand
- 688 Cream cheese, (full fat) with or without additions (NOT walnuts), eg Philadelphia, Boursin, Roule NOT medium fat soft cheese
- 692 Cream cheese (full fat) with walnuts
- 7112 Cream cheese (medium fat) with or without additions (NOT walnuts), eg Philadelphia Light, Sainsburys half fat creamery, medium fat soft cheese
- 664 Danish Blue
- 665 Derby
- 666 Sage Derby
- 681 Dolcelatte
- 667 Double Gloucester
- 668 Edam, Port Salut, St Paulin NOT reduced fat
- 7727 Edam type, reduced fat (11%), eg Sainsburys, Safeway, Trimrite Dutch cheese
- 671 Emmental, Gruyere
- 669 Feta
- 7057 Goats cheese, full fat
- 681 Gorgonzola
- 670 Gouda
- 671 Gruyere, Emmental
- 689 Lactic cheese spread
- 673 Lancashire
- 672 Leicestershire
- 674 Lymswold
- 691 Melbury
- 675 Mozzarella

676 Parmesan

668 Port Salut

677 Processed cheese slices or blocks, eg Kraft Singles NOT reduced fat, NOT smoked cheese or cheese spread, NOT Dairylea

7732 Processed cheese spread type slices, eg Dairylea NOT reduced fat, NOT Kraft singles

7729 Processed cheese slices, reduced fat

7734 Quark, very low fat soft cheese

678 Red Windsor

7728 Ricotta

681 Roquefort, Gorgonzola, Dolcelatte

666 Sage Derby

682 Smoked processed cheese, with or without additions, eg ham, mushrooms, shrimp NOT smoked hard cheddar type

7724 Snack hard cheese, any flavour, eg Mr Cheese Cheds

4082 Soya cheese, eg Marigold, Piamil Veeze spread

668 St Paulin

679 Stilton, blue

680 Stilton, white

8219 Sunflower oil cheddar type "cheese", alternative to cheddar cheese eg Flora

683 Wensleydale

CHEESE DISHES

- R 1722 Cauliflower cheese, cauliflower in cheese sauce
- R 801 Cheese and egg flan, custard tart with cheese
Cheese omelette see "eggs and egg dishes"
- R 802 Cheese and potato pie, ie potato, fat, cheese and milk
- R 815 Cheese soufflé
Macaroni cheese see "Pasta, rice and grains"
- 3205 Pancakes, savoury cheese, purchased, grilled or fried in blended vegetable oil
- 821 Pastie, cheese and onion, purchased
- R 813 Quiche Lorraine, made with shortcrust pastry, filled with bacon, cheese, egg and milk, also other quiches with cheese, egg and milk NOT mushroom Pastry made with half margarine (NOT polyunsaturated), and half lard NOT wholemeal pastry
- 8565 Quiche Lorraine, made with shortcrust pastry, filled with bacon, cheese, egg and milk, also other quiches with cheese, egg and milk, purchased NOT wholemeal pastry
- R 8566 Quiche, mushroom, made with shortcrust pastry, filled with mushrooms and cheese, homemade Pastry made with half margarine (NOT polyunsaturated), and half lard NOT wholemeal pastry
- 7772 Quiche, mushroom, made with shortcrust pastry, filled with mushrooms and cheese, purchased NOT wholemeal pastry
- R 815 Soufflé, cheese
- R 816 Soufflé, plain, savoury NOT sweet
Spaghetti with cheese and tomato sauce, canned see "Pasta, rice and grains"
- 820 Toast toppers, canned, any
- R 817 Welsh rarebit, including white bread toasted, cheese, milk and seasoning
- R 7773 Welsh rarebit, including wholemeal bread toasted, cheese, milk, and seasoning
- R 818 Welsh rarebit, ie cheese, milk, seasoning NO toast

PIZZAS

This section is divided into subsections as follows

- A Pizza, with thin and crispy base
- B Pizza, with French Bread base
- C Pizza, with any other base, eg Deep Pan NOT thin & crispy,
NOT French Bread

A Pizza with thin and crispy base

- R 805 Cheese and tomato pizza only
- R 8524 Cheese or cheese and tomato pizza, with vegetables and/or fruit (eg pineapple) NO meat, NO fish
- R 8527 Chicken pizza, with or without vegetables or fruit NO other meat, NO fish
- R 8530 Pizza with meat topping, with or without vegetables or fruit eg pepperoni, ham, beef, bacon, salami NO chicken NO fish
- R 8533 Pizza, with fish topping, with or without vegetables or fruit NO meat NO chicken
- R 8536 Pizza, with any combination of meat, chicken and fish toppings, with or without vegetables or fruit NOT meat only, NOT chicken only, NOT fish only

B Pizza with French Bread base

- R 8523 Cheese and tomato pizza only
- R 8526 Cheese or cheese and tomato pizza, with vegetables and/or fruit (eg pineapple) NO meat NO fish
- R 8529 Chicken pizza, with or without vegetables or fruit NO other meat NO fish
- R 8532 Pizza, with meat topping, with or without vegetables or fruit, eg pepperoni, ham, beef, bacon, salami NO chicken NO fish
- R 8535 Pizza, with fish topping, with or without vegetables or fruit NO meat, NO chicken
- R 8537 Pizza, with any combination of meat, chicken and fish toppings, with or without vegetables or fruit NOT meat only, NOT chicken only, NOT fish only

C Pizza with any other base, eg Deep Pan, homemade with scone or crumpet base
NOT Thin & Crispy NOT French Bread

- R 806 Cheese and tomato pizza only
- R 8525 Cheese or cheese and tomato pizza, with vegetables and/or fruit
(eg pineapple) NO meat, NO fish
- R 8528 Chicken pizza, with or without vegetables or fruit NO other meat,
NO fish
- R 8531 Pizza, with meat topping, with or without vegetables or fruit, eg
pepperoni, ham, beef, bacon, salami NO chicken NO fish
- R 8534 Pizza, with fish topping, with or without vegetables or fruit NO
meat NO chicken
- R 8538 Pizza, with any combination of meat, chicken and fish toppings,
with or without vegetables or fruit NOT meat only, NOT chicken
only, NOT fish only

Pizzas - other base, eg Deep Pan
NOT thin & crispy or French Bread

FATS

- 851 Butter, salted, slightly salted
- 852 Butter, unsalted
- 860 Hard, block margarine eg Echo, Stork, own brand, NOT Krona
- 865 Soft margarine, polyunsaturated, NOT low fat, eg Blue Band sunflower margarine, Flora, Vitaquelle, Soya Margarine, Granose, own brand
- 864 Soft margarine, NOT polyunsaturated, NOT low fat, eg Stork SB NOT Krona Spreadable
- 8480 Reduced fat spread, polyunsaturated, (70-80 % fat) eg I Can't Believe Its Not Butter
- 866 Reduced fat spread, NOT polyunsaturated, (70-80 % fat), salted or unsalted, eg Clover, Meadowcup, Golden Vale, Golden Crown, Dairy Crest Willow, Sainsburys County Spread, Tesco Golden Blend, Krona salted or unsalted, Safeway Meadow
- 8230 Reduced fat spread (60 % fat) made with olive oil, eg Sainsburys Olive Gold, Safeway Olive, Marks and Spencer Olive, Olivio
- 8509 Reduced fat spread, polyunsaturated, (60 % fat), NOT olive oil based, eg Vitalite Light
- 7775 Reduced fat spread, NOT polyunsaturated, (60 % fat), NOT olive oil based, eg Krona Spreadable, Stork Light Blend
- 8511 Low fat spread (40 % fat) made with olive oil, eg Golden Olive
- 7774 Low fat spread, polyunsaturated, (40 % fat) eg Flora Extra Light, Latta, Shape Sunflower, own brand eg Tescos Half Fat Sunflower Spread, Sainsburys Sunflower low fat spread
- 859 Low fat spread, NOT polyunsaturated, (40 % fat) eg Gold (NOT Gold Lowest), Delight (NOT Delight extra low), Clover Extra Light, Half Fat Anchor, Kerrygold Light, own brand half fat butters
- 8510 Very low fat spread, polyunsaturated (20-25 % fat) eg Sainsburys Sunflower Very Low Fat Spread
- 7776 Very low fat spread, NOT polyunsaturated, (20-25 % fat) eg Gold Lowest, Delight extra low, Outline very low fat spread, own brand
- 8487 Very very low fat spread (5 % fat) with Simplese, eg Tesco lowest ever fat spread, Safeway very low fat spread

