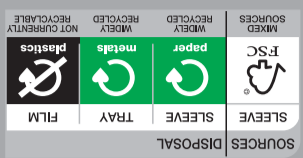




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NOV08 NoFlash PSL633

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marksandspencer.com
Customer careline - UK 0845 302 1234 RCI 101 0044 845 302 1234
FSC paper cert no. TT-COC-002365
6275 08
Spencer assured chicken from farms in the UK.
Made in the UK with Marks & Spencer L1030 EC



Wherever you see the eat well sunflower, you know you've chosen a healthier option. Eat well products are best enjoyed as part of a healthy lifestyle that includes a balanced varied diet and exercise. Nutritionally balanced For easy to follow healthy eating tips log on to marksandspencer.com

MARKS & SPENCER Cook! Chicken

British chicken breasts with Davidstow™ cheddar gratin

tender chicken breasts topped with a creamy Davidstow™ cheddar gratin served on a bed of brown cap mushrooms & fresh spinach

roast in 30 mins
serves 2

SERVES 2 - HALF PACK PROVIDES

CALS	SUGAR	FAT	SAT FAT	SALT
250	3.4g	9.6g	4.2g	1.10g
13%	4%	14%	21%	18%

OF YOUR GUIDELINE DAILY AMOUNT

NO ARTIFICIAL COLOURS OR FLAVOURINGS, OR PRESERVATIVES

KEEP FLAT BRITISH CHICKEN KEEP REFRIGERATED 0°C TO +4°C

Cook! Chicken

British chicken breasts with Davidstow™ cheddar gratin



SERVING SUGGESTION

IMPORTANT
This product contains raw poultry and must be cooked according to the cooking instructions. When handling raw poultry, ensure all surfaces, utensils and your hands are cleaned before and after use to avoid contamination of other foods. Keep raw poultry separate from cooked foods, ideally at the bottom of your fridge.

STORAGE
Keep refrigerated. Not suitable for freezing. Packaged in a protective atmosphere for freshness.

GDA = guideline daily amount

	per 100g	per 1/2 pack	adult	per pack
Energy kcal	120	250	2000	13%
Energy kJ	505	1060		
Protein	16.4g	34.4g	45g	76%
Carbohydrate	3.3g	6.9g	230g	3%
of which sugars	1.6g	3.4g	90g	4%
Fat	4.6g	9.6g	70g	14%
of which saturates	2.0g	4.2g	20g	21%
Fibre	0.7g	1.5g	24g	6%
Sodium	0.21g	0.44g	2.4g	18%
Equivalent as salt	0.53g	1.10g	6g	18%

OVEN
Preheat oven. Remove sleeve and film. Place foil directly on oven shelf.
230°C | Fan 200°C | 450°F | Gas 9
30 mins
Do not reheat.
before serving.
Check the the product is thoroughly cooked

CONTAINS BARLEY, Cow's Milk, Gluten, Mustard, Wheat

ALLERGY INFORMATION
Batemans Ale contains Water · Barley · Wheat · Yeast · Hops.
Batemans Ale contains Water · Barley · Wheat · Yeast · Hops.
Dijon Mustard contains Water · Mustard Flour · Spirit · Turmeric.
Breadcrumbs contain Wheatflour · Yeast · Olive Oil · Salt.
Sunflower Oil

INGREDIENTS
with Davidstow™ cheddar gratin
Chicken Breast (57%)
Brown Cap
Mushrooms (14%)
Whole Milk
Spinach (4%)
Davidstow™ Cheddar
Cheese (4%)
Batemans Ale
Breadcrumbs
Sea Salt
Parsley
Unsalted Butter
Wheatflour
Dijon Mustard
Mustard, Wheat

Width: 000 Step: 00 across 00 gaps Cylinder: 000
Repeat: 000 00 round 00 gaps Dispro: 00.00 %

Technical AA Retouched AA PLEASE CHECK FULL CONTENT. ONCE SIGNED OFF FINAL OUTPUT WILL PROGRESS, AMENDMENTS WILL INCUR EXTRA CHARGES.

MARKS & SPENCER prepresspartnership

itarus SGS Europe imagenet

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Job Title: British Chicken Breast with Davidstow™ Cheddar gratin	
Range: Cook! 2008	
Ftp Date:	
Job No: 109425	
File No: 50999	
M&S Job No:	
Dimensions: 130mm x 378.5mm	
Keyline Ref: 9857	
A/W Scale: 100%	
UPC No: M 0644 747 S (000bwr)	

Operator: 25	
Amend Ref:	
Modify Date: 11.09.08	
Modify Time: 15:45	
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Printer: Cameron Linn	
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Print Process: Litho	
Screen Ruling:	

Artwork Version: 2 **Repro Version: 1**

Approvals Please SIGN & DATE against your appropriate job title, after you have checked this proof and made your comments.

Designer:	Date:
Account Manager:	Date:
Production Manager:	Date:
Product Developer:	Date:
Packaging Coordinator:	Date:
Technologist:	Date:

HOW'S MY ARTWORK?
Contact Martina Land on 0208 718 6873 or martina.land@marks-and-spencer.com