



Free From Fish

Winter 09/10 Brochure

Code	Product	Code	Product
Main Meals			
101	Roast Lamb Dinner	255	Ricotta & Spinach Cannelloni
102	Roast Beef Dinner	256	Chilli Con Carne & Rice
103	Roast Pork Dinner	267	Chicken Curry & Rice
104	Roast Chicken Dinner	269	Tuscan Bean Casserole
105	Roast Turkey Dinner	272	Beef Casserole
111	Beef in Ale	274	Steak & Ale Hotpot
112	Beef in Peppercorn & Brandy Sauce	275	Lamb Hotpot
113	Beef Bourguignon & Basmati Rice	276	Minced Beef & Mash
114	Beef Goulash	277	Creamy Cheese & Broccoli Bake
115	Beef Stroganoff & Rice	278	Mediterranean Vegetables & Pasta
117	Beef in Red Wine	279	Bacon, Leek & Mushroom Hotpot
118	Pork in Creamy Apple Sauce	284	Chicken Breast Wrapped in Bacon
119	Chicken with Leek & Bacon	297	Chicken & Thyme Risotto
120	Chicken in Tomato & Basil Sauce	298	Beef Cannelloni
123	Mediterranean Chicken	299	Chicken Casserole with Herby Mash
124	Chicken in Mushroom Sauce	300	Creamy Potato & Leek Bake
125	Chicken with Honey & Ginger Sauce	302	Roast Chicken & Chips
130	Chicken & Broccoli in Stilton Sauce	303	Corned Beef Hash
131	Chicken & Mushroom in White Wine	304	Cottage Pie
133	Lamb & Bean Casserole	305	Lancashire Hotpot
134	Chicken & Mushroom with Puff Pastry	307	Gammon & Cumberland Sauce
137	Herb Pork Steak with Thyme Gravy	330	Pork Tenderloin with Dolcelatte Sauce
142	Coq Au Vin	332	Omelette, Chips & Peas
147	Beef & Ale with Herb Dumplings	333	Quiche Lorraine, Potatoes & Beans
148	Chicken & Bacon Casserole with Dumplings	343	Beef & Potato Casserole
151	Pork & Vegetable Casserole	344	Shanghai Beef
152	Liver & Sausages	345	Honey & Apricot Lamb
153	Beef & Kidney Casserole	348	Pork & Lentil Casserole
202	Macaroni Cheese	349	Chicken in Creamy Madeira Sauce
203	Cauliflower Cheese	350	Chicken with Cheese & Bacon
204	Beef Lasagne	351	Hong Kong Chicken
207	Spaghetti Bolognese	352	Hunters Chicken
208	Beef & Kidney Pie	353	Red Thai Chicken
210	Beef Steaklet Meal	354	Fragrant Chicken Curry
212	Rigatoni Bolognese	359	Gnocchi with Butternut Squash & Spinach
214	Yorkshire Pudding with Beef	361	Beef In Red Wine with Puff Pastry
216	Beef Stew & Dumpling	363	Moussaka
217	Lamb Steaklet Meal	364	Honey Glazed Belly Pork
221	Sausages & Mash	366	All Day Breakfast
222	Pork Faggot & Onion Gravy	370	Spaghetti Carbonara
223	Yorkshire Pudding with Sausage	371	Mushroom Stroganoff & Rice
224	Sausages, Chips & Beans	372	Seafood Spaghetti
225	Pork Steak with Honey & Ginger Sauce	375	Roasted Vegetables in Arrabiata Sauce
228	Gammon & Pineapple	376	Liver & Onions
229	Sweet & Sour Pork with Rice	377	Liver & Bacon Hotpot
230	Chicken Supreme & Rice	378	Pork in Mushroom & Brandy Sauce
231	Chicken Tikka Masala & Rice	379	Italian Meatballs in Tomato Sauce
232	Chicken Korma & Rice	381	Vegetables in a Tomato Sauce with Puff Pastry
233	Sweet & Sour Chicken with Rice	383	Nut & Mushroom Roast
237	Chicken Breast Platter	384	Vegetable Chilli & Rice
243	Breaded Scampi & Chips	385	Vegetable Curry & Rice
254	Vegetable Lasagne	387	Chicken with Stir-fried Vegetables
		388	Duck Breast in Orange Sauce

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389	Vegetarian All Day Breakfast
390	Chicken in Pancetta & Wild Mushroom Sauce
391	Minced Beef & Onion Pie with Chips
392	Cheese & Ham Omelette Meal
393	Vegetarian Sausages & Mash
394	Sausage Roll & Chips
396	Vegetarian Sausages, Chips & Beans
397	Pork Platter
398	Lamb Platter
399	Beef Platter
900	Turkey Platter
903	Cheese and Vegetable Bakes
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
917	Pork & Haggis Sausages with Sage & Onion Gravy
918	Cheddar & Ale Topped Beef
920	Aubergine & Potato Stack
921	Stilton & Walnut Cannelloni
923	Beef Pasty & Chips
924	Cheese & Onion Pasty & Chips
926	Beef Burger & Chips
938	Lamb Rogan Josh & Basmati Rice
939	Beef Curry & Basmati Rice

Mini Meals

311	Mini Corned Beef Hash
314	Mini Cumberland Pie
315	Mini Pasta Bolognese
319	Mini Beef & Ale Casserole
323	Mini Filled Potato Skin with Cottage Pie Sauce
334	Mini Beef & Barley Casserole
335	Mini Spaghetti & Meatballs
930	Mini Roast Beef Dinner
935	Mini Steak & Ale Pie
942	Mini Chilli Con Carne & Rice
313	Mini Minced Lamb Hotpot
931	Mini Roast Lamb Dinner
308	Mini Sausages with Red Onion Gravy
309	Mini Faggot, Mash & Peas
318	Mini Gammon & Creamy Onion Sauce
322	Mini Filled Potato Skin with Gammon & Cheese Sauce
929	Mini Sausages & Mash
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
569	Mini Breaded Chicken Fillet & Chips
922	Mini Roast Turkey Dinner
927	Mini Chicken & Vegetables in Gravy
933	Mini Roast Chicken Dinner
936	Mini Chicken & Vegetable Pie
940	Mini Chicken & Tomato Pasta
317	Mini Cauliflower Cheese & Sauté Potatoes
321	Mini Filled Potato Skin with Baked Beans & Cheese
564	Mini Gardener's Pie
928	Mini Macaroni Cheese & Broccoli
941	Mini Mixed Bean Bake

Entrées

401	Cheese & Onion Quiche
403	Quiche Lorraine Slice
404	Sliced Cotswold Ham
420	Garlic Baguettes
435	Chicken Breast with a Mixed Pepper Crumb
436	BBQ Chicken Breast with a Cheddar Crumb
438	Chicken en Croute
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
526	Creamed Leeks
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
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



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Code	Product
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

Cold Desserts

701	Strawberry Gateau
702	Black Forest Gateau
704