

HIGH CALORIE MEALS



ASDA TOMATO & MOZZARELLA
PENNETTE BAKE

613 kcal



ASDA EXTRA SPECIAL MACARONI
CHEESE

692 kcal



ASDA SWEET & SOUR CRISPY
CHICKEN WITH EGG FRIED RICE

745 kcal

HIGH CALORIE SNACKS & DESSERTS



ASDA EXTRA SPECIAL
LEMON YOGURT

242 kcal



ASDA EGG CUSTARD TARTS

238 kcal per



ASDA BAKER'S SELECTION
BLUEBERRY MUFFIN

266 kcal per muffin



PORK & EGG GALA SLICES

392 kcal per slice



ASDA
SKIMMED
MILK
POWDER
FOR
FORTIFIED
MILK