



# Free From Alcohol

Winter 09/10 Brochure

Code	Product	Code	Product
<b>Main Meals</b>			
101	Roast Lamb Dinner	278	Mediterranean Vegetables & Pasta
102	Roast Beef Dinner	279	Bacon, Leek & Mushroom Hotpot
103	Roast Pork Dinner	284	Chicken Breast Wrapped in Bacon
104	Roast Chicken Dinner	285	Beef & Vegetable Hotpot
105	Roast Turkey Dinner	297	Chicken & Thyme Risotto
114	Beef Goulash	300	Creamy Potato & Leek Bake
115	Beef Stroganoff & Rice	302	Roast Chicken & Chips
119	Chicken with Leek & Bacon	303	Corned Beef Hash
123	Mediterranean Chicken	304	Cottage Pie
124	Chicken in Mushroom Sauce	305	Lancashire Hotpot
125	Chicken with Honey & Ginger Sauce	306	Fish Pie
129	Battered Cod Fillet & Chips	307	Gammon & Cumberland Sauce
130	Chicken & Broccoli in Stilton Sauce	324	Fish in Parsley Sauce
134	Chicken & Mushroom with Puff Pastry	326	Fish in Butter Sauce
145	Smoked Haddock & Vegetable Bake	327	Cod & Prawn Bake
148	Chicken & Bacon Casserole with Dumplings	329	Salmon & Broccoli Bake
149	Salmon & Asparagus	330	Pork Tenderloin with Dolcelatte Sauce
151	Pork & Vegetable Casserole	331	Smoked Salmon & Asparagus Gratin
152	Liver & Sausages	332	Omelette, Chips & Peas
153	Beef & Kidney Casserole	333	Quiche Lorraine, Potatoes & Beans
201	Minced Beef Hotpot	343	Beef & Potato Casserole
202	Macaroni Cheese	345	Honey & Apricot Lamb
203	Cauliflower Cheese	348	Pork & Lentil Casserole
204	Beef Lasagne	350	Chicken with Cheese & Bacon
210	Beef Steaklet Meal	351	Hong Kong Chicken
211	Cottage Pie Meal	352	Hunters Chicken
214	Yorkshire Pudding with Beef	353	Red Thai Chicken
216	Beef Stew & Dumpling	354	Fragrant Chicken Curry
217	Lamb Steaklet Meal	356	Kedgeriee
218	Shepherd's Pie	357	Seafood Paella
221	Sausages & Mash	359	Gnocchi with Butternut Squash & Spinach
222	Pork Faggot & Onion Gravy	363	Moussaka
223	Yorkshire Pudding with Sausage	366	All Day Breakfast
224	Sausages, Chips & Beans	370	Spaghetti Carbonara
225	Pork Steak with Honey & Ginger Sauce	375	Roasted Vegetables in Arrabiata Sauce
228	Gammon & Pineapple	376	Liver & Onions
229	Sweet & Sour Pork with Rice	377	Liver & Bacon Hotpot
230	Chicken Supreme & Rice	379	Italian Meatballs in Tomato Sauce
231	Chicken Tikka Masala & Rice	381	Vegetables in a Tomato Sauce with Puff Pastry
232	Chicken Korma & Rice	383	Nut & Mushroom Roast
233	Sweet & Sour Chicken with Rice	384	Vegetable Chilli & Rice
237	Chicken Breast Platter	385	Vegetable Curry & Rice
240	Cod, Chips & Peas	389	Vegetarian All Day Breakfast
243	Breaded Scampi & Chips	390	Chicken in Pancetta & Wild Mushroom Sauce
254	Vegetable Lasagne	391	Minced Beef & Onion Pie with Chips
255	Ricotta & Spinach Cannelloni	392	Cheese & Ham Omelette Meal
256	Chilli Con Carne & Rice	393	Vegetarian Sausages & Mash
267	Chicken Curry & Rice	394	Sausage Roll & Chips
269	Tuscan Bean Casserole	396	Vegetarian Sausages, Chips & Beans
275	Lamb Hotpot	397	Pork Platter
276	Minced Beef & Mash	398	Lamb Platter
277	Creamy Cheese & Broccoli Bake	399	Beef Platter
		900	Turkey Platter

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Code	Product
917	Pork & Haggis Sausages with Sage & Onion Gravy
920	Aubergine & Potato Stack
921	Stilton & Walnut Cannelloni
923	Beef Pasty & Chips
924	Cheese & Onion Pasty & Chips
925	Salmon & Cod Fishcakes & Chips
926	Beef Burger & Chips
937	Mackerel Fillets with Oat Crumb & Horseradish Mash
938	Lamb Rogan Josh & Basmati Rice
939	Beef Curry & Basmati Rice

Code	Product
438	Chicken en Croute
512	Haddock Toppers
554	Lemon Breaded Sole
555	Breaded Haddock
563	Kipper Fillets
565	Beef & Mushrooms in Redcurrant Gravy
566	Steak & Kidney Pudding
567	Lamb & Mint Pudding
568	Sliced Chicken Breast

