



Free From Cheese

Summer 2010 Brochure

Code	Product	Code	Product
Main Meals			
101	Roast Lamb Dinner	256	Chilli con Carne & Rice
102	Roast Beef Dinner	267	Chicken Curry & Rice
103	Roast Pork Dinner	269	Tuscan Bean Casserole
104	Roast Chicken Dinner	272	Beef Casserole
105	Roast Turkey Dinner	274	Steak & Ale Hotpot
111	Beef in Ale	276	Minced Beef & Mash
112	Beef in Peppercorn & Brandy Sauce	279	Bacon, Leek & Mushroom Hotpot
113	Beef Bourguignon & Basmati Rice	284	Chicken Breast Wrapped in Bacon
114	Beef Goulash	285	Beef & Vegetable Hotpot
115	Beef Stroganoff & Rice	299	Chicken Casserole with Herby Mash
117	Beef in Red Wine	302	Roast Chicken & Chips
119	Chicken with Leek & Bacon	303	Corned Beef Hash
120	Chicken in Tomato & Basil Sauce	304	Cottage Pie
123	Mediterranean Chicken	305	Lancashire Hotpot
124	Chicken in Mushroom Sauce	307	Gammon & Cumberland Sauce
125	Chicken with Honey & Ginger Sauce	324	Fish in Parsley Sauce
128	Salmon in Dill Sauce	326	Fish in Butter Sauce
129	Battered Cod Fillet & Chips	328	Salmon in Watercress Sauce
131	Chicken & Mushroom in White Wine	329	Salmon & Broccoli Bake
134	Chicken & Mushroom with Puff Pastry	343	Beef & Potato Casserole
137	Herb Pork Steak with Thyme Gravy	344	Shanghai Beef
142	Coq au Vin	345	Honey & Apricot Lamb
146	Salmon in a Creamy White Wine Sauce	346	Shrewsbury Lamb
147	Beef & Ale with Herb Dumplings	348	Pork & Lentil Casserole
148	Chicken & Bacon Casserole with Dumplings	349	Chicken in Creamy Madeira Sauce
151	Pork & Vegetable Casserole	351	Hong Kong Chicken
152	Liver & Sausages	353	Red Thai Chicken
153	Beef & Kidney Casserole	354	Fragrant Chicken Curry
154	Sausage Casserole	356	Kedgeriee
155	Liver & Bacon with Colcannon Mash	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
		908	Venison Casserole with Horseradish Mash

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Code	Product
909	Venison Sausages with Red Wine & Onion Gravy
913	Beef and Stout Casserole with Dumpling
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

Mini Meals

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

Code	Product
Veg and Potatoes	
522	Parisienne Potatoes
525	Broccoli
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

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

Cold Desserts

701	Strawberry Gateau
702	Black Forest Gateau
704	Raspberry Trifle
716	Lemon Cake
720	Bananas & Custard
723	Lemon Charlotte
724	Chocolate & Hazelnut Truffle
728	Chocolate & Caramel Parfait
736	Toffee Fudge Cake
737	Victoria Sponge
739	Coffee Cake
742	Sherry Trifle
750	Irish Cream & Chocolate Gateau
753	Bramley Apple Pie
754	Bakewell Tart
755	Pear & Chocolate Tart
756	Profiteroles
757	Chocolate Cake
759	Eton Mess
769	Fruit Salad
770	Raspberries



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Patisserie

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

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
760	Low Sugar Bread Pudding & Custard
761	Low Sugar Jam Sponge & Custard
762	Low Sugar Lemon Curd Pudding & Custard
763	Low Sugar Date Sponge & Custard
764	Low Sugar Apple Pudding & Custard
765	Low Sugar Banana Pudding & Custard
766	Low Sugar Apple Pie & Custard
767	Low Sugar Apple & Blackberry Pie & Custard
768	Low Sugar Summer Berry Pie & Custard

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