BACON AND HAM

- 8232 Bacon, collar joint, smoked, boiled, lean and fat
- 901 Bacon, collar joint, NOT smoked, boiled, lean and fat
- 8233 Bacon, gammon joint, gammon steaks, smoked, boiled, lean and fat
- 903 Bacon, gammon joint, gammon steaks, NOT smoked, boiled, lean and fat
- 8234 Bacon, gammon joint, gammon steaks, smoked boiled, lean only
- 904 Bacon, gammon joint, gammon steaks, NOT smoked, boiled, lean only
- Bacon and egg in a bun see "Sausages, hamburgers and other meat products"
- 8235 Ham, smoked, sliced or off the bone, from delicatessen or butchers
- 1039 Ham, NOT smoked, sliced or off the bone, from delicatessen or butchers
- 8236 Ham, smoked, sliced, shoulder, honey roast, vacuum packed
- 1040 Ham, NOT smoked, sliced, shoulder, honey roast, vacuum packed
- 8237 Rashers, back, smoked, fried, lean and fat
- 910 Rashers, back, NOT smoked, fried, lean and fat
- 8238 Rashers, back, smoked, grilled, lean and fat
- 914 Rashers, back, NOT smoked, grilled, lean and fat
- Rashers, belly see "Pork"
- 8239 Rashers, gammon, smoked, grilled, lean and fat
- 906 Rashers, gammon, NOT smoked, grilled, lean and fat
- 8240 Rashers, gammon, smoked, grilled, lean only
- 907 Rashers, gammon, NOT smoked, grilled, lean only
- 8241 Rashers, middle, side, smoked, fried, lean and fat
- 911 Rashers, middle, side, NOT smoked, fried, lean and fat
- 8242 Rashers, middle, side, smoked, grilled, lean and fat
- 915 Rashers, middle, side, NOT smoked, grilled, lean and fat
- 8243 Rashers, streaky, smoked, fried, lean and fat

912 Rashers, streaky, NOT smoked, fried, lean and fat
8244 Rashers, streaky, smoked, grilled, lean and fat
916 Rashers, streaky, NOT smoked, grilled, lean and fat
8245 Rashers, any other cut except gammon, back, middle or streaky, smoked, grilled, lean only
913 Rashers, any other cut except gammon, back, middle or streaky, NOT smoked, grilled, lean only
909 Rashers, cut unspecified, NOT smoked, fried, lean and fat
8246 Rashers, cut unspecified, smoked, fried, lean and fat
8247 Rashers, cut unspecified, smoked, fried, lean only
908 Rashers, cut unspecified, NOT smoked, fried, lean only

BEEF

- 938 Beef, forerib, roast, lean and fat
- 939 Beef, forerib, roast, lean only
- 969 Beef, topside, silverside, roast, lean and fat
- 970 Beef, topside, silverside, roast, lean only
- 935 Brisket, boiled, lean and fat
- 936 Brisket, roast, lean and fat
- 941 Minced beef, stewed, fat NOT skimmed NOT canned NOT lean mince
stewed
- 942 Minced beef, stewed, fat skimmed, includes lean mince stewed NOT
canned
- 943 Minced beef, stewed, fat NOT skimmed, in thickened gravy NO
vegetables NOT canned
- 944 Minced beef, stewed, fat skimmed, in thickened gravy NO
vegetables, NOT canned
- R 945 Minced beef, stewed, fat NOT skimmed, in thickened gravy, with
vegetables but NOT potatoes NOT canned
- R 946 Minced beef, stewed, fat skimmed, in thickened gravy, with
vegetables but NOT potatoes NOT canned
- R 947 Minced beef, stewed, fat NOT skimmed, in thickened gravy, with
vegetables and potatoes NOT canned
- R 948 Minced beef, stewed, fat skimmed, in thickened gravy, with
vegetables and potatoes NOT canned
- 950 Rump steak, sirloin steak, fried, lean and fat
- 951 Rump steak, sirloin steak, fillet steak, fried, lean only
- 952 Rump steak, sirloin steak, grilled, lean and fat
- 953 Rump steak, sirloin steak, fillet steak, grilled, lean only
- 954 Silverside, salted, boiled, lean and fat
- 955 Silverside, salted, boiled, lean only
- 969 Silverside, not salted, roast, lean and fat
- 970 Silverside, not salted, roast, lean only

- 957 Sirloin, roast, lean and fat
- 958 Sirloin, roast, lean only
- 960 Stewing steak, stewed, lean and fat, served without gravy NOT
canned
- 971 Stewing steak, stewed, lean only, served without gravy NOT canned
- R 961 Stewing steak, stewed, fat NOT skimmed, in thickened gravy, with
vegetables but NOT potatoes NOT canned
- R 962 Stewing steak, stewed, fat skimmed, in thickened gravy, with
vegetables but NOT potatoes NOT canned
- R 963 Stewing steak, stewed, fat NOT skimmed, in thickened gravy with
vegetables and potatoes NOT canned
- R 964 Stewing steak, stewed, fat skimmed, in thickened gravy, with
vegetables and potatoes NOT canned
- 966 Stewing steak and kidney, stewed, fat NOT skimmed, in thickened
gravy NOT canned
- 967 Stewing steak and kidney, stewed, fat skimmed, in thickened gravy
NOT canned

LAMB

- 977 Lamb, breast of, roast, lean only, no bone or leftover bone weighed
- 1018 Lamb, breast of, roast, lean only, leftover bone not weighed
- 1055 Lamb, breast of, roast, lean and fat, no bone or leftover bone weighed
- 1019 Lamb, breast of, roast, lean and fat, leftover bone not weighed
- 978 Lamb, breast of, roast, stuffed
- 980 Lamb chop, baked or roast, lean only, no bone or leftover bone weighed
- 981 Lamb chop, baked or roast, lean only, leftover bone not weighed
- 982 Lamb chop, baked or roast, lean and fat, no bone or leftover bone weighed
- 983 Lamb chop, baked or roast, lean and fat, leftover bone not weighed
- 984 Lamb chop, fried, lean only, no bone or leftover bone weighed
- 985 Lamb chop, fried, lean only, leftover bone not weighed
- 986 Lamb chop, fried, lean and fat, no bone or leftover bone weighed
- 987 Lamb chop, fried, lean and fat, leftover bone not weighed
- 988 Lamb chop, grilled, lean and fat, no bone or leftover bone weighed
- 989 Lamb chop, grilled, lean and fat, leftover bone not weighed
- 990 Lamb chop, grilled, lean only, no bone or leftover bone weighed
- 991 Lamb chop, grilled, lean only, leftover bone not weighed
- 994 Lamb cutlets, lamb noisettes, fried or grilled, lean and fat, no bone or leftover bone weighed
- 995 Lamb cutlets, fried or grilled, lean and fat, leftover bone not weighed
- 996 Lamb cutlets, lamb noisettes, fried or grilled, lean only, no bone or leftover bone weighed
- 997 Lamb cutlets, fried or grilled, lean only, leftover bone not weighed
- 999 Lamb, leg of, roast, lean and fat
- 1000 Lamb, leg of, roast, lean only

- 1002 Lamb, scrag and neck end, stewed, lean and fat, leftover bones weighed
- 1003 Lamb, scrag and neck end, stewed, lean only, leftover bones weighed
- 1004 Lamb, scrag and neck end, stewed, leftover bones not weighed
- R 1005 Lamb, scrag and neck end, stewed, lean and fat, with potatoes, onions and gravy, ie Irish Stew Leftover bones weighed, NOT canned
- R 1016 Lamb, scrag and neck end, stewed, lean and fat, with potatoes onions and gravy, ie Irish Stew Leftover bones not weighed NOT canned
- R 1006 Lamb, scrag and neck end, stewed, lean only, with potatoes and vegetables, eg carrots or tomatoes Leftover bones weighed NOT canned
- R 1017 Lamb, scrag and neck end, stewed, lean only, with potatoes and vegetables, eg carrots or tomatoes Leftover bones not weighed NOT canned
- 1008 Lamb, shoulder, roast, lean and fat
- 1009 Lamb, shoulder, roast, lean only
- 8248 Lamb, roast roll, purchased, eg Bernard Matthews lamb roast, cooked

PORK

- 1020 Pork, belly rashers, grilled or baked, lean and fat, no bone or leftover bone weighed
- 1043 Pork, belly rashers, grilled or baked, lean and fat, leftover bone not weighed
- 1022 Pork, belly rashers, stewed or boiled, lean and fat, no bone or leftover bone weighed
- 1057 Pork, belly rashers, stewed or boiled, lean and fat, leftover bone not weighed
- R 1023 Pork, belly rashers, stewed or boiled, lean and fat, in thickened gravy with vegetables but NOT potatoes No bone or leftover bone weighed
- R 1056 Pork, belly rashers, stewed or boiled, lean and fat, in thickened gravy with vegetables but NOT potatoes Leftover bone not weighed
- 1024 Pork chop, NO kidney, fried or grilled, lean only, leftover bone weighed
- 1025 Pork chop, NO kidney, fried or grilled, lean only, leftover bone not weighed
- 1026 Pork chop, NO kidney, fried or grilled, lean and fat, leftover bone weighed
- 1027 Pork chop, NO kidney, fried or grilled, lean and fat, leftover bone not weighed
- 1028 Pork chop, with kidney, fried or grilled, lean only, leftover bone weighed
- 1029 Pork chop, with kidney, fried or grilled, lean only, leftover bone not weighed
- 1030 Pork chop, with kidney, fried or grilled, lean and fat, leftover bone weighed
- 1031 Pork chop, with kidney, fried or grilled, lean and fat, leftover bone not weighed
- 923 Pork crackling, "pork scratchings"
- R 1041 Pork, diced, lean and fat, pork steak, lean and fat, stewed or boiled in thickened gravy with vegetables but NOT potatoes
- R 1042 Pork, diced, lean only, pork steak, lean only, pork fillet, stewed or boiled in thickened gravy with vegetables but NOT potatoes
- 1032 Pork, leg or loin, roast, lean and fat

