



On some days, there's just no time to cook, and that's why we've created our range of Free Food meals, soups, sauces and sides – a delicious and convenient solution to help you stay on track, exclusively available in Iceland stores. And for when you've got more time, there's a recipe linked to every pack so you can cook it for yourself at home!

Meals	Allergens present	Chilli rating	Suitable for vegetarians	Suitable for vegans	Suitable for SP days	No gluten ingredients*	No dairy ingredients*	No egg ingredients*
Beef lasagne	Barley (gluten), wheat (gluten), celery, egg, milk, mustard	0						
Beef stroganoff	Barley (gluten), milk	0						✓
Braised steak & root vegetable mash	Barley (gluten), celery	0					✓	✓
Char sui pork noodles	Wheat (gluten), barley (gluten), egg, soya	0					✓	
Chicken & chorizo-style sausage paella	None	1				✓	✓	✓
Chicken & Mediterranean vegetable pasta	Wheat (gluten), milk	0						✓
Chicken balti	Milk	1				✓		✓
Chicken dopiazza	Milk	1			✓	✓		✓
Chicken, ham & vegetable pasta	Wheat (gluten), milk	0						✓
Chicken saag	Mustard, milk	1				✓		✓
Chicken supreme	Barley (gluten), mustard, milk	0						✓
Chicken tikka masala	Milk	2				✓		✓
Chinese-style chicken curry	Wheat (gluten), barley (gluten), mustard, soya	1					✓	✓
Chinese-style banquet rice	Barley (gluten), wheat (gluten), egg, soya	0					✓	
Chunky beef chilli	Barley (gluten), milk	2						✓
Cottage pie	Barley (gluten), milk, celery	0						✓

Please note, some of our products contain, or are produced on lines that also handle gluten, dairy and egg.

Meals	Allergens present	Chilli rating	Suitable for vegetarians	Suitable for vegans	Suitable for SP days	No gluten ingredients*	No dairy ingredients*	No egg ingredients*
Diet cola chicken	Barley (gluten), wheat (gluten), soya	0			✓		✓	✓
Fish pie	Barley (gluten), mustard, crustaceans, milk, fish	0						✓
Italian-style sausage pasta	Wheat (gluten), celery	0					✓	✓
Jackfruit chilli	None	2	✓	✓		✓	✓	✓
King prawn laksa noodles	Wheat (gluten), egg, crustaceans, milk, soya, fish	1						
Korean-style beef noodles	Soya, wheat (gluten), barley (gluten)	2					✓	✓
Mac 'n' greens	Wheat (gluten), milk	0	✓					✓
Meatballs & pasta with a spicy tomato sauce	Barley (gluten), wheat (gluten)	1					✓	✓
Mediterranean chicken risotto	Milk	0				✓		✓
Meat feast pasta	Wheat (gluten), Barley (gluten), milk, celery	0						✓
Moroccan meatball stew	Barley (gluten), milk	0						✓
Rainbow bolognese	Wheat (gluten), celery	0	✓	✓			✓	✓
Smoky barbecue chicken	Wheat (gluten), soya	0			✓		✓	✓
Smoky sausage & bean casserole	Barley (gluten), mustard	1			✓		✓	✓
Soy, ginger & chicken noodles	Wheat (gluten), barley (gluten), soya	0					✓	✓
Vegan cottage pie	Barley (gluten), soya, celery	0	✓	✓			✓	✓
Vegan mac 'n' greens	Wheat (gluten), barley (gluten)	0	✓	✓			✓	✓
Vegetable biryani	Milk	1	✓			✓		✓

Lunch bowls	Allergens present	Chilli rating	Suitable for vegetarians	Suitable for vegans	Suitable for SP days	No gluten ingredients*	No dairy ingredients*	No egg ingredients*
Chorizo-style meatball pasta lunch bowl	Wheat (gluten)	1					✓	✓
Coronation chicken lunch bowl	Barley (gluten), wheat (gluten), spelt (gluten), milk, mustard	0						✓
Moroccan-style couscous lunch bowl	Wheat (gluten), soya	0	✓	✓			✓	✓
Mushroom risotto lunch bowl	Barley (gluten), soya, milk, mustard	0	✓					✓
Naked beef burrito lunch bowl	Barley (gluten)	1					✓	✓
Pasta bolognese lunch bowl	Barley (gluten), wheat (gluten), milk, mustard, celery	0						✓
Side dishes	Allergens present	Chilli rating	Suitable for vegetarians	Suitable for vegans	Suitable for SP days	No gluten ingredients*	No dairy ingredients*	No egg ingredients*
Chips	None	0	✓	✓		✓	✓	✓
Mediterranean style vegetables	None	0	✓	✓	✓	✓	✓	✓
Roast root vegetables	None	0	✓	✓	✓	✓	✓	✓
Soy & chilli greens	Wheat (gluten), soya	1	✓	✓	✓		✓	✓
Sweet potato chips	None	0	✓	✓		✓	✓	✓
Meats & meat alternatives	Allergens present	Chilli rating	Suitable for vegetarians	Suitable for vegans	Suitable for SP days	No gluten ingredients*	No dairy ingredients*	No egg ingredients*
Beef koftas	Wheat (gluten), milk	1						✓
Beef quarter pounders	Barley (gluten), mustard	0			✓		✓	✓
Cod & minted pea fish cakes	Milk, egg, fish	0				✓		
Italian-style beef & pork meatballs	None	0			✓	✓	✓	✓

