



Free From Eggs

Winter 09/10 Brochure

| Code | Product | Code | Product |
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| Main Meals | | | |
| 101 | Roast Lamb Dinner | 240 | Cod, Chips & Peas |
| 103 | Roast Pork Dinner | 243 | Breaded Scampi & Chips |
| 104 | Roast Chicken Dinner | 255 | Ricotta & Spinach Cannelloni |
| 105 | Roast Turkey Dinner | 256 | Chilli Con Carne & Rice |
| 111 | Beef in Ale | 267 | Chicken Curry & Rice |
| 112 | Beef in Peppercorn & Brandy Sauce | 269 | Tuscan Bean Casserole |
| 113 | Beef Bourguignon & Basmati Rice | 272 | Beef Casserole |
| 114 | Beef Goulash | 274 | Steak & Ale Hotpot |
| 115 | Beef Stroganoff & Rice | 275 | Lamb Hotpot |
| 117 | Beef in Red Wine | 276 | Minced Beef & Mash |
| 118 | Pork in Creamy Apple Sauce | 277 | Creamy Cheese & Broccoli Bake |
| 119 | Chicken with Leek & Bacon | 278 | Mediterranean Vegetables & Pasta |
| 120 | Chicken in Tomato & Basil Sauce | 279 | Bacon, Leek & Mushroom Hotpot |
| 123 | Mediterranean Chicken | 284 | Chicken Breast Wrapped in Bacon |
| 124 | Chicken in Mushroom Sauce | 285 | Beef & Vegetable Hotpot |
| 125 | Chicken with Honey & Ginger Sauce | 297 | Chicken & Thyme Risotto |
| 128 | Salmon in Dill Sauce | 298 | Beef Cannelloni |
| 129 | Battered Cod Fillet & Chips | 299 | Chicken Casserole with Herby Mash |
| 130 | Chicken & Broccoli in Stilton Sauce | 300 | Creamy Potato & Leek Bake |
| 131 | Chicken & Mushroom in White Wine | 302 | Roast Chicken & Chips |
| 133 | Lamb & Bean Casserole | 303 | Corned Beef Hash |
| 134 | Chicken & Mushroom with Puff Pastry | 305 | Lancashire Hotpot |
| 137 | Herb Pork Steak with Thyme Gravy | 307 | Gammon & Cumberland Sauce |
| 142 | Coq Au Vin | 324 | Fish in Parsley Sauce |
| 145 | Smoked Haddock & Vegetable Bake | 326 | Fish in Butter Sauce |
| 146 | Salmon in a Creamy White Wine Sauce | 327 | Cod & Prawn Bake |
| 147 | Beef & Ale with Herb Dumplings | 328 | Salmon in Watercress Sauce |
| 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 | 343 | Beef & Potato Casserole |
| 153 | Beef & Kidney Casserole | 344 | Shanghai Beef |
| 201 | Minced Beef Hotpot | 345 | Honey & Apricot Lamb |
| 202 | Macaroni Cheese | 346 | Shrewsbury Lamb |
| 203 | Cauliflower Cheese | 348 | Pork & Lentil Casserole |
| 204 | Beef Lasagne | 349 | Chicken in Creamy Madeira Sauce |
| 207 | Spaghetti Bolognese | 350 | Chicken with Cheese & Bacon |
| 208 | Beef & Kidney Pie | 352 | Hunters Chicken |
| 210 | Beef Steaklet Meal | 353 | Red Thai Chicken |
| 211 | Cottage Pie Meal | 354 | Fragrant Chicken Curry |
| 212 | Rigatoni Bolognese | 357 | Seafood Paella |
| 216 | Beef Stew & Dumpling | 359 | Gnocchi with Butternut Squash & Spinach |
| 217 | Lamb Steaklet Meal | 361 | Beef In Red Wine with Puff Pastry |
| 218 | Shepherd's Pie | 363 | Moussaka |
| 221 | Sausages & Mash | 364 | Honey Glazed Belly Pork |
| 222 | Pork Faggot & Onion Gravy | 370 | Spaghetti Carbonara |
| 224 | Sausages, Chips & Beans | 371 | Mushroom Stroganoff & Rice |
| 225 | Pork Steak with Honey & Ginger Sauce | 372 | Seafood Spaghetti |
| 228 | Gammon & Pineapple | 375 | Roasted Vegetables in Arrabiata Sauce |
| 230 | Chicken Supreme & Rice | 376 | Liver & Onions |
| 232 | Chicken Korma & Rice | 377 | Liver & Bacon Hotpot |
| 237 | Chicken Breast Platter | 378 | Pork in Mushroom & Brandy Sauce |
| | | 379 | Italian Meatballs in Tomato Sauce |