1033 Pork, leg or loin or fillet, roast, lean only
1024 Pork steak, fried or grilled, lean only
1026 Pork steak, fried or grilled, lean and fat
3808 Pork, diced, lean only, stewed, NO vegetables
8249 Pork roast roll, purchased, eg Bernard Matthews pork roast, cooked

VEAL

- 1045 Veal, cutlet or escalope, coated in egg and breadcrumbs, fried in blended vegetable oil, eg Wiener Schnitzel
- 1046 Veal, cutlet or escalope, coated in egg and breadcrumbs, fried in butter, eg Wiener Schnitzel
- 1048 Veal, cutlet or escalope, coated in egg and breadcrumbs, fried in dripping, eg Wiener Schnitzel
- 1047 Veal, cutlet or escalope, coated in egg and breadcrumbs, fried in lard, eg Wiener Schnitzel
- 1050 Veal, cutlet or escalope, coated in egg and breadcrumbs, fried in margarine (NOT polyunsaturated), eg Wiener Schnitzel
- 1049 Veal, cutlet or escalope, coated in egg and breadcrumbs, fried in polyunsaturated oil or margarine, eg Wiener Schnitzel
- 1051 Veal, fillet, roast, lean only
- R 1053 Veal, stewed in thickened gravy NOT canned
- R 1054 Veal, in white sauce, veal fricassee, blanquette de veau, NO vegetables, NOT canned

CHICKEN, INCLUDING CHICKEN PRODUCTS AND DISHES

This section is divided into subsections as follows

- A Barbecued style chicken, cooked, purchased
- B Boiled and stewed chicken
- C Fried chicken, NOT breaded
- D Fried chicken, coated in egg and breadcrumbs
- E Roast chicken
- F Breaded chicken products
- G Chicken dishes, including canned chicken and chicken pies

A Barbecued style Chicken

- 1065 Chicken, barbecued style, ready cooked, purchased, no bones or leftover bones weighed
- 1066 Chicken, barbecued style, ready cooked, purchased, leftover bones not weighed

B Boiled and Stewed Chicken

- 1067 Chicken, boiled or stewed, light and dark meat, NO skin, no bones or leftover bones weighed
- 1068 Chicken, boiled or stewed, light meat only, NO skin, no bones or leftover bones weighed
- 1069 Chicken, boiled or stewed, dark meat only, NO skin, no bones or leftover bones weighed

- R 1096 Chicken, giblets, NOT just livers, cooked
- 1375 Chicken, leg quarter, stewed, meat and skin, no bones or leftover bones weighed
- 1095 Chicken, leg quarter, stewed, meat and skin, leftover bones not weighed
- 1373 Chicken, wing quarter, stewed, meat and skin, no bones or leftover bone weighed
- 1094 Chicken, wing quarter, stewed, meat and skin, leftover bone not weighed

C Fried Chicken, NOT breaded

- 1070 Chicken, fried in blended vegetable oil, NO skin, no bones or leftover bones weighed
- 1071 Chicken, fried in blended vegetable oil, NO skin, leftover bones not weighed
- 1072 Chicken, fried in dripping, NO skin, no bones or leftover bones weighed
- 1073 Chicken, fried in dripping, NO skin, leftover bones not weighed
- 1074 Chicken, fried in lard, NO skin, no bones or leftover bones weighed
- 1075 Chicken, fried in lard, NO skin, leftover bones not weighed
- 1076 Chicken, fried in polyunsaturated oil, NO skin, no bones or leftover bones weighed
- 1077 Chicken, fried in polyunsaturated oil, NO skin, leftover bones not weighed
- 1086 Chicken, Kentucky Fried, purchased, no bones or leftover bones weighed
- 1087 Chicken, Kentucky Fried, purchased, leftover bones not weighed

D Fried Chicken, coated in egg and breadcrumbs

- 1078 Chicken, NOT breast, coated in egg and breadcrumbs, chicken drumsticks, fried in blended vegetable oil, no bones or leftover bones weighed
- 1079 Chicken, NOT breast, coated in egg and breadcrumbs, chicken drumsticks, fried in blended vegetable oil, leftover bones not weighed
- 1080 Chicken, NOT breast, coated in egg and breadcrumbs, chicken drumsticks, fried in dripping, no bones or leftover bones weighed
- 1081 Chicken, NOT breast, coated in egg and breadcrumbs, chicken drumsticks, fried in dripping, leftover bones not weighed
- 1082 Chicken, NOT breast, coated in egg and breadcrumbs, chicken drumsticks, fried in lard, no bones or leftover bones weighed
- 1083 Chicken, NOT breast, coated in egg and breadcrumbs, chicken drumsticks, fried in lard, leftover bones not weighed
- 1084 Chicken, NOT breast, coated in egg and breadcrumbs, chicken drumsticks, fried in polyunsaturated oil, no bones or leftover bones weighed
- 1085 Chicken, NOT breast, coated in egg and breadcrumbs, chicken drumsticks, fried in polyunsaturated oil, leftover bones not weighed
- 8250 Chicken breast, coated in egg and breadcrumbs, fried in blended vegetable oil, no bones or leftover bones weighed
- 8251 Chicken breast, coated in egg and breadcrumbs, fried in dripping, no bones or leftover bones weighed
- 8252 Chicken, breast, coated in egg and breadcrumbs fried in lard, no bones or leftover bones weighed
- 8253 Chicken, breast, coated in egg and breadcrumbs, fried in polyunsaturated oil, no bones or leftover bones weighed
- Chicken burgers, chicken fingers see breaded chicken products

E Roast Chicken

- 1088 Chicken, roast, light and dark meat only, NO skin, no bones or leftover bones weighed
- 1089 Chicken, roast, light and dark meat and skin, no bones or leftover bones weighed
- 1090 Chicken, roast, light meat only, NO skin, no bones or leftover bones weighed
- 1372 Chicken, roast, light meat and skin, no bones or leftover bones weighed
- 1091 Chicken, roast, dark meat only, NO skin, no bones or leftover bones weighed
- 1374 Chicken, roast, dark meat and skin, no bones or leftover bones weighed
- 1089 Chicken, wing quarter, roast, meat and skin, no bones or leftover bones weighed
- 1092 Chicken, wing quarter, roast, meat and skin, leftover bone not weighed
- 8514 Chicken, wing only, roast, meat and skin, leftover bone not weighed
- 1374 Chicken, leg quarter, roast, meat and skin, no bones or leftover bones weighed
- 1093 Chicken, leg quarter, roast meat and skin, leftover bones not weighed

F Breaded or Battered Chicken Products

- 1109 Chicken burgers, coated in crumbs or batter, fried in blended vegetable oil
- 1110 Chicken burgers, coated in crumbs or batter, fried in dripping
- 1111 Chicken burgers, coated in crumbs or batter, fried in lard
- 1112 Chicken burgers, coated in crumbs or batter, fried in polyunsaturated oil
- 2672 Chicken burgers, coated in crumbs or batter, grilled or baked, NO added fat
- 8254 Chicken fingers, pieces, coated in crumbs or batter, fried in blended vegetable oil
- 8255 Chicken fingers, pieces, coated in crumbs or batter, fried in dripping
- 8256 Chicken fingers, pieces, coated in crumbs or batter, fried in lard
- 8257 Chicken fingers, pieces, coated in crumbs or batter, fried in polyunsaturated oil
- 8258 Chicken fingers, pieces, coated in crumbs or batter, grilled or baked, NO added fat
- Chicken Kiev see Chicken dishes
- Chicken nuggetts see Chicken dishes

G Chicken Dishes, including canned chicken and chicken pies

- R 1098 Chicken biryani, includes rice
- R 1099 Chicken casserole, meat only, no skin, in thickened gravy, with vegetables, no bones or leftover bones weighed
- R 1100 Chicken casserole, meat only, no skin, in thickened gravy, with vegetables, leftover bones not weighed
- 1101 Chicken casserole, canned
- R 7777 Chicken, Chinese style, no bones or leftover bones weighed
- R 1366 Chicken chop suey
- 1102 Chicken chow mein, Vesta only, ready meal, weight as served, complete meal
- R 1367 Chicken chow mein
- 1106 Chicken curry, Vesta only, weight as served NO rice
- 1103 Chicken curry, canned NO rice
- R 1104 Chicken curry, with vegetables, no bones or leftover bones weighed NO rice
- R 1105 Chicken curry, with vegetables, leftover bones not weighed NO rice
- R 1363 Chicken curry, with cream or coconut sauce, no bones or leftover bones weighed NO rice
- R 1362 Chicken curry, with cream or coconut sauce, leftover bones not weighed NO rice
- R 1113 Chicken, with mushrooms, no bones or leftover bones weighed
- 1114 Chicken-in-a-bun, ie fried chicken in a bread roll, purchased
- 3680 Chicken Kiev, NOT Mini Chicken Kiev, breaded chicken with garlic butter centre, oven baked, purchased
- 8259 Chicken Kiev Mini, small pieces of breaded chicken with garlic butter centre, oven baked or grilled, purchased
- 7778 Chicken lasagne, purchased, frozen or chilled
- 1115 Chicken nuggets, purchased from McDonalds, Kentucky Includes chicken balls from sweet and sour chicken
- 8260 Chicken pancake, frozen, fried in blended vegetable oil
- 1116 Chicken, roast dinner, frozen, purchased, ready meal, eg Birds Eye

