

PRODUCT NAME	PORTIONS	COST	RRP 60%	PROFIT	RRP 55%	PROFIT	RRP 50%	PROFIT	COOKING INSTRUCTIONS	TOTAL TIME	TIME BREAK DOWN	NOTES
Beef Burgers 100%	5	£2.00	£1.15	£0.60	£1.02	£0.49	£0.92	£0.40	Fry/ Oven Gas Mark 5, 190C/375F	8-10 minutes/ 10-12 minutes	8-10 minutes/ 10-12 minutes	Turn during cooking, product shrinks during cooking, serve 2 per person due to size
Beef in Ale	1	£1.50	£4.31	£2.25	£3.83	£1.83	£3.45	£1.50	Microwave/ Gas Mark 5, 190C/ 375F	9-1 minutes/ 45 minutes	5-6 minutes, stir & cover, further 4-5 minutes	Good product with jacket potato, rice, mash, pastry pie top
Beef Curry & Rice	1	£1.00	£2.88	£1.50	£2.56	£1.22	£2.30	£1.00	Microwave	10-11 minutes	4 minutes, stir & cover, further 6-7 minutes	Good basic curry
Beef Madras	1	£1.50	£4.31	£2.25	£3.83	£1.83	£3.45	£1.50	Microwave	9-11 minutes	5-6 minutes, stir & cover, further 4-5 minutes	Good authentic curry, needs rice with it, very hot
Burger Buns Seeded	12	£1.00	£0.24	£0.13	£0.21	£0.10	£0.19	£0.08	Use from defrost			
Cauliflower Cheese	4	£1.50	£1.08	£0.56	£0.96	£0.46	£0.86	£0.38	Gas Mark 5, 190C/375F	25 minutes	25 minutes	We don't recommend using microwave, RRP 4 portions per single bag
Chicken with Bacon & Cheese	1	£1.50	£4.31	£2.25	£3.83	£1.83	£3.45	£1.50	Microwave/ Gas Mark 5, 190C/ 375F	45-50 minutes/ 11-14 minutes	6-8 minutes, stir, further 4 minutes/35 minutes, stir, further 10-15 minutes	Needs accompaniments
Chicken Breast	6	£2.00	£0.96	£0.50	£0.85	£0.41	£0.77	£0.33	Gas Mark 5, 190C/375F	45 minutes	45 minutes wrapped in foil	Considerable water in product, expect 25% shrinkage
Chicken Breast with Mozzarella	2	£2.00	£2.88	£1.50	£2.56	£1.22	£2.30	£1.00	Gas Mark 5, 190C/375F	30-35 minutes	30-35 minutes	Needs a sauce- cheese or tomato
Chicken Breast Strips	5	£1.00	£0.58	£0.30	£0.51	£0.24	£0.46	£0.20	Fry	8-12 minutes	8-10 minutes defrosted/ 10-12 minutes from frozen	RRP is for 5 portions from a single bag
Chicken Breast Roast with Stuffing Individual	1	£2.00	£5.75	£3.00	£5.11	£2.44	£4.60	£2.00	Microwave/ Gas Mark 5, 190C/ 375F	11-14 minutes/ 45 minutes	6-7 minutes, stand 1 minute, further 4 minutes/ 20 minutes with pierced film lid, 25 minutes without film lid	Recommend serving as one portion, needs potato and vegetables
Chicken Curry with Rice	1	£1.00	£2.88	£1.50	£2.56	£1.22	£2.30	£1.00	Microwave	10-12 minutes	4 minutes, stir & cover, further 6-8 minutes	Good basic curry
Chicken in Garlic & Mushroom Sauce	1	£1.50	£4.31	£2.25	£3.83	£1.83	£3.45	£1.50	Microwave/ Gas Mark 5, 190C/ 375F	11-12 minutes/ 45 minutes	6-8 minutes, stir, further 4 minutes/ 45 minutes	Needs accompaniments- rice, mashed potato, jacket potato & vegetables
