

Lactose & Galactose Free Soups

Tinned Soup

Aldi



Bramwells Vegetable/ Bramwells Minestrone

Baxters (available in Dunnes, Supervalu and Tesco)



Scotch Broth/ Chicken Broth/ Vegetarian Lentil & Vegetable/ Vegetarian Mediterranean Tomato/ Beef Consommé

Heinz (available in Dunnes, Supervalu and Tesco)



Minestrone/ Vegetable/ Oxtail/ Big Soup Beef & Veg/ Plant Based Creamy Tomato/ French Onion/ Chicken Noodle/ Scotch Broth/ Lentil

Marks & Spencer



Chunky Vegetable & Chicken/ Tomato & Basil/ Chunky Vegetable/ Mexican-Style Chilli & Bean/ Spiced Lentil and Tomato/ Minestrone

Tesco



Vegetable/ Minestrone/ Oxtail / Chunky Beef & Vegetable/ Low Fat Lentil & Vegetable /
Chunky Tuscan Inspired Bean/ Plant Chef Smoky Lentil & Red Pepper/ Plant Chef Tomato & Basil/ Lentil & Bacon/ Scotch Broth

Packet Soup

Knorr (available in Dunnes, Supervalu and Tesco)



Beef & Vegetable/ Chicken Noodle/ Minestone

Fresh (Chilled) Soup

Aldi



Soupreme Carrot & Butternut Squash/ Soupreme Country/ Soupreme Tomato & Red Pepper

The Happy Pear (available in Supervalu)



Tomato & Red Pepper/ Super Greens Veggie/ Chunky Lentil & Tomato/ Creamy Root Veggie/ Mushroom & Sweet Potato/ Sweet Potato & Squash Soup

Cully & Scully (widely available)



Thai Chicken Soup

Information correct at time of printing December 2025
Always check the label as ingredients can change

Big Pot Co. (available in Dunnes)



Chicken Noodle Soup Pot/ Minestrone Soup Pot/ Classic Chicken & Vegetables Handmade Soup/ Chunky Vegetable Broth Handmade Soup

Just Food (available in Tesco and Dunnes)



Minestrone Soup/ Tomato & Mediterranean Vegetable

Dunnes Stores



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Baxter & Greene Tomato & Roast Red Pepper/ Simply Better Thai Green Irish Chicken

Marks & Spencer



Chunky Spiced Lentil/ Chunky Minestrone & Bacon/ Smooth Mushroom/ Smooth Butternut Squash



Chunky Chicken Mulligatawny/ Green Thai Chicken/ Chunky Chicken Chorizo & Rice/ Smooth Tomato & Basil



Chunky Chicken Vegetable & Grain Broth/ Chunky Keralan Chicken/ Chilli Mexican Bean

Other



New Covent Garden Soup Co. Tomato & Basil (available in Tesco)

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Cuppa Soup

Heinz (available in Tesco, Supervalu and Dunnes)



Minestrone/ Vegetable

Aldi



Bramwells Minstrone

Tesco



Sweet and Spicy with Noodles

Knorr



Chicken with Noodles