- 1117 Chicken, roast in gravy, frozen, purchased, eg Birds Eye
- R 1118 Chicken pie, turkey pie, one crust, shortcrust pastry made with half lard and half margarine (NOT polyunsaturated)
- R 1119 Chicken pie, turkey pie, two crusts, shortcrust pastry made with half lard and half margarine (NOT polyunsaturated)
- 1120 Chicken pie, frozen, purchased, individual size, two crusts
- 1126 Chicken roll, canned, with or without stuffing
- 1127 Chicken roll, NOT canned, with or without stuffing
- 1125 Chicken spread, chicken paste, NOT canned
- 1168 Chicken spread, chicken paste, canned
- 2661 Chicken stirfry, with rice, ready meal, weight as served, eg Ross Chinese Chicken, Ross Indian Chicken
- ☪ R 1107 Chicken supreme, creamed chicken, chicken in white sauce, no bones or leftover bones weighed NOT canned
- R 1123 Chicken, tandoori, no bones or leftover bones weighed
- R 1124 Chicken, tandoori, leftover bones not weighed
- R 1122 Chicken tikka, ie Indian lean chicken, spiced, grilled, no bones or leftover bones weighed
- R 1121 Chicken vol-au-vent, ie chicken in white sauce in vol-au-vent case
- 1108 Chicken, in white sauce, canned

OTHER POULTRY AND GAME, INCLUDING PRODUCTS AND DISHES

- 1129 Duck, roast, meat only, NO skin, no bones or leftover bones weighed
- 1130 Duck, roast, meat only, No skin, leftover bones not weighed
- 1131 Duck, roast, meat, fat and skin, no bones or leftover bones weighed
- 1132 Duck, roast, meat, fat and skin, leftover bones not weighed
- 1133 Goose, roast, meat only, NO skin, No fat, no bones or leftover bones weighed
- 1134 Goose, roast, meat only, NO skin, NO fat, leftover bones not weighed
- 1135 Grouse, roast, meat only, NO skin, NO fat, no bones or leftover bones weighed
- 1136 Grouse, roast, meat only, NO skin, NO fat, leftover bones not weighed
- 1159 Hare, roast, meat only, no bones or leftover bones weighed
- 1160 Hare, stewed, meat only, no bones or leftover bones weighed
- 1161 Hare, stewed, meat only, leftover bones not weighed
- 1137 Partridge, roast, meat only, NO skin, NO fat, no bones or leftover bones weighed
- 1138 Partridge, roast, meat only, NO skin, NO fat, leftover bones not weighed
- 1139 Pheasant, roast, meat only, NO skin, NO fat, no bones or leftover bones weighed
- 1140 Pheasant, roast, meat only, NO skin, NO fat, leftover bones not weighed
- 1141 Pigeon, roast, meat only, NO skin, NO fat, no bones or leftover bones weighed
- 1142 Pigeon, roast, meat only, NO skin, NO fat, leftover bones not weighed
- 8261 Turkey, roast roll, purchased, eg Bernard Matthews Turkey Roast, cooked
- 1146 Turkey, roast, light and dark meat, no bones or leftover bones weighed, purchased, eg Bernard Matthews NOT roast roll
- 1147 Turkey, roast, light and dark meat, leftover bones not weighed

- 1148 Turkey, roast, light meat, no bones
- 1149 Turkey, roast, dark meat, no bones or leftover bones weighed
- 1150 Turkey, roast, dark meat, leftover bones not weighed
- 8262 Turkey, smoked, light and dark meat, no bones or leftover bones weighed
- R 1152 Turkey, giblets and neck meat, cooked
- 1153 Turkey, burger, coated in egg and breadcrumbs, fried in blended vegetable oil
- 1154 Turkey, burger, coated in egg and breadcrumbs, fried in dripping
- 1155 Turkey, burger, coated in egg and breadcrumbs, fried in lard
- 1156 Turkey, burger, coated in egg and breadcrumbs, fried in polyunsaturated oil
- 1380 Turkey, burger, coated in egg and breadcrumbs, grilled or baked, no added fat
- R 1118 Turkey pie, one crust, shortcrust pastry made with half lard and half margarine (NOT polyunsaturated)
- R 1119 Turkey pie, two crusts, shortcrust pastry made with half lard and half margarine (NOT polyunsaturated)
- 1126 Turkey roll, with or without stuffing, canned
- 1127 Turkey roll, with or without stuffing NOT canned
- 1157 Turkey sausages, fried or grilled
- 1162 Rabbit, roast, meat only, no bones or leftover bones weighed
- R 1163 Rabbit, stewed, meat only, no bones or leftover bones weighed
- R 1164 Rabbit, stewed, meat only, leftover bones not weighed
- R 1158 Rabbit pie, one crust, shortcrust pastry made with half lard and half margarine (NOT polyunsaturated)
- 1167 Venison, roast, meat only, no bones or leftover bones weighed

OFFAL

- 1171 Brain, calves, boiled
- 1172 Brain, lambs, boiled
- 1173 Heart, sheeps, roast or braised, meat only, NO fat
- R 1175 Heart, ox, stewed or casseroleed
- 1176 Kidney, lambs, fried or grilled
- R 1177 Kidney, any kind, stewed in thickened gravy
- 1178 Kidney, pigs, fried or grilled
- 1179 Liver, calves, fried or grilled, NO coating
- 1181 Liver, calves, coated, fried in blended vegetable oil
- 1182 Liver, calves, coated, fried in butter
- 1183 Liver, calves, coated, fried in dripping
- 1184 Liver, calves, coated, fried in lard
- 1185 Liver, calves, coated, fried in margarine (NOT polyunsaturated)
- 1186 Liver, calves, coated, fried in polyunsaturated margarine or oil
- R 1187 Liver, calves, stewed or braised, in thickened gravy
- 1189 Liver, chicken, fried or grilled, NO coating
- R 1190 Liver, chicken, stewed in thickened gravy
- 1191 Liver, lambs, fried or grilled, NO coating
- 1192 Liver, lambs, coated, fried in blended vegetable oil
- 1193 Liver, lambs, coated, fried in dripping
- 1194 Liver, lambs, coated, fried in lard
- 1195 Liver, lambs, coated, fried in polyunsaturated margarine or oil
- R 1196 Liver, lambs, stewed in thickened gravy
- R 1198 Liver, ox, stewed in thickened gravy
- 1199 Liver, pigs, fried or grilled, NO coating
- 1200 Liver, pigs, coated, fried in blended vegetable oil
- 1201 Liver, pigs, coated, fried in dripping

- 1202 Liver, pigs, coated, fried in lard
- 1203 Liver, pigs, coated, fried in polyunsaturated margarine or oil
- 3322 Liver, pigs, coated, fried in butter
- R 1204 Liver, pigs, stewed in thickened gravy
- 4001 Liver, ox, coated, fried in blended vegetable oil
- 1227 Liver and onion with gravy, ready meal, weight as served, eg Birds Eye
- 1206 Oxtail, stewed, lean meat only, NO fat, leftover bones weighed
- 1207 Oxtail, stewed, lean meat only, NO fat, leftover bones and fat not weighed
- 1208 Sweetbreads, lambs, NO coating, fried in butter
- 1209 Sweetbreads, lambs, coated in egg and breadcrumbs, fried in blended vegetable oil
- 1210 Sweetbreads, lambs, coated in egg and breadcrumbs, fried in dripping
- 1211 Sweetbreads, lambs, coated in egg and breadcrumbs, fried in lard
- 1212 Sweetbreads, lambs, coated in egg and breadcrumbs, fried in polyunsaturated margarine or oil
- R 1213 Sweetbreads, lambs, stewed in white sauce
- 1215 Tongue, cold, sliced, NOT canned
- 1216 Tongue, ox, stewed, meat only, NO fat or skin, or leftover fat and skin weighed
- 1214 Tongue, sheeps, stewed, meat only, NO fat or skin, or leftover fat and skin weighed
- 1217 Tripe, dressed, uncooked
- 1218 Tripe, stewed in milk
- R 1219 Tripe, stewed in thickened sauce
- 1220 Trotters and tails, salted, boiled, meat only, NO fat, skin or bones, or leftover fat, skin and bones weighed

