



# Free From Cheese

Winter 09/10 Brochure

Code	Product	Code	Product
<b>Main Meals</b>			
101	Roast Lamb Dinner	269	Tuscan Bean Casserole
102	Roast Beef Dinner	272	Beef Casserole
103	Roast Pork Dinner	274	Steak & Ale Hotpot
104	Roast Chicken Dinner	276	Minced Beef & Mash
105	Roast Turkey Dinner	279	Bacon, Leek & Mushroom Hotpot
111	Beef in Ale	284	Chicken Breast Wrapped in Bacon
112	Beef in Peppercorn & Brandy Sauce	285	Beef & Vegetable Hotpot
113	Beef Bourguignon & Basmati Rice	299	Chicken Casserole with Herby Mash
114	Beef Goulash	302	Roast Chicken & Chips
115	Beef Stroganoff & Rice	303	Corned Beef Hash
117	Beef in Red Wine	304	Cottage Pie
119	Chicken with Leek & Bacon	305	Lancashire Hotpot
120	Chicken in Tomato & Basil Sauce	307	Gammon & Cumberland Sauce
123	Mediterranean Chicken	324	Fish in Parsley Sauce
124	Chicken in Mushroom Sauce	326	Fish in Butter Sauce
125	Chicken with Honey & Ginger Sauce	328	Salmon in Watercress Sauce
128	Salmon in Dill Sauce	329	Salmon & Broccoli Bake
129	Battered Cod Fillet & Chips	343	Beef & Potato Casserole
131	Chicken & Mushroom in White Wine	344	Shanghai Beef
134	Chicken & Mushroom with Puff Pastry	345	Honey & Apricot Lamb
137	Herb Pork Steak with Thyme Gravy	346	Shrewsbury Lamb
142	Coq Au Vin	348	Pork & Lentil Casserole
146	Salmon in a Creamy White Wine Sauce	349	Chicken in Creamy Madeira Sauce
147	Beef & Ale with Herb Dumplings	351	Hong Kong Chicken
148	Chicken & Bacon Casserole with Dumplings	353	Red Thai Chicken
151	Pork & Vegetable Casserole	354	Fragrant Chicken Curry
152	Liver & Sausages	356	Kedgerie
153	Beef & Kidney Casserole	357	Seafood Paella
201	Minced Beef Hotpot	361	Beef In Red Wine with Puff Pastry
207	Spaghetti Bolognese	364	Honey Glazed Belly Pork
208	Beef & Kidney Pie	371	Mushroom Stroganoff & Rice
210	Beef Steaklet Meal	372	Seafood Spaghetti
211	Cottage Pie Meal	376	Liver & Onions
214	Yorkshire Pudding with Beef	377	Liver & Bacon Hotpot
216	Beef Stew & Dumpling	379	Italian Meatballs in Tomato Sauce
217	Lamb Steaklet Meal	381	Vegetables in a Tomato Sauce with Puff Pastry
221	Sausages & Mash	383	Nut & Mushroom Roast
222	Pork Faggot & Onion Gravy	384	Vegetable Chilli & Rice
223	Yorkshire Pudding with Sausage	385	Vegetable Curry & Rice
224	Sausages, Chips & Beans	387	Chicken with Stir-fried Vegetables
225	Pork Steak with Honey & Ginger Sauce	388	Duck Breast in Orange Sauce
228	Gammon & Pineapple	390	Chicken in Pancetta & Wild Mushroom Sauce
229	Sweet & Sour Pork with Rice	391	Minced Beef & Onion Pie with Chips
230	Chicken Supreme & Rice	393	Vegetarian Sausages & Mash
231	Chicken Tikka Masala & Rice	394	Sausage Roll & Chips
232	Chicken Korma & Rice	396	Vegetarian Sausages, Chips & Beans
233	Sweet & Sour Chicken with Rice	397	Pork Platter
237	Chicken Breast Platter	398	Lamb Platter
240	Cod, Chips & Peas	399	Beef Platter
243	Breaded Scampi & Chips	900	Turkey Platter
256	Chilli Con Carne & Rice	908	Venison Casserole with Horseradish Mash
267	Chicken Curry & Rice	909	Venison Sausages with Red Wine & Onion Gravy
		913	Beef and Stout Casserole with Dumpling

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Code	Product
914	Salmon with a Honey & Parsnip Crust
917	Pork & Haggis Sausages with Sage & Onion Gravy
923	Beef 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
526	Creamed Leeks
527	Creamed Spinach
542	Colcannon Mash
553	Ratatouille
556	Green Vegetables in a Wild Garlic & Herb Butter
558	Roast Potatoes
559	Mashed Potatoes
560	Baby Carrots
561	Petits Pois
562	Potato & Vegetable Medley

## Mini Meals

311	Mini Corned Beef Hash
315	Mini Pasta Bolognese
319	Mini Beef & Ale Casserole
323	Mini Filled Potato Skin with Cottage Pie Sauce
334	Mini Beef & Barley Casserole
930	Mini Roast Beef Dinner
935	Mini Steak & Ale Pie
342	Mini Salmon in Tomato Sauce
313	Mini Minced Lamb Hotpot
931	Mini Roast Lamb Dinner
308	Mini Sausages with Red Onion Gravy
309	Mini Faggot, Mash & Peas
929	Mini Sausages & Mash
932	Mini Roast Pork Dinner
312	Mini Chicken & Mixed Peppers in Creamy Sauce
316	Mini Creamy Chicken & Mushroom Hotpot
320	Mini Chicken Casserole with Dumpling
336	Mini Chicken Chasseur
337	Mini Chicken in Peppercorn Sauce
338	Mini Chicken Tikka Masala
339	Mini Fruity Chicken Curry
340	Mini Poacher's Chicken
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
564	Mini Gardener's Pie

## Entrées

404	Sliced Cotswold Ham
420	Garlic Baguettes
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

## Veg and Potatoes

522	Parisienne Potatoes
525	Broccoli

## 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

## Cold Desserts

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
728	Chocolate & Caramel Parfait
736	Toffee Fudge Cake
737	Victoria Sponge
739	Coffee Cake
742	Sherry Trifle
750	Irish Cream & Chocolate Gateau



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Code	Product
753	Bramley Apple Pie
754	Bakewell Tart
755	Pear & Chocolate Tart

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## Patisserie

756	Profiteroles
757	Chocolate Cake
759	Eton Mess
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

## Ice Cream

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
821	Crunchy Toffee Ice Cream
822	Chocolate Fudge Ice Cream
823	Rum & Raisin Ice Cream
824	Honeycomb Ice Cream
825	Lemon Sorbet
826	Raspberry Sorbet