Meats & meat alternatives	Allergens present	Chilli rating	Suitable for vegetarians	Suitable for vegans	Suitable for SP days	No gluten ingredients*	No dairy ingredients*	No egg ingredients*
Pork sausages	None	0			✓	✓	✓	✓
Pork & leek sausages	None	0			✓	✓	✓	✓
Soups	Allergens present	Chilli rating	Suitable for vegetarians	Suitable for vegans	Suitable for SP days	No gluten ingredients*	No dairy ingredients*	No egg ingredients*
Chicken & vegetable soup	Celery	0				✓	✓	✓
Pea & mint soup	None	0	✓	✓		✓	✓	✓
Sweetcorn chowder soup	Milk	0	✓			✓		✓
Vegetable tagine	Celery	1	✓	✓	✓	✓	✓	✓
Sauces	Allergens present	Chilli rating	Suitable for vegetarians	Suitable for vegans	Suitable for SP days	No gluten ingredients*	No dairy ingredients*	No egg ingredients*
Chip shop curry sauce	Wheat (gluten), milk, soya	0	✓					✓
Creamy tomato sauce	Milk	0	✓			✓		✓
Hoisin sauce	Wheat (gluten), barley (gluten), soya	0	✓	✓			✓	✓
Parsley sauce	Barley (gluten), milk	0	✓					✓
Peppercorn sauce	Barley (gluten), milk	0						✓
Roast onion gravy	Barley (gluten), celery	0	✓				✓	✓

Q: Can I eat the meals without extra Speed veg?

A: Adding fresh veg is a key part of any Food Optimising meal and our ready meals are no exception – just serve with at least one-third of a plate of Speed Free Food. In fact, some of the meals are best shared between two people, with lots of Speed Free Food veggies served on the side. And when times are less hectic and you do have time to spend in the kitchen, we've printed the recipe on the meal sleeve, so you can enjoy recreating your favourites from scratch.

Q: Why is no serving size given on the packaging?

A: Because the meals in our range are Free Food at Slimming World, you can eat as much or as little as you choose – if you're feeling hungry you can enjoy a whole meal, or you can choose to share it. When you're Food Optimising, we always recommend that you include a third of a plate of Speed Free Food vegetables.

Q: Why don't you use British meat and poultry?

A: For our meals we spent well over a year trying many, many different cuts and supplies of meats which included British meats and poultry. The meat purchasing was based on a number of factors, cost was of course one of them, but it was just as important to choose a supplier who could guarantee a constant high quality with the essential less than 5% fat criteria that would allow it to be a free food and still be able to cope with our large volumes. Our sausages, meatballs and burgers are made from very lean pork and beef sourced from quality suppliers from Britain, Ireland and Europe - our chicken comes from Thailand.

The supplier for the chicken was chosen due to the high quality eat of the chicken they produced and having the flexibility to develop Syn Free marinades. Our chicken is from an approved supplier and is one of the leading chicken suppliers in the world and Iceland (as well as numerous other British retailers) have audited their sites to ensure they reach the strictest standards the UK market and consumers demand.

Q: Do the curry and chilli meals come with rice?

A: No. To give members the maximum choice power, we've packed our curry meals full of tasty meat/veg and sauce, giving you the option to serve with simple-to-cook rice or Speed Free Food vegetables if you choose.

Q: What happens if I have a complaint about one of the meals?

A: If you're unhappy with a meal for any reason (though we're hoping this will be a rarity), you will find contact details for Iceland's customer care team on the back of the packaging. As manufacturers and retailers of these products, it's important that Iceland deals directly with any quality issues that arise, so they can address them urgently

Q: Are the meals suitable for people with diabetes?

A: Our meals have been developed to fit in with a healthy and balanced diet – and in general, people with diabetes are recommended to follow the same healthy eating guidelines as the general population. However, we'd always recommend that individuals check their personal dietary and medical requirements with their diabetes care team.

Q: I thought SW was about encouraging people to cook from scratch – why do you have a range of ready meals?

A: Our food range isn't designed to replace home-cooked meals. Rather, our meals are an extra layer of support for you when you're rushed off your feet and need a fast, convenient option. The proof is on the packaging – where we've printed the full recipe for each dish, so you can recreate it at home when you have more time.

Q: Can I buy Slimming World meals online?

A: Yes, and delivery is free with a minimum spend of £35. Iceland Bonus card holders can also handpick their shopping in-store as normal and have it dropped off at their address, with a minimum spend of £25. (Subject to availability and terms and conditions – please ask at your local store for details.) Please note that no vouchers can be redeemed online.

Q: Are the meals suitable to be defrosted?

A: No - the meals are designed to be cooked from frozen.

Q: Have you got any plans to bring out a Slimming World dessert range?

A: Not any time soon. We've been blown away with the success of the launch and we're always exploring new avenues for development. For the time being, we're focusing on Slimming World meals and currently have no plans to introduce a dessert range.

Q. Are any of the meals suitable for gluten-free/dairy-free/egg-free?

A: Our Food Range is made in factories that handle these ingredients. A full clean down is carried out after each production run but we really can't guarantee that there will not be any cross-contamination. Please be assured that we take allergens extremely seriously and Iceland's technical team are constantly working on new allergen procedures to see where potential cross-contamination issues could arise and how they can be prevented going forward.