OFFAL PRODUCTS

1248	Black pudding, fried or grilled
1247	Black pudding, boiled
1249	Brawn
R 1250	Faggots, savoury ducks, with or without gravy
1251	Haggis, boiled
1252	Haggis, in batter, deep fried in blended vegetable oil, purchased from takeaway shop
1253	Haggis, in batter, deep fried in dripping, purchased from takeaway shop
1254	Haggis, in batter, deep fried in lard, purchased from takeaway shop
1255	Haslet
1256	Liver paté, canned
1258	Liver paté, plastic packed NOT low fat
1257	Liver paté, from delicatessen NOT canned, NOT pre-packed
3334	Liver paté, low fat
1259	Liver sausage
1261	Meat paste, canned NOT chicken paste
1262	Meat paste, NOT canned, NOT chicken paste
1263	White pudding

CANNED MEAT PRODUCTS

1231 Beef, minced, in gravy
1232 Beef, minced, pie filling
1233 Beef, minced, pie filling, with onion, reformed meat
1234 Beef, pie filling, reformed meat
1264 Beefburgers, in gravy
7780 Bolognaise sauce
7781 Burgers, Chicken bits, Bacon and baked beans NOT sausages
1101 Chicken casserole
1103 Chicken curry
1108 Chicken in white sauce
1126 Chicken roll, with or without stuffing
7779 Chilli con carne
1235 Corned beef
1272 Frankfurter
1236 Ham, canned in natural juice
1237 Ham and pork, chopped
1238 Irish stew
1256 Liver paté
1239 Luncheon meat
7782 Meat balls and pasta/baked beans, eg Campbells
1261 Meat paste NOT chicken paste
Ravioli, canned see "Pasta, rice and grains"
1240 Sausage and beans NOT low fat sausages
7839 Sausages low fat and baked beans
1370 Soya mince
1239 Spam
1241 Steak and kidney pie

4857 Steak and kidney pie filling
1242 Steak and kidney, pudding
1243 Stewed steak, in gravy, pie filling
1244 Stewed steak, in gravy, canned, meat balls in gravy
1245 Tongue
1126 Turkey roll, with or without stuffing
1246 Veal, jellied

CANNED AND LOOSE MEATS (INCLUDING DELICATESSEN MEATS)

954 Beef, silverside, salted, lean and fat NOT canned
955 Beef, silverside, salted, lean only NOT canned
1337 Bierwurst, NOT canned
1249 Brawn
1126 Chicken roll, with or without stuffing, canned
1127 Chicken roll, with or without stuffing NOT canned
1235 Corned beef, canned
1341 Corned beef, NOT canned
1259 Extrawurst, NOT canned
1337 Garlic sausage, NOT canned
1236 Ham, canned in natural juice
1039 Ham, sliced or off the bone, from delicatessen or butchers NOT
canned
1040 Ham, sliced, shoulder, honey roast, vacuum packed
1237 Ham and pork, chopped, canned
1337 Ham and pork, chopped NOT canned
4771 Ham paté, low fat, purchased NOT canned
1255 Haslet
1256 Liver paté, canned
1257 Liver paté, from delicatessen NOT canned, NOT pre-packed
1258 Liver paté, plastic packed NOT low fat
3334 Liver paté, low fat, purchased NOT canned
1259 Liver sausage, NOT canned
1239 Luncheon meat, canned
1338 Luncheon meat, NOT canned
1261 Meat paste, canned NOT chicken paste
1262 Meat paste, NOT canned NOT chicken paste

1274 Salami
954 Silverside, salted, lean and fat NOT canned
955 Silverside, salted, lean only NOT canned
1239 Spam, canned
1338 Spam, NOT canned
1245 Tongue, canned
1215 Tongue NOT canned
1126 Turkey roll, with or without stuffing, canned
1127 Turkey roll, with or without stuffing NOT canned
1246 Veal, jellied, canned

SAUSAGES, HAMBURGERS (INCLUDING TAKEAWAY) AND OTHER MEAT PRODUCTS

- 1315 Bacon and egg in a bun, purchased, takeaway
Beanburger see "Vegetables"
- 1264 Beefburgers, in gravy, canned
- 1382 Beefburgers, low fat, grilled
- 8263 Beefburgers, low fat, fried
- 1266 Beefburgers hamburgers, 100 % meat only, fried NOT canned, NOT low fat beefburgers
- 8264 Beefburgers hamburgers, 100 % meat only, grilled NOT canned, NOT low fat beefburgers
- 1268 Beefburgers and onion, hamburgers and onion, fried NOT 100 % meat NOT canned, NOT low fat beefburgers
- 8265 Beefburgers and onion, hamburgers and onion, grilled NOT 100 % meat NOT canned, NOT low fat beefburgers
- 1270 Beefburger, hamburger, economy or other, fried NOT canned, NOT low fat beefburgers
- 8266 Beefburger, hamburger, economy or other, grilled NOT canned, NOT low fat beefburgers
- 1316 Beefburgers, in batter, deep fried, purchased, takeaway
- 1333 Cheeseburger, beefburger with cheese in a bun, takeaway NOT quarter pounder
- 1339 Cheeseburger, beefburger with cheese in a bun, takeaway, quarter pounder
- Chicken burgers etc see chicken including chicken products and dishes
- 1272 Frankfurter, canned
- 1271 Frankfurter, NOT canned
- 1289 Grill steaks, beef, fried or grilled
- 7794 Grill steaks, beef only, low fat, grilled
- 7795 Grill steaks, beef only, low fat, fried
- 1330 Hamburger in a bun, beefburger in a bun, takeaway NOT quarter pounder
- 1336 Hamburger in a bun, beefburger in a bun, takeaway, quarter pounder

1340 Hamburger, kingsize, Big Mac, Whopper, with bun and relish, takeaway

1342 Kebab, doner, sliced lamb and salad in pitta, takeaway

8146 Kebab, doner, sliced lamb in pitta, NO salad, takeaway

1343 Kebab, kofte, spiced sausage and salad in pitta, takeaway

1344 Kebab, shish, skewered lamb and salad in pitta, takeaway

1289 Lamb burgers, grill steaks, fried or grilled, eg Dale

8267 Pepperami or snack salami

1273 Polony

Quorn see "vegetables and vegetarian foods"

1274 Salami NOT pepperami or snack salami

1276 Sausages, beef, fried NOT low fat

1277 Sausages, beef, grilled, NOT low fat

7790 Sausages, beef, skinless, fried

7791 Sausages, beef, skinless, grilled

7784 Sausages, economy, fried

7785 Sausages, economy, grilled

1279 Sausages, pork, fried NOT smoked, NOT low fat

1280 Sausages, pork, grilled NOT smoked, NOT low fat

8268 Sausages, pork, smoked, fried NOT low fat

8269 Sausages, pork, smoked, grilled NOT low fat

7786 Sausages, pork, skinless, fried

7787 Sausages, pork, skinless, grilled

1282 Sausages, pork and beef mixed, fried or grilled NOT low fat

7788 Sausages, pork and beef mixed, skinless, fried

7789 Sausages, pork and beef mixed, skinless, grilled

1283 Sausages, pork, beef, or pork and beef, low fat, grilled

7792 Sausages, premium pork, premium pork and herbs, fried

- 7793 Sausages, premium pork, premium pork and herbs, grilled
Sausages, turkey see "Other poultry and game"
- 1284 Sausages, in batter, fried in blended vegetable oil, NOT purchased from takeaway shop
- 1288 Sausages, in batter, fried in blended vegetable oil, purchased from a takeaway shop
- 1285 Sausages, in batter, fried in dripping
- 1286 Sausages, in batter, fried in lard
- 1287 Sausages, in batter, fried in polyunsaturated oil
- 7783 Sausages specially for microwave ovens, microwaved, NOT fried, eg Walls Microwave sausages
- 1290 Saveloy
Scotch Eggs see "Eggs and egg dishes"
- 1153 Turkeyburger, coated in egg and breadcrumbs, fried in blended vegetable oil
- 1154 Turkeyburger, coated in egg and breadcrumbs, fried in dripping
- 1155 Turkeyburger, coated in egg and breadcrumbs, fried in lard
- 1156 Turkeyburger, coated in egg and breadcrumbs, fried in polyunsaturated oil

