

Code 401 - Cheese & Onion Quiche

NOT SUITABLE FOR MICROWAVE COOKING

DEFROSTING Instructions

- Remove all packaging
- Defrost in a refrigerator for **12 hours** .

OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6.**
- Remove all packaging, place on baking tray.
- Cook in the centre of the oven for **15-20 minutes** (fan ovens may vary).



**Please ensure this meal is piping hot throughout before serving.
Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.**

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

Code **403** - **Quiche Lorraine Slice**

NOT SUITABLE FOR MICROWAVE COOKING

DEFROSTING Instructions

- Remove all packaging
- Defrost in a refrigerator for **12 hours** .

OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6.**
- Remove all packaging, place on baking tray.
- Cook in the centre of the oven for **15-20 minutes** (fan ovens may vary).



**Please ensure this meal is piping hot throughout before serving.
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Code 404 - Sliced Cotswold Ham

Defrost & Serve.

DEFROSTING Instructions

- Allow to defrost at room temperature for approximately **3-4 hours**, or overnight in the refrigerator.
- Storage Conditions: Once defrosted keep refrigerated below 5°C. Use within three days of defrost. Use within use by date.



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Code 420 - Garlic Baguettes

For best results cook from frozen.
Appliances may vary, the following is a guide only.

NOT SUITABLE FOR MICROWAVE COOKING

OVEN	Cooking Instructions
	<ul style="list-style-type: none">• Pre-heat oven to 200°C/400°F, Gas Mark 6.• Remove all packaging, place on baking tray.• Cook in centre of oven for 14-16 minutes until golden brown.

The logo for Oakhouse Foods features the word "Oakhouse" in a large, elegant, cursive script font. Below it, the word "FOODS" is written in a smaller, clean, uppercase sans-serif font.

**Please ensure this meal is piping hot throughout before serving.
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Code 433 - Scottish Salmon & Mozzarella Fishcakes

For best results cook in OVEN from frozen.
Appliances may vary, the following is a guide only.

NOT SUITABLE FOR MICROWAVE COOKING

OVEN	Cooking Instructions
	<ul style="list-style-type: none">• Pre-heat oven to 200°C/400°F, Gas Mark 6.• Remove from packaging and place the fishcakes onto a baking tray.• Place the baking tray into the centre of the oven for 35-40 minutes (fan ovens may vary), turning occasionally.• Serve.



**Please ensure this meal is piping hot throughout before serving.
Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.**

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Code 435 - Chicken Breast with a Mixed Pepper Crumb

For best results cook from frozen.

Appliances may vary, the following is a guide only.

NOT SUITABLE FOR MICROWAVE COOKING

OVEN

Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6.**
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **40-45 minutes** (fan ovens may vary).
- Remove film lid half way through cooking.
- Serve.



Please ensure this meal is piping hot throughout before serving.

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Code 436 - BBQ Chicken Breast with a Cheddar Crumb

For best results cook in OVEN from frozen.
Appliances may vary, the following is a guide only.

NOT SUITABLE FOR MICROWAVE COOKING

OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6.**
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **40-45 minutes** (fan ovens may vary).
- Remove film lid halfway through cooking.
- Serve.



**Please ensure this meal is piping hot throughout before serving.
Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.**

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Code 438 - Chicken en Croute

For best results cook from frozen.
Appliances may vary, the following is a guide only.

NOT SUITABLE FOR MICROWAVE COOKING

OVEN	Cooking Instructions
	<ul style="list-style-type: none">• Pre-heat oven to 200°C/400°F, Gas Mark 6.• Remove product from packaging, place on baking tray.• Cook in the centre of the oven for 40-45 minutes (fan ovens may vary).• Serve.



**Please ensure this meal is piping hot throughout before serving.
Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.**

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Code 439 - Salmon en Croute

For best results cook in OVEN from frozen.
Appliances may vary, the following is a guide only.

