



Free From Eggs

Summer 2010 Brochure

Code	Product	Code	Product
Main Meals			
101	Roast Lamb Dinner	230	Chicken Supreme & Rice
103	Roast Pork Dinner	232	Chicken Korma & Rice
104	Roast Chicken Dinner	237	Chicken Breast Platter
105	Roast Turkey Dinner	240	Cod, Chips & Peas
111	Beef in Ale	243	Breaded Scampi & Chips
112	Beef in Peppercorn & Brandy Sauce	255	Ricotta & Spinach Cannelloni
113	Beef Bourguignon & Basmati Rice	256	Chilli con Carne & Rice
114	Beef Goulash	267	Chicken Curry & Rice
115	Beef Stroganoff & Rice	269	Tuscan Bean Casserole
117	Beef in Red Wine	272	Beef Casserole
118	Pork in Creamy Apple Sauce	274	Steak & Ale Hotpot
119	Chicken with Leek & Bacon	275	Lamb Hotpot
120	Chicken in Tomato & Basil Sauce	276	Minced Beef & Mash
123	Mediterranean Chicken	277	Creamy Cheese & Broccoli Bake
124	Chicken in Mushroom Sauce	278	Mediterranean Vegetables & Pasta
125	Chicken with Honey & Ginger Sauce	279	Bacon, Leek & Mushroom Hotpot
128	Salmon in Dill Sauce	284	Chicken Breast Wrapped in Bacon
129	Battered Cod Fillet & Chips	285	Beef & Vegetable Hotpot
130	Chicken & Broccoli in Stilton Sauce	297	Chicken & Thyme Risotto
131	Chicken & Mushroom in White Wine	298	Beef Cannelloni
133	Lamb & Bean Casserole	299	Chicken Casserole with Herby Mash
134	Chicken & Mushroom with Puff Pastry	300	Creamy Potato & Leek Bake
137	Herb Pork Steak with Thyme Gravy	302	Roast Chicken & Chips
142	Coq au Vin	303	Corned Beef Hash
145	Smoked Haddock & Vegetable Bake	305	Lancashire Hotpot
146	Salmon in a Creamy White Wine Sauce	307	Gammon & Cumberland Sauce
147	Beef & Ale with Herb Dumplings	324	Fish in Parsley Sauce
148	Chicken & Bacon Casserole with Dumplings	326	Fish in Butter Sauce
149	Salmon & Asparagus	327	Cod & Prawn Bake
151	Pork & Vegetable Casserole	328	Salmon in Watercress Sauce
152	Liver & Sausages	329	Salmon & Broccoli Bake
153	Beef & Kidney Casserole	330	Pork Tenderloin with Dolcelatte Sauce
154	Sausage Casserole	331	Smoked Salmon & Asparagus Gratin
155	Liver & Bacon with Colcannon Mash	343	Beef & Potato Casserole
156	Vegetable Hotpot	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	Hunter's 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
		376	Liver & Onions

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377	Liver & Bacon Hotpot
378	Pork in Mushroom & Brandy Sauce
379	Italian Meatballs in Tomato Sauce
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	Corned Beef Hash
312	Chicken & Mixed Peppers in Creamy Sauce
313	Minced Lamb Hotpot
315	Pasta Bolognese
316	Creamy Chicken & Mushroom Hotpot
317	Cauliflower Cheese & Sauté Potatoes
319	Beef & Ale Casserole
320	Chicken Casserole with Dumpling
334	Beef & Barley Casserole
336	Chicken Chasseur
337	Chicken in Peppercorn Sauce
338	Chicken Tikka Masala
339	Fruity Chicken Curry
340	Poacher's Chicken
341	Haddock Smokie

Code	Product
342	Salmon in Tomato Sauce
564	Gardener's Pie
569	Breaded Chicken Fillet & Chips
922	Roast Turkey Dinner
927	Chicken & Vegetables in Gravy
931	Roast Lamb Dinner
932	Roast Pork Dinner
933	Roast Chicken Dinner
940	Chicken & Tomato Pasta
941	Mixed Bean Bake
942	Chilli con Carne & Rice
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
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



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Code	Product
822	Chocolate Fudge Ice Cream
823	Rum & Raisin Ice Cream
824	Honeycomb Ice Cream
825	Lemon Sorbet
826	Raspberry Sorbet

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Cold Desserts

720	Bananas & Custard
733	Raspberry Cheesecake
734	Lemon Cheesecake
735	Blackcurrant Cheesecake
740	Ginger & Lime Cheesecake
753	Bramley Apple Pie
755	Pear & Chocolate Tart
758	Cherry Cheesecake
769	Fruit Salad
770	Raspberries

Patisserie

743	Bramley Apple Puff
744	Eccles Cakes
748	Bramley Apple Danish
749	Jam Doughnuts

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