MEAT AND PASTRY PRODUCTS

- R 1296 Bacon and egg pie, two crusts, shortcrust pastry made with half lard, half margarine (NOT polyunsaturated)
- R 1293 Beef and potato pie, one crust, shortcrust pastry made with half lard and half margarine (NOT polyunsaturated)
- R 1294 Beef and potato pie, two crusts, shortcrust pastry made with half lard and half margarine (NOT polyunsaturated)
- R 1291 Bridies, scotch pies, mutton pies
- R 1295 Cornish pastie, homemade, shortcrust pastry, beef, potatoes and onions, pastry made with half lard and half margarine (NOT polyunsaturated)
- 1299 Cornish pastie, meat and vegetable pastie, purchased
- R 1297 Kidney and mushroom pie, one crust, shortcrust pastry made with half lard and half margarine (NOT polyunsaturated)
- R 1298 Kidney and mushroom pie, two crusts, shortcrust pastry made with half lard and half margarine (NOT polyunsaturated)
- R 1302 Minced beef pie, homemade, one crust, shortcrust pastry made with half lard and half margarine (NOT polyunsaturated)
- R 1301 Minced beef pie, homemade, two crusts, shortcrust pastry made with half lard and half margarine (NOT polyunsaturated)
- 1292 Minced beef pie, purchased, two crusts, frozen
- 1300 Minced beef pie, purchased, two crusts, NOT frozen
- 1299 Pastie, Cornish, meat and vegetable pastie, purchased
- 7796 Pork pie, buffet, mini (diameter 1 5 inches)
- 1304 Pork pie, individual
- 1305 Pork pie, sliced, NO egg
- 1303 Pork and egg pie, veal and egg pie, ham and egg pie, Grosvenor pie
- R 1306 Sausage roll, flaky pastry, homemade
- 8071 Sausage roll, puffed pastry or flaky pastry, purchased
- R 1307 Sausage roll, shortcrust pastry, homemade, pastry made with half lard and half margarine (NOT polyunsaturated)
- 1308 Sausage roll, shortcrust pastry, purchased

- 7764 Savoury eggs, bite size savoury eggs, scotch eggs with chopped egg filling
- Scotch Eggs see "Eggs and Egg Dishes"
- R 1309 Steak pie, one crust, shortcrust pastry made with half lard and half margarine (NOT polyunsaturated) NOT canned
- R 1310 Steak pie, two crusts or individual, shortcrust pastry made with half lard, and half margarine (NOT polyunsaturated) NOT canned
- R 8731 Steak pie, lean meat, two crusts or individual, shortcrust pastry made with polyunsaturated margarine NOT canned
- 1378 Steak pie, individual, flaky pastry, purchased
- R 1312 Steak and kidney pie, one crust, shortcrust pastry made with half lard and half margarine (NOT polyunsaturated)
- R 1313 Steak and kidney pie, two crusts, individual, shortcrust pastry made with half lard and half margarine (NOT polyunsaturated)
- R 1314 Steak and kidney pie, two crusts, shortcrust pastry, made with half lard and half margarine (NOT polyunsaturated) NOT individual, NOT canned
- 1379 Steak and kidney pie, two crusts, individual, flaky pastry, purchased
- 1377 Steak and kidney pie, two crusts, shortcrust pastry, purchased

MEAT DISHES - homemade dishes, takeaways, frozen or chilled ready-meals (see under "Chicken" for chicken dishes)

- R 1329 Beef biryani or pilau, includes rice
- R 1328 Beef curry with cream or coconut sauce, NO rice
- 1318 Beef curry, Vesta only, as served, NO rice
- R 1319 Beef and vegetable curry, NO rice
- 1320 Beef, roast dinner, frozen, purchased, ready meal
- 1321 Beef, roast, in gravy, frozen, purchased, ready meal
- R 1322 Beef, steak, pudding, suet pastry, NO kidney NOT canned
- R 1381 Beef, steak, and kidney pudding, suet pastry, NOT canned
- R 1323 Bolognese sauce, made with minced beef, onion, tomatoes
- 1324 Cannelloni, purchased, with meat filling NOT Vegetarian cannelloni
- 7778 Chicken Lasagne, purchased
- R 1325 Chilli con carne, made with minced beef, red kidney beans, onion, tomatoes, green pepper
- R 1326 Chinese meat buns
- R 1332 Chop suey, with beef, lamb or pork
- R 1317 Chow mein, with beef, lamb or pork
- R 1327 Corned beef hash, corned beef and mashed potato
- R 1334 Fried rice, special, with beef, chicken, duck, prawn, vegetables and rice
- R 1005 Irish stew, stewed lamb with potatoes, onions and gravy, no bones or leftover bones weighed
- R 1016 Irish stew, stewed lamb with potatoes, onions and gravy, leftover bones not weighed
- R 1329 Lamb biryani or pilau, includes rice
- R 979 Lamb or mutton and vegetable curry, NO rice
- R 1328 Lamb curry with cream or coconut sauce, NO rice
- R 1348 Lasagne, homemade, with meat sauce NOT vegetarian lasagne
- 1347 Lasagne, purchased, frozen or chilled, with meat sauce NOT vegetarian lasagne, NOT Chicken Lasagne

- 1335 Luncheon meat, Chinese, steamed, purchased
- R 1332 Meat chop suey, beef, lamb or pork
- R 1317 Meat chow mein, beef, lamb or pork
- R 1349 Meat loaf, any
- R 1354 Meat samosa
- R 1350 Moussaka, made with minced lamb or beef, potatoes, and cheese sauce
- R 1364 Moussaka, made with minced lamb or beef, aubergines, and cheese sauce
- R 1351 Pancake roll, fried pancake with minced beef filling
- 3756 Pancakes savoury, minced beef filling, fried in blended vegetable oil, purchased
- 8644 Pancakes savoury, minced beef filling, grilled, purchased
- R 1358 Pork balls, battered, deep fried, sweet and sour pork with NO sauce
- 1352 Pork roast dinner, frozen, ready meal
- 1353 Pork roast, in gravy, frozen, ready meal
- Quorn see vegetables section
- R 1354 Samosa, meat
- R 1357 Shepherds pie, cottage pie, home made, mashed potato with NO added butter or margarine
- R 1365 Shepherds pie, cottage pie, homemade, mashed potato with added butter or margarine
- 1356 Shepherds pie, cottage pie, purchased
- R 1331 Spare ribs in barbecue sauce, leftover bones weighed
- R 1355 Spare ribs in barbecue sauce, leftover bones not weighed
- R 1334 Special fried rice with beef, chicken, duck, prawn, vegetables and rice
- R 1054 Veal in white sauce, veal fricassee, blanquette de veau NO vegetables, NOT canned

FISH

This section is divided into the following sub-sections

- A White fish
- B Oily fish
- C Shellfish
- D Other fish
- E Fish products and dishes

A FISH, WHITE (NB code Hake, Coley, Hoki, Pollock and Saithe as for Cod)

- 1637 Battered or crumbed fish, oven crispy, oven bake, frozen, cooked without added fat
Coalfish, code as for cod
- 1403 Cod, baked or grilled, with butter
- 7798 Cod, baked or grilled, NO butter
- 1405 Cod, no coating, fried in blended vegetable oil
- 1406 Cod, no coating, fried in butter
- 1407 Cod, no coating, fried in dripping
- 1408 Cod, no coating, fried in lard
- 1409 Cod, no coating, fried in margarine (NOT polyunsaturated)
- 1410 Cod, no coating, fried in polyunsaturated margarine or oil
- 1411 Cod, coated in batter, fried in blended vegetable oil NOT purchased from takeaway shop
- 1415 Cod, coated in batter, fried in blended vegetable oil, from takeaway shop
- 1412 Cod, coated in batter, fried in dripping
- 1413 Cod, coated in batter, fried in lard
- 1414 Cod, coated in batter, fried in polyunsaturated oil
- 1416 Cod, coated in breadcrumbs, fried in blended vegetable oil
- 1417 Cod, coated in breadcrumbs, fried in dripping
- 1418 Cod, coated in breadcrumbs, fried in lard
- 1419 Cod, coated in breadcrumbs, fried in polyunsaturated oil
- 8599 Cod, coated in flour, fried in blended vegetable oil
- 1420 Cod, unsmoked, poached in water, steamed
- 1422 Cod, unsmoked, poached in milk and butter
- 8983 Cod, unsmoked, poached in milk, NO added fat
- 1424 Cod, smoked, poached in water, steamed, baked or grilled NO butter
- 1445 Cod, smoked, poached in milk and butter