NOT SUITABLE FOR MICROWAVE COOKING

OVEN

Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6.**
- Remove product from packaging, place on baking tray.
- Cook in the centre of the oven for **45-50 minutes** (fan ovens may vary).
- Serve.



**Please ensure this meal is piping hot throughout before serving.
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Code 512 - Haddock Toppers

For best results cook from frozen.

Appliances may vary, the following is a guide only.

NOT SUITABLE FOR MICROWAVE COOKING

OVEN

Cooking Instructions

- Pre-heat oven to **220°C/425°F, Gas Mark 7.**
- Remove product from packaging and place on baking tray.
- Cook in the centre of the oven for **20-25 minutes** (fan ovens may vary).
- Serve.



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Code 554 - Lemon Breaded Sole

For best results cook from frozen.
Appliances may vary, the following is a guide only.

NOT SUITABLE FOR MICROWAVE COOKING

OVEN

Cooking Instructions

- Pre-heat oven to **220°C/425°F, Gas Mark 7.**
- Remove all packaging and place the fillets onto a wire rack then place the wire rack onto a baking tray.
- Place the baking tray into the centre of the oven for **24-27 minutes** or until crisp (fan ovens may vary).



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Code 555 - Breaded Haddock

For best results cook from frozen.

Appliances may vary, the following is a guide only.

NOT SUITABLE FOR MICROWAVE COOKING

OVEN

Cooking Instructions

- Pre-heat oven to **220°C/425°F, Gas Mark 7.**
- Remove all packaging and place the fillets onto a wire rack then place the wire rack onto a baking tray.
- Place the baking tray into the centre of the oven for **24-27 minutes** or until crisp (fan ovens may vary).



Please ensure this meal is piping hot throughout before serving.

Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.

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Code 563 - Kipper Fillets

For best results cook from frozen.

Appliances may vary, the following is a guide only.

MICROWAVE Cooking Instructions

- 700 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **4 minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove film lid and serve.

- 900 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **3 minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove film lid and serve.

OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **25-30 minutes** (fan ovens may vary).
- Remove film lid and serve.



Please ensure this meal is piping hot throughout before serving.

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Code 566 - Steak & Kidney Pudding

For best results cook from frozen.

Appliances may vary, the following is a guide only.

MICROWAVE Cooking Instructions

- 700 WATT**
- Place pudding upside down on plate and allow to defrost at room temperature for **10 minutes**.
 - Remove foil case, cover and heat on FULL POWER for **3 minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Heat on FULL POWER for 2 minute.
 - Leave to stand in the microwave for **1 minute**.
 - Serve.

- 900 WATT**
- Place pudding upside down on plate and allow to defrost at room temperature for **10 minutes**.
 - Remove foil case, cover and heat on FULL POWER for **2 minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Heat on FULL POWER for 2 minute.
 - Leave to stand in the microwave for **1 minute**.
 - Serve.

OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove from plastic pouch, and cover top of pudding with foil.
- Cook in the centre of the oven for **65-70 minutes** (fan ovens may vary).
- Remove all foil from product and serve.



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Code 567 - Lamb & Mint Pudding

For best results cook from frozen.

Appliances may vary, the following is a guide only.

MICROWAVE Cooking Instructions

- 700 WATT**
- Place pudding upside down on plate and allow to defrost at room temperature for **10 minutes**.
 - Remove foil case, cover and heat on FULL POWER for **3 minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Heat on FULL POWER for 2 minute.
 - Leave to stand in the microwave for **1 minute**.
 - Serve.

- 900 WATT**
- Place pudding upside down on plate and allow to defrost at room temperature for **10 minutes**.
 - Remove foil case, cover and heat on FULL POWER for **2 minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Heat on FULL POWER for 2 minute.
 - Leave to stand in the microwave for **1 minute**.
 - Serve.

OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove from plastic pouch, and cover top of pudding with foil.
- Cook in the centre of the oven for **65-70 minutes** (fan ovens may vary).
- Remove all foil from product and serve.



Please ensure this meal is piping hot throughout before serving.

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