

## Low Syn

M&S TERIYAKI BEEF SALAD BITES – 2 SYNS PER PACK

M&S VIETNAMESE STYLE MARINATED PORK SALAD BITES – 2.5 SYNS PER PACK

M&S ROOT BOURBIGNON, 1 SYN PER PACK

MARKS & SPENCER COUNT ON US, CHICKEN ARRABIATA WITH PENNE PASTA, CHILLED 380g PACK – 6 SYNS

M&S SPINACH AND RICOTTA CANNELLONI – 6.5 SYNS PER PACK

MARKS & SPENCER FULLER LONGER, ROASTED CHICKEN WITH ORZO PASTA & GARBANZO BEANS, CHILLED 230g PACK – 6 SYNS

MARKS & SPENCER FULLER LONGER, PULLED HAM IN MUSTARD SAUCE – 2.5 SYNS PER PACK

MARKS & SPENCER FULLER LONGER, MEATBALL MINISTRONE – 5 SYNS

MARKS & SPENCER COUNT ON US, PASTA SALAD WITH FAJITA STYLE CHICKEN 340g PACK – 6 SYNS

MARKS & SPENCER COUNT ON US, PASTA SALAD WITH MOZZARELLA & SWEET PLUM TOMATOES 255g POT – 3 SYNS

MARKS & SPENCER COUNT ON US, CHICKEN IN CREAMY MUSHROOM SAUCE, – 4.5 SYNS

MARKS & SPENCER TERIYAKI SALMON WITH SUGAR SNAP PEAS, 6 SYNS PER PACK

MARKS AND SPENCER HEALTHILY BALANCED TERIYAKI SALMON WITH NOODLES – 4.5 SYNS

MARKS AND SPENCER ASIAN SLAW LEAFY SALAD WITH A TERIYAKI DRESSING, 3.5 SYNS

MARKS & SPENCER COUNT ON US, CHICKEN & VEGETABLE CHOW MEIN – 5.5 SYNS

MARKS & SPENCER EAT WELL, PASTA SALAD WITH HONEY & MUSTARD CHICKEN 200g POT – 6.5 SYNS

MARKS AND SPENCER TERIYAKI SALMON PROTEIN POT WITH WAKAME SEAWEED & A WASABI DRIZZLE, 3 SYNS PER POT

MARKS AND SPENCER PIRI PIRI POTATOES – 3 SYNS PER PACK

MARKS AND SPENCER BAKED POTATOES WITH MATURE CHEDDAR CHEESE – 3.5 SYNS PER POTATO

MARKS AND SPENCER PREMIUM CHIPOLATA SAUSAGES – 2.5 SYNS EACH

MARKS AND SPENCER BLACK BEAN & LENTIL CHILLI WITH ROAST SWEET POTATO – 7 SYNS PER PACK

MARKS & SPENCER APPLE & CINNAMON CEREAL BARS – 4 SYNS

MARKS AND SPENCER RED BERRY CEREAL BAR – 4.5 SYNS

MARKS AND SPENCER COUNT ON US BROWNIE CEREAL BAR – 4 SYNS

MARKS AND SPENCER COUNT ON US APRICOT & YOGURT CEREAL BAR – 3.5 SYNS

MARKS AND SPENCER IRISH STEW, CANNED – 2 SYNS

MARKS AND SPENCER REALLY RASPBERRY SAUCE – 1.5 SYNS PER SERVING

MARKS AND SPENCER BELGIAN CHOCOLATE SAUCE – 2.5 SYNS PER SERVING

M&S SUPER MINI LEMON MERINGUES – 7 SYNS PER PACK

M&S CHICKEN BURGERS, CHILLED, 3 SYNS EACH

MARKS & SPENCER COD FISH CAKES, 4.5 SYNS EACH

MARKS & SPENCER FISH & VEGETABLE SUSHI SELECTION, 2.5 SYNS PER PACK

MARKS & SPENCER COD IN PARSLEY SAUCE, FROZEN – 2/5 SYNS PER PACK

MARKS & SPENCER MEATBALLS IN TOMATO SAUCE – 2 SYNS PER CAN

## **HEALTHY A**

2 SLICES MARKS & SPENCER LIGHTER LEERDAMMER

## **HEALTHY B**

2 MARKS & SPENCER MINI WHOLEMEAL SUBMARINE ROLLS

35G MARKS & SPENCER FRUIT & FIBRE MUESLI

300G SERVING MARKS & SPENCER SUPER VEGETABLE FRESH SOUP

## **FREE FOODS**

M&S COUNT ON US BRAISED BRITISH STEAK

M&S HAKE FILLET WITH HARISSA AND ROQUITO PEPPERS

M&S LEAN CHUNKY STEAK, CANNED

M&S JERSEY ROYAL POTATOES

M&S SARDINES IN TOMATO SAUCE

M&S CURED CHICKEN BREAST, CANNED

M&S CURED TURKEY BREAST, CANNED

M&S REDUCED FAT SKINNY BEEF BURGERS

M&S CHICKEN CASSEROLE (400G CAN)