1446 Cod, dried, salt, boiled
Coley, code as for cod

7799 Haddock, unsmoked, baked or grilled NO butter

7800 Haddock, baked or grilled, with butter

7801 Haddock, no coating, fried in blended vegetable oil

7802 Haddock, no coating, fried in butter

7803 Haddock, no coating, fried in dripping

7804 Haddock, no coating, fried in lard

7805 Haddock, no coating, fried in margarine (NOT polyunsaturated)

7806 Haddock, no coating, fried in polyunsaturated margarine or oil

7807 Haddock, coated in batter, fried in blended vegetable oil NOT purchased from takeaway shop

7808 Haddock, coated in batter, fried in blended vegetable oil, from takeaway shop

7809 Haddock, coated in batter, fried in dripping

7810 Haddock, coated in batter, fried in lard

7811 Haddock, coated in batter, fried in polyunsaturated oil

7812 Haddock, coated in breadcrumbs, fried in blended vegetable oil

7813 Haddock, coated in breadcrumbs, fried in dripping

7814 Haddock, coated in breadcrumbs, fried in lard

7815 Haddock, coated in breadcrumbs, fried in polyunsaturated oil

7816 Haddock, coated in flour, fried in blended vegetable oil

8978 Haddock, coated in flour, fried in polyunsaturated oil

7817 Haddock, unsmoked, poached in water

7818 Haddock, unsmoked, poached in milk and butter

7819 Haddock, smoked, poached in water, steamed, baked or grilled NO butter

7820 Haddock, smoked, poached in milk and butter

Hake, code as for cod

- 1448 Halibut, steamed or poached in water, no bones or skin, or leftover bones and skin weighed
- 1449 Halibut, steamed or poached in water, leftover bones and skin not weighed
- Hoki, code as for cod
- 1453 Lemon sole, coated in flour, fried in blended vegetable oil
- 1454 Lemon sole, coated in flour, fried in butter
- 1455 Lemon sole, coated in flour, fried in margarine (NOT polyunsaturated)
- 1456 Lemon sole, coated in flour, fried in polyunsaturated margarine or oil
- 1457 Lemon sole, coated in breadcrumbs, fried in blended vegetable oil
- 1458 Lemon sole, coated in breadcrumbs, fried in butter
- 1459 Lemon sole, coated in breadcrumbs, fried in margarine (NOT polyunsaturated)
- 1460 Lemon sole, coated in breadcrumbs, fried in polyunsaturated margarine or oil
- 1451 Lemon sole, steamed or poached in water, no bones or skin, or leftover bone and skin weighed
- 1452 Lemon sole, steamed or poached in water, leftover bones and skin not weighed
- 7821 Plaice, baked or grilled, NO butter, NO bones or skin, or leftover bones and skins weighed
- 7822 Plaice, baked or grilled with butter, NO bones or skin, or leftover bones and skins weighed
- 1464 Plaice, whiting, coated in batter, fried in blended vegetable oil NOT purchased from takeaway shop
- 1468 Plaice, whiting, coated in batter, fried in blended vegetable oil, purchased from takeaway shop
- 1465 Plaice, whiting, coated in batter, fried in dripping
- 1466 Plaice, whiting, coated in batter, fried in lard
- 1467 Plaice, whiting, coated in batter, fried in polyunsaturated oil
- 1469 Plaice, whiting, coated in breadcrumbs, fried in blended vegetable oil

- 1470 Plaice, whiting, coated in breadcrumbs, fried in dripping
- 1471 Plaice, whiting, coated in breadcrumbs, fried in lard
- 1472 Plaice, whiting, coated in breadcrumbs, fried in polyunsaturated oil
- 1475 Plaice, whiting, coated in flour, fried in blended vegetable oil, no bones, or leftover bones weighed
- 1476 Plaice, whiting, coated in flour, fried in dripping, no bones, or leftover bones weighed
- 1477 Plaice, whiting, coated in flour, fried in lard, no bones, or leftover bones weighed
- 1478 Plaice, whiting, coated in flour, fried in polyunsaturated oil, no bones or leftover bones weighed
- 1479 Plaice, whiting, coated in flour, fried in blended vegetable oil, leftover bones not weighed
- 1480 Plaice, whiting, coated in flour, fried in dripping, leftover bones not weighed
- 1481 Plaice, whiting, coated in flour, fried in lard, leftover bones not weighed
- 1482 Plaice, whiting, coated in flour, fried in polyunsaturated oil, leftover bones not weighed
- 1462 Plaice, steamed or poached in water, no bones or skin, or leftover bones and skin weighed
- 1463 Plaice, steamed or poached in water, leftover bones and skin not weighed
- Pollock, code as for cod
- Saithe, code as for cod
- 7823 Whiting, baked or grilled, NO butter, NO bones or skin, or leftover bones and skins weighed
- 7824 Whiting, baked or grilled with butter, NO bones or skin, or leftover bones and skins weighed
- 1473 Whiting, steamed or poached in water, no bones, or leftover bones weighed
- 1474 Whiting, steamed or poached in water, leftover bones not weighed
- Whiting, coated in flour, breadcrumbs or batter see Plaice

B FISH, OILY

- 1593 Anchovies, canned, drained weight
- 1500 Bloater, smoked herring, grilled, no bones or leftover bones weighed
- 1501 Bloater, smoked herring, grilled, leftover bones not weighed
- Brisling see sardines
- 1485 Eel, jellied, flesh and jelly
- 1484 Eel, stewed, flesh only
- 1497 Herring, canned in tomato sauce, fish and sauce
- 1498 Herring, canned in oil, fish only
- 1487 Herring, coated in oatmeal or flour, fried in blended vegetable oil, no bones or leftover bones weighed
- 1488 Herring, coated in oatmeal or flour, fried in dripping, no bones or leftover bones weighed
- 1489 Herring, coated in oatmeal or flour, fried in lard, no bones or leftover bones weighed
- 1490 Herring, coated in oatmeal or flour, fried in polyunsaturated oil, no bones or leftover bones weighed
- 1491 Herring, coated in oatmeal or flour, fried in blended vegetable oil, leftover bones not weighed
- 1492 Herring, coated in oatmeal or flour, fried in dripping, leftover bones not weighed
- 1493 Herring, coated in oatmeal or flour, fried in lard, leftover bones not weighed
- 1494 Herring, coated in oatmeal or flour, fried in polyunsaturated oil, leftover bones not weighed
- 1495 Herring, grilled, no bones or leftover bones weighed
- 1496 Herring, grilled, leftover bones not weighed
- 1499 Herring, pickled, soured, roll mop
- 1502 Kipper, baked, NO butter, no bones or leftover bones weighed
- 1503 Kipper, baked, NO butter, leftover bones not weighed
- 1504 Kipper, baked, with butter, no bones or leftover bones weighed

1505 Kipper, baked, with butter, leftover bones not weighed
 7825 Kipper, boil in the bag, boiled
 1498 Kippers, canned in oil, fish only
 1644 Mackerel, unsmoked, baked or grilled, NO butter, no bones or
 leftover bones weighed
 1645 Mackerel, unsmoked, baked or grilled, NO butter, leftover bones not
 weighed
 1517 Mackerel, unsmoked, canned, in brine, fish only
 1515 Mackerel, unsmoked, canned, in oil, fish only
 1516 Mackerel, unsmoked, canned, in oil, fish and oil
 1518 Mackerel, canned in tomato sauce, fish and sauce
 1507 Mackerel, with coating, fried in blended vegetable oil, no bones or
 leftover bones weighed
 1508 Mackerel, with coating, fried in dripping, no bones or leftover
 bones weighed
 1509 Mackerel, with coating, fried in lard, no bones or leftover bones
 weighed
 1510 Mackerel, with coating, fried in polyunsaturated oil, no bones or
 leftover bones weighed
 1511 Mackerel, with coating, fried in blended vegetable oil, leftover
 bones not weighed
 1512 Mackerel, with coating, fried in dripping, leftover bones not
 weighed
 1513 Mackerel, with coating, fried in lard, leftover bones not weighed
 1514 Mackerel, with coating, fried in polyunsaturated oil, leftover
 bones not weighed
 1647 Mackerel, smoked, NOT canned
 8270 Mackerel, smoked, canned in oil, fish only
 8745 Mackerel, smoked, canned in brine, fish only
 7828 Pilchards, canned in brine, fish only
 1518 Pilchards in tomato sauce, canned, fish and sauce
 7826 Salmon, canned in brine, fish only

7827 Salmon, canned in brine, fish and backbone eaten

1522 Salmon, smoked, NOT canned

8271 Salmon, smoked, canned, fish only

1520 Salmon, steamed, no bones and skin, or leftover bones and skin weighed

1521 Salmon, steamed, leftover bones and skin not weighed

3169 Sardines, brisling, sild, canned in brine, fish only

1523 Sardines, brisling, sild, canned in oil, fish only

1524 Sardines, brisling, sild, canned in oil, fish and oil

1525 Sardines, brisling, sild, canned in tomato sauce

Sild see sardines

Smoked herring code as bloater

1526 Sprats, coated, fried in blended vegetable oil, no heads or leftover heads weighed

1527 Sprats, coated, fried in dripping, no heads or leftover heads weighed

1528 Sprats, coated, fried in lard, no heads or leftover heads weighed

1529 Sprats, coated, fried in polyunsaturated oil, no heads or leftover heads weighed

1530 Trout, brown or rainbow, unsmoked, baked, grilled, poached or steamed, no bones or leftover bones weighed

1531 Trout, brown or rainbow, unsmoked, baked, grilled, poached or steamed, leftover bones not weighed

8272 Trout, brown or rainbow, smoked, baked, grilled, poached or steamed, no bones or leftover bones weighed

8273 Trout, brown or rainbow, smoked, baked, grilled, poached or steamed, leftover bones not weighed

1534 Tuna, canned, in brine, fish only

1533 Tuna, canned, in oil, fish only

1532 Tuna, canned, in oil, fish and oil

1535 Whitebait, coated in flour, fried in blended vegetable oil

1536 Whitebait, coated in flour, fried in dripping

- 1537 Whitebait, coated in flour, fried in lard
- 1538 Whitebait, coated in flour, fried in polyunsaturated oil

