

## 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**

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

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

- 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.**

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

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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"><li>• Pre-heat oven to <b>200°C/400°F, Gas Mark 6.</b></li><li>• Remove product from packaging, place on baking tray.</li><li>• Cook in the centre of the oven for <b>40-45 minutes</b> (fan ovens may vary).</li><li>• Serve.</li></ul>



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

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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.



**Please ensure this meal is piping hot throughout before serving.  
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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).



**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 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 565 - Beef & Mushrooms in Redcurrant Gravy

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 **5 minutes**.
  - Gently shake pack and heat on FULL POWER for a further **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 **4 minutes**.
  - Gently shake pack and heat on FULL POWER for a further **4 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 **35-40 minutes** (fan ovens may vary), stirring occasionally.
- 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.



**Please ensure this meal is piping hot throughout before serving.**

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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.**

**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 568 - Sliced Chicken Breast

Defrost & Serve.

### DEFROSTING Instructions

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



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.

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