## Mini Meals

311	Mini Corned Beef Hash
314	Mini Cumberland Pie
315	Mini Pasta Bolognese
323	Mini Filled Potato Skin with Cottage Pie Sauce
334	Mini Beef & Barley Casserole
335	Mini Spaghetti & Meatballs
930	Mini Roast Beef Dinner
310	Mini Fisherman's Pie
341	Mini Haddock Smokie
342	Mini Salmon in Tomato Sauce
313	Mini Minced Lamb Hotpot
931	Mini Roast Lamb Dinner
309	Mini Faggot, Mash & Peas
318	Mini Gammon & Creamy Onion Sauce
322	Mini Filled Potato Skin with Gammon & Cheese Sauce
929	Mini Sausages & Mash
932	Mini Roast Pork Dinner
316	Mini Creamy Chicken & Mushroom Hotpot
320	Mini Chicken Casserole with Dumpling
338	Mini Chicken Tikka Masala
339	Mini Fruity Chicken Curry
569	Mini Breaded Chicken Fillet & Chips
922	Mini Roast Turkey Dinner
927	Mini Chicken & Vegetables in Gravy
933	Mini Roast Chicken Dinner
936	Mini Chicken & Vegetable Pie
940	Mini Chicken & Tomato Pasta
317	Mini Cauliflower Cheese & Sauté Potatoes
321	Mini Filled Potato Skin with Baked Beans & Cheese
564	Mini Gardener's Pie
928	Mini Macaroni Cheese & Broccoli
941	Mini Mixed Bean Bake

## Entrees

401	Cheese & Onion Quiche
403	Quiche Lorraine Slice
404	Sliced Cotswold Ham
420	Garlic Baguettes
433	Scottish Salmon & Mozzarella Fishcakes
435	Chicken Breast with a Mixed Pepper Crumb
436	BBQ Chicken Breast with a Cheddar Crumb

## Veg and Potatoes

522	Parisienne Potatoes
525	Broccoli
526	Creamed Leeks
527	Creamed Spinach
542	Colcannon Mash
549	Sauté Potatoes with Cheese & Rosemary
552	Dauphinoise Potatoes
553	Ratatouille
556	Green Vegetables in a Wild Garlic & Herb Butter
557	Cauliflower & Broccoli Cheese
558	Roast Potatoes
559	Mashed Potatoes
560	Baby Carrots
561	Petits Pois
562	Potato & Vegetable Medley

## Hot Desserts

603	Spotted Dick & Custard
604	Bread & Butter Pudding
608	Jam Sponge & Custard
613	Apple & Cinnamon Pudding
615	Apple Strudel
619	Pineapple Pancakes
620	Rice Pudding
621	Semolina Pudding
622	Black Cherry Pancakes
623	Apple & Raisin Pancakes
624	Chocolate Pudding
625	Treacle Pudding
626	Sticky Toffee Pudding
627	Lemon Pudding with Lemon Custard
628	Jam Roly Poly & Custard
629	Summer Berry Crumble
631	Apple & Sultana Crumble
632	Rhubarb Crumble
633	Low Sugar Apple Crumble
634	Low Sugar Blackberry & Apple Crumble
635	Pineapple Upside Down Pudding
637	Stewed Apple & Summer Berries
638	Rhubarb & Custard



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Code	Product
<b>Cold Desserts</b>	
701	Strawberry Gateau
702	Black Forest Gateau
704	Raspberry Trifle
705	Luxury Fruit Salad
716	Lemon Cake
720	Bananas & Custard
722	Raspberries
723	Lemon Charlotte
724	Chocolate & Hazelnut Truffle
725	Double Cream Crème Caramel
727	Toffee & Pecan Oatie Cheesecake
728	Chocolate & Caramel Parfait
733	Raspberry Cheesecake
734	Lemon Cheesecake
735	Blackcurrant Cheesecake
736	Toffee Fudge Cake
737	Victoria Sponge
738	Carrot Cake
739	Coffee Cake
740	Ginger & Lime Cheesecake
752	Apricot & Ginger Brulée
753	Bramley Apple Pie
754	Bakewell Tart
755	Pear & Chocolate Tart
756	Profiteroles
757	Chocolate Cake
758	Cherry Cheesecake
759	Eton Mess
<b>Patisserie</b>	
712	Mini Chocolate Eclairs
729	Chocolate & Caramel Tarts
730	Banoffee Tarts
731	Treacle Tarts
732	Lemon Meringue Pies
743	Bramley Apple Puff
744	Eccles Cakes
745	Teacakes
746	Fruit Scones
747	Fruit Danish
748	Bramley Apple Danish
749	Jam Doughnuts
<b>Ice Cream</b>	
801	Sugar Free Strawberry Yoghurt
810	Sugar Free Strawberry Ice Cream
813	Sugar Free Vanilla Ice Cream
816	Low Calorie Vanilla & Choc Cones
817	Clotted Cream Vanilla Ice Cream
818	Chunky Ginger Ice Cream
819	Clotted Cream & Strawberry Ice Cream
820	Mint Chocolate Crisp Ice Cream

Code	Product
821	Crunchy Toffee Ice Cream
822	Chocolate Fudge Ice Cream
824	Honeycomb Ice Cream
825	Lemon Sorbet
826	Raspberry Sorbet