C SHELLFISH

1596	Clams, canned, drained weight	
1564	Cockles, fresh, boiled, no shells or leftover shells weighed	NOT canned or bottled
7829	Cockles, canned, bottled, no shells	
1561	Crab, boiled, flesh only	
1562	Crab, boiled, leftover shell not weighed	
1563	Crab, canned, drained weight	
1565	Lobster, boiled, flesh only	
1566	Lobster, boiled, leftover shell not weighed	
1568	Mussels, fresh, boiled, no shells or leftover shells weighed	NOT canned or bottled
1569	Mussels, boiled, leftover shells not weighed	
8274	Mussels, bottled, no shells, drained weight	NOT canned
7830	Mussels, canned, no shells, drained weight	NOT smoked
8275	Mussels, smoked, canned, no shells, drained weight	
1571	Oysters, uncooked, flesh only	
1572	Oysters, uncooked, leftover shells not weighed	
8276	Oysters, smoked, canned, drained weight	
1573	Prawns, boiled, King prawns, fresh or frozen, boiled, flesh only	
1574	Prawns, boiled, King prawns, fresh or frozen, boiled, leftover shells not weighed	
1575	Prawns, canned, drained weight	
2661	Prawns, Ross Chinese, stir fry, ready meal, weight as served	
1576	Scallops, steamed, no shells or leftover shells weighed	
R 1581	Scampi, coated, fried in blended vegetable oil	Includes prawn balls from sweet and sour prawns
1582	Scampi, coated, fried in dripping	
1583	Scampi, coated, fried in lard	
R 1584	Scampi, coated, fried in polyunsaturated oil	

1578 Shrimps, boiled, flesh only
1579 Shrimps, boiled, leftover shells not weighed
1580 Shrimps, canned in brine, drained weight
1577 Shrimps, potted in butter
1588 Whelks, boiled, no shells or leftover shells weighed
1589 Whelks, boiled, leftover shells not weighed
1590 Winkles, boiled, no shells or leftover shells weighed
1591 Winkles, boiled, leftover shells not weighed

D OTHER FISH

- 1592 Abalone, canned, drained weight
- 1593 Anchovies, canned, drained weight
- 1594 Caviar, canned
- 1599 Cuttlefish
- 1539 Dogfish, rock salmon, coated in batter, fried in blended vegetable oil, no bones or leftover bones weighed NOT purchased from takeaway shop
- 1543 Dogfish, rock salmon, coated in batter, fried in blended vegetable oil, purchased from takeaway shop, no bones or leftover bones weighed
- 1540 Dogfish, rock salmon, coated in batter, fried in dripping, no bones or leftover bones weighed
- 1541 Dogfish, rock salmon, coated in batter, fried in lard, no bones or leftover bones weighed
- 1542 Dogfish, rock salmon, coated in batter, fried in polyunsaturated oil, no bones or leftover bones weighed
- 1544 Dogfish, rock salmon, coated in batter, fried in blended vegetable oil, leftover bones not weighed NOT purchased from takeaway shop
- 1548 Dogfish, rock salmon, coated in batter, fried in blended vegetable oil, purchased from takeaway shop, leftover bones not weighed
- 1546 Dogfish, rock salmon, coated in batter, fried in dripping, leftover bones not weighed
- 1545 Dogfish, rock salmon, coated in batter, fried in lard, leftover bones not weighed
- 1547 Dogfish, rock salmon, coated in batter, fried in polyunsaturated oil, leftover bones not weighed
- Gurnet, code as for dogfish
- Huss, code as for dogfish
- 7837 Red snapper, fried in blended vegetable oil, No bones or skin, or leftover bone weighed
- Rock salmon, code as for dogfish
- 1549 Skate, fried in butter, leftover bones and skin weighed
- 1550 Skate, fried in butter, leftover bones and skin not weighed

- 1556 Skate, coated in batter, fried in blended vegetable oil, leftover bones weighed NOT purchased from takeaway shop
- 1560 Skate, coated in batter, fried in blended vegetable oil, purchased from takeaway shop, leftover bones weighed
- 1558 Skate, coated in batter, fried in dripping, leftover bones weighed
- 1557 Skate, coated in batter, fried in lard, leftover bones weighed
- 1559 Skate, coated in batter, fried in polyunsaturated oil, leftover bones weighed
- 1551 Skate, coated in batter, fried in blended vegetable oil, leftover bones not weighed NOT purchased from takeaway shop
- 1555 Skate, coated in batter, fried in blended vegetable oil, purchased from takeaway shop, leftover bones not weighed
- 1553 Skate, coated in batter, fried in dripping, leftover bones not weighed
- 1552 Skate, coated in batter, fried in lard, leftover bones not weighed
- 1554 Skate, coated in batter, fried in polyunsaturated oil, leftover bones not weighed

E. FISH PRODUCTS AND FISH DISHES

- 1595 Chinese fish balls, purchased NOT Prawn balls
- 7831 Crabsticks
- R 1598 Curried oily fish with vegetables, NO rice
- R 1597 Curried white fish with vegetables, NO rice
- 1600 Fillet-O-fish, takeaway, McDonalds only
- R 1606 Fishcakes, coated in breadcrumbs, grilled
- R 1607 Fishcakes, coated in breadcrumbs, fried in blended vegetable oil
- R 1608 Fishcakes, coated in breadcrumbs, fried in dripping
- R 1609 Fishcakes, coated in breadcrumbs, fried in lard
- R 1610 Fishcakes, coated in breadcrumbs, fried in polyunsaturated oil
- R 1611 Fishcakes, coated in batter, fried in blended vegetable oil NOT purchased from a takeaway shop
- 1636 Fishcakes, coated in batter, fried in blended vegetable oil, purchased from a takeaway shop
- R 1612 Fishcakes, coated in batter, fried in dripping
- R 1613 Fishcakes, coated in batter, fried in lard
- R 1614 Fishcakes, coated in batter, fried in polyunsaturated oil
- 8277 Fish feasts ie white fish filled with cheese sauce coated in breadcrumbs grilled or baked
- 1615 Fish fingers, coated in batter or breadcrumbs, grilled NOT economy
- 1616 Fish fingers, coated in batter or breadcrumbs, fried in blended vegetable oil NOT economy
- 1617 Fish fingers, coated in batter or breadcrumbs, fried in dripping NOT economy
- 1618 Fish fingers, coated in batter or breadcrumbs, fried in lard NOT economy
- 1619 Fish fingers, coated in batter or breadcrumbs, fried in polyunsaturated oil NOT economy
- 8751 Fish fingers, coated in batter or breadcrumbs, fried in olive oil NOT economy
- 7832 Fish fingers, economy, coated in batter or breadcrumbs, grilled

- 7833 Fish fingers, economy, coated in batter or breadcrumbs, fried in blended vegetable oil
- 7834 Fish fingers, economy, coated in batter or breadcrumbs, fried in dripping
- 7835 Fish fingers, economy, coated in batter or breadcrumbs, fried in lard
- 7836 Fish fingers, economy, coated in batter or breadcrumbs, fried in polyunsaturated oil
- 1602 Fish-in-a-bun, takeaway, NOT McDonalds
- 8278 Fish pancake, eg Findus, fried in blended vegetable oil
- 1603 Fish paste, NOT smoked mackerel or smoked trout paté
- 8279 Fish pearls or fish kiev's, ie breaded fish with garlic filling, baked or grilled
- R 1604 Fish pie, ie white fish with potato and egg in white sauce
- R 1605 Fish pie, one pastry crust, shortcrust pastry made with half lard, half margarine (NOT polyunsaturated)
- 1637 Fish, white, battered or crumbed, oven baked, cooked without fat
- R 1638 Fish, white, in butter, mushroom, parsley, prawn or shrimp sauce,
- R 1601 Fish, white, in cheese sauce
- R 1620 Kedgeree, ie white rice, smoked fish, hard boiled egg and parsley
- R 1581 Prawn balls, sweet and sour prawn balls, weight of prawn balls only, NO sauce
- R 1641 Prawn biryani, prawn pilau, includes rice
- R 1621 Prawn chop suey
- R 1642 Prawn chow mein
- R 1643 Prawn curry, king prawn curry, with vegetables, NO rice
- R 1646 Prawn curry, king prawn curry, with cream or coconut sauce, NO rice
- 1623 Roe, cod, hard, coated in batter, fried in blended vegetable oil, NOT purchased from a takeaway shop
- 1640 Roe, cod, hard, coated in batter, fried in blended vegetable oil, purchased from a takeaway shop
- 1624 Roe, cod, hard, coated in batter, fried in dripping

- 1625 Roe, cod, hard, coated in batter, fried in lard
- 1626 Roe, cod, hard, coated in batter, fried in polyunsaturated oil
- 1628 Roe, herring, soft, fried in blended vegetable oil
- 1629 Roe, herring, soft, fried in butter
- 1630 Roe, herring, soft, fried in dripping
- 1631 Roe, herring, soft, fried in lard
- 1632 Roe, herring, soft, fried in margarine (NOT polyunsaturated)
- 1633 Roe, herring, soft, fried in polyunsaturated margarine or oil
- R 1639 Smoked mackerel paté, smoked trout paté
- R 1634 Taramasalata