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| 381 | Vegetables in a Tomato Sauce with Puff Pastry |
| 382 | Fish in Creamy Sauce with Puff Pastry |
| 384 | Vegetable Chilli & Rice |
| 385 | Vegetable Curry & Rice |
| 387 | Chicken with Stir-fried Vegetables |
| 388 | Duck Breast in Orange Sauce |
| 390 | Chicken in Pancetta & Wild Mushroom Sauce |
| 391 | Minced Beef & Onion Pie with Chips |
| 393 | Vegetarian Sausages & Mash |
| 394 | Sausage Roll & Chips |
| 396 | Vegetarian Sausages, Chips & Beans |
| 397 | Pork Platter |
| 398 | Lamb Platter |
| 900 | Turkey Platter |
| 901 | Atlantic Cod Fishcakes with Pea Purée |
| 902 | Smoked Haddock Loin in Cheddar & Leek Sauce |
| 903 | Cheese and Vegetable Bakes |
| 905 | Smoked Haddock Florentine |
| 906 | Ocean Pie |
| 908 | Venison Casserole with Horseradish Mash |
| 909 | Venison Sausages with Red Wine & Onion Gravy |
| 912 | Gammon in Wholegrain Mustard Sauce |
| 913 | Beef and Stout Casserole with Dumpling |
| 914 | Salmon with a Honey & Parsnip Crust |
| 915 | Sole Fillet Rolled with Smoked Haddock |
| 917 | Pork & Haggis Sausages with Sage & Onion Gravy |
| 920 | Aubergine & Potato Stack |
| 923 | Beef Pasty & Chips |
| 924 | Cheese & Onion Pasty & Chips |
| 925 | Salmon & Cod Fishcakes & Chips |
| 926 | Beef Burger & Chips |
| 938 | Lamb Rogan Josh & Basmati Rice |
| 939 | Beef Curry & Basmati Rice |
| Mini Meals | |
| 311 | Mini Corned Beef Hash |
| 315 | Mini Pasta Bolognese |
| 319 | Mini Beef & Ale Casserole |
| 334 | Mini Beef & Barley Casserole |
| 942 | Mini Chilli Con Carne & Rice |
| 341 | Mini Haddock Smokie |
| 342 | Mini Salmon in Tomato Sauce |
| 313 | Mini Minced Lamb Hotpot |
| 931 | Mini Roast Lamb Dinner |
| 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 |

| Code | Product |
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| 569 | Mini Breaded Chicken Fillet & Chips |
| 922 | Mini Roast Turkey Dinner |
| 927 | Mini Chicken & Vegetables in Gravy |
| 933 | Mini Roast Chicken Dinner |
| 940 | Mini Chicken & Tomato Pasta |
| 317 | Mini Cauliflower Cheese & Sauté Potatoes |
| 564 | Mini Gardener's Pie |
| 941 | Mini Mixed Bean Bake |
| Entrées | |
| 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 |
| 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 |
| Veg and Potatoes | |
| 522 | Parisienne Potatoes |
| 525 | Broccoli |
| 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 |
| 620 | Rice Pudding |
| 621 | Semolina Pudding |
| 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 |
| 637 | Stewed Apple & Summer Berries |
| 638 | Rhubarb & Custard |



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| Cold Desserts | |
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| 705 | Luxury Fruit Salad |
| 720 | Bananas & Custard |
| 722 | Raspberries |
| 733 | Raspberry Cheesecake |
| 734 | Lemon Cheesecake |
| 735 | Blackcurrant Cheesecake |
| 740 | Ginger & Lime Cheesecake |
| 753 | Bramley Apple Pie |
| 755 | Pear & Chocolate Tart |
| 758 | Cherry Cheesecake |

| Patisserie | |
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| 743 | Bramley Apple Puff |
| 744 | Eccles Cakes |
| 749 | Jam Doughnuts |

| Ice Cream | |
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| 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 |

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