Chicken Jalfrezi	1	£1.50	£4.31	£2.25	£3.83	£1.83	£3.45	£1.50	Microwave	10-12 minutes	6-7 minutes, stir, further 4-5 minutes	Good authentic curry, needs rice with it, very hot
Chicken Korma	1	£1.50	£4.31	£2.25	£3.83	£1.83	£3.45	£1.50	Microwave	9-11 minutes	6-7 minutes, stir, further 3-4 minutes	Good authentic curry, needs rice with it
Chicken Platter 60 piece	-	£5.00	£0.24	£0.13	£0.21	£0.10	£0.19	£0.08	Gas Mark 5, 190C/375F	28 minutes	28 minutes	RRP is per chicken piece
Chicken Tikka Masala	1	£1.50	£4.31	£2.25	£3.83	£1.83	£3.45	£1.50	Microwave	9-9.5 mins	4-4.5 minutes, stir & cover, further 5 minutes	Good authentic curry, needs rice with it
Chicken Wings Buffalo	2	£1.50	£2.16	£1.13	£1.92	£0.92	£1.73	£0.75	Microwave/ Gas Mark 5, 190C/ 375F	10 minutes/ 18 minutes	Defrost 6 minutes, further 4 minutes full power/ 18 minutes	RRP is for 2 portions from a single bag
Chips- straight, steak, crinkle, slim 1.8kg	8	£1.00	£0.36	£0.19	£0.32	£0.15	£0.29	£0.13	Gas Mark 5, 190C/375F/ Deep fry			
Chips- curly, waffle, 750g	4	£1.00	£0.72	£0.38	£0.64	£0.31	£0.58	£0.25	Gas Mark 5, 190C/375F/ Deep fry			
Chips- wedges, 1.8kg	8	£1.00	£0.36	£0.19	£0.32	£0.15	£0.29	£0.13	Gas Mark 5, 190C/375F/ Deep fry			
Cod Chunky Breaded Premium	2	£3.00	£4.31	£2.25	£3.83	£1.83	£3.45	£1.50	Gas Mark 5, 190C/375F	25 minutes	25 minutes	Need 2 fish per serving as quite small
Country Vegetable Mix	6	£1.00	£0.48	£0.25	£0.43	£0.20	£0.38	£0.17	Microwave/ Boil	4.5 - 5.5 minutes	2.5-3 minutes, stir & cover, 2.5 - 3 further minutes/ boil full bag 10 minutes	RRP is for 6 portions from a single bag
Garlic Bread x 2 baguettes	4	£2.00	£1.44	£0.75	£1.28	£0.61	£1.15	£0.50	Gas Mark 5, 190C/375F			
Garlic Mushrooms (Iceland) x 18, 300g	3	£1.00	£0.96	£0.50	£0.85	£0.41	£0.77	£0.33	Gas Mark 5, 190C/375F/ Deep fry	16 minutes/ 4- 5 minutes	16 minutes/ 4-5 minutes until golden brown	RRP is for 3 portions, 6 mushrooms per portion
Ham & Cheese Potato Skins	2	£1.00	£1.44	£0.75	£1.28	£0.61	£1.15	£0.50	Microwave/ Gas Mark 5, 190C/ 375F	20-30 minutes/ 3-6 minutes	20-30 minutes/ 3-4 (650 watt) or 5-6 (850 watt) minutes	
Indian Platter 75 piece	-	£5.00	£0.19	£0.10	£0.17	£0.08	£0.15	£0.07	Gas Mark 5, 190C/375F	20-24 minutes	10-12 minutes, swap trays, 10-12 minutes	RRP is per piece
Jalapeno Peppers x 12	-	£2.00	£0.48	£0.25	£0.09	£0.04	£0.08	£0.03	Gas Mark 5, 190C/375F	12 minutes	12 minutes	
Lamb Shanks 700g X 2	2	£4.50	£6.47	£3.38	£5.75	£2.75	£5.18	£2.25	Microwave	15-18 minutes	Defrost 8-10 minutes, full power further 7-8 minutes	Good product, serve with mash and vegetables
Lasagne	1	£1.00	£2.88	£1.50	£2.56	£1.22	£2.30	£1.00	Microwave/ Gas Mark 5, 190C/ 375F	14-16 minutes/ 40-45 minutes	14-16 minutes/ 40-45 minutes	Recommend a couple of extra minutes in microwave
Liver & Onions	1	£1.50	£4.31	£2.25	£3.83	£1.83	£3.45	£1.50				
Mashed Potato	5	£1.00	£0.58	£0.30	£0.51	£0.24	£0.46	£0.20	Microwave	7-8 minutes	3-4 minutes, stir & cover, further 4 minutes	12 pellets is one portion of 200g
Mediterranean Vegetables	4	£1.50	£1.08	£0.56	£0.96	£0.46	£0.86	£0.38	Fry/ Oven Gas Mark 5, 190C/ 375F/ Microwave	8-10 minutes/30 minutes/ 11-12 minutes	8-10 minutes/ 30 minutes/ 5-6 minutes, stir & cover, 6 further minutes	Use for vegetarian dishes, stir fry, side orders, sandwiches, paninis, toaties, baguettes
Nachos Spicy x 12	-	£2.00	£0.48	£0.25	£0.43	£0.20	£0.38	£0.17	Gas Mark 5, 190C/375F	12-14 minutes	12-14 minutes	Buffet or party snack, RRP is per piece

Onion Rings (Iceland) x 40	5	£1.00	£0.58	£0.30	£0.51	£0.24	£0.46	£0.20	Gas Mark 5, 190C/375F/ Deep fry	14 minutes/ 2-3 minutes	14 minutes/ 2-3 minutes until golden brown	RRP is for 5 portions, 8 per portion
Peas- garden & mushy, 1kg	6	£1.00	£0.48	£0.25	£0.43	£0.20	£0.38	£0.17	Microwave/ Boil			
Pizza American Style Deep Pan	1	£1.50	£4.31	£2.25	£3.83	£1.83	£3.45	£1.50	Gas Mark 5, 190C/375F	22 minutes	22 minutes	
Pizza Italian Style Stonebaked	1	£1.50	£4.31	£2.25	£3.83	£1.83	£3.45	£1.50	Gas Mark 5, 190C/ 375F	20-22 minutes	20-22 minutes	Upgrade to this, Ham & Pineapple, Cheese & Ham & Mushroom, BBQ Chicken, Margherita, Med Veg
Pizza (Basic)	1	£1.00	£2.88	£1.50	£2.56	£1.22	£2.30	£1.00	Gas Mark 5, 190C/ 375F	20 minutes	20 minutes	Okay product but £1.50 pizza much better
Prawns North Atlantic Sandwich, 350g	5	£2.50	£1.44	£0.75	£1.28	£0.61	£1.15	£0.50	Use from defrost			
Prawns Extra Large, 375g	5	£3.00	£1.73	£0.90	£1.53	£0.73	£1.38	£0.60	Use from defrost			
Pork Joint with Stuffing & Crackling	4	£5.00	£3.59	£1.88	£3.19	£1.53	£2.88	£1.25	Gas Mark 5, 190C/ 375F	2 hours 10 minutes	1 hour with foil cover, 1 hr 10 minutes without, stand for 10 minutes before carving	Serves 4, RRP per person, needs potatoes and vegetable accompaniments
Rice Pilau	1	£1.25	£3.59	£1.88	£3.19	£1.53	£2.88	£1.25	Microwave	6-7 minutes	4 minutes, stir, further 2-3 minutes	Good product to serve with curry
Rice Plain 1kg	6	£0.75	£0.36	£0.19	£0.32	£0.15	£0.29	£0.13	Microwave	4 minutes	2 minutes on full power, stir, further 2 minutes (170-190g serving)	Doesn't need the extra water to cook, RRP per portion
Roast Potatoes	6	£1.00	£0.48	£0.25	£0.43	£0.20	£0.38	£0.17	Gas Mark 5, 190C/375F	35 minutes	35 minutes	With other items in the oven, they did take a little longer
Sausages Linda McCartney, 6	2	£1.00	£1.44	£0.75	£1.28	£0.61	£1.15	£0.50				
Sausage Rolls Cocktail	80	£2.00	£0.07	£0.04	£0.06	£0.03	£0.06	£0.03	Gas Mark 5, 190C/375F			
Scampi Wholetail, 500g	4	£4.00	£2.88	£1.50	£2.56	£1.22	£2.30	£1.00	Gas Mark 5, 190C/375F/ Deep fry			
Spring Rolls- duck/ vegetable	12	£2.00	£0.48	£0.25	£0.43	£0.20	£0.38	£0.17	Gas Mark 5, 190C/375F			
Steak & Kidney	1	£1.50	£4.31	£2.25	£3.83	£1.83	£3.45	£1.50				
Toad in the Hole	1	£1.00	£2.88	£1.50	£2.56	£1.22	£2.30	£1.00	Gas Mark 5, 190C/ 375F	45 minutes	45 minutes	Ok product but long cooking time
Vegetarian Nut Roast (LM), 2	2	£1.00	£1.44	£0.75	£1.28	£0.61	£1.15	£0.50	Gas Mark 5, 190C/ 375F			
Yorkshire Puddings (Giant)	2	£0.75	£1.08	£0.56	£0.96	£0.46	£0.86	£0.38	Gas Mark 5, 190C/ 375F	5-6 minutes	5-6 minutes	Good product- use for Toad in Hole/ Roasts
NOT RECOMMENDED												
Beef Roast Dinner	1	£1.50							Microwave/ Gas Mark 5, 190C/ 375F	12-14 minutes/ 40 minutes	12-14 minutes/ 40 minutes	Strange flavour of meat, no flavour on vegetables
Breaded cheese bites	-	£2.00							Gas Mark 5, 190C/375F	12-15 minutes	12-15 minutes	Strange flavour
Chicken & Mushroom Pie Individual	4	£1.75							Gas Mark 5, 190C/375F	30 minutes	30 minutes	Poor product, very little meat
Chicken Kiev (Iceland)	2	£1.00							Gas Mark 5, 190C/375F	30 minutes	30 minutes	Reformed chicken, poor quality filling
Cottage Pie	1	£1.00							Microwave/ Gas Mark 5, 190C/ 375F	13-15 minutes/ 50 minutes	13-15 minutes/ 50 minutes	Strange flavour, poor meat quality
Golden Syrup Sponge Puddings	2	£1.00							Microwave	1.5 -2 minutes	1.5 -2 minutes	Soggy texture, small portion
Lamb Roast Dinner	1	£1.50							Microwave/ Gas Mark 5, 190C/ 375F	12-14 minutes/ 40 minutes	12-14 minutes/ 40 minutes	Strange flavour of meat, no flavour on vegetables
Meatballs (Italian)	1	£1.50							Microwave/ Gas Mark 5, 190C/ 375F	9-11 minutes/ 45 minutes	6-7 minutes, stir, further 3-4 minutes/ 45 minutes	Very hot and meatballs poor quality meat
Microwaveable Mixed Grill	1	£1.00							Microwave	6-7 minutes	6-7 minutes	Strange flavour, very small portion
Mini Pizza Slices	-	£2.00							Gas Mark 5, 190C/375F	12-14 minutes	12-14 minutes	Not good product, better to buy whole product and cut up
Ocean Pie	1	£1.00							Microwave/ Gas Mark 5, 190C/ 375F	15-17 minutes/45 minutes	8-9 minutes, stand 2 minutes, further 5-6 minutes/ 45 minutes	Strange flavour and smell
Pastry Puffs Cheese	-	£2.00							Gas Mark 5, 190C/375F	18 minutes	18 minutes	Small and not particularly tasty
Sausage and Mash	1	£1.00							Microwave	9-10 minutes	9-10 minutes	Strange flavour, small portion, soggy sausages
Spaghetti Bolognese	1	£1.00							Microwave	10-12 minutes	4-5 minutes, add spaghetti, further 6-7 minutes	Very little meat, pasta soggy, strange flavour
Steak Pie Individual	4	£1.75							Gas Mark 5, 190C/375F	30 minutes	30 minutes	Poor product, very little meat
Thick Pork Sausages	-	£1.50							Fry	15-18 minutes	15-18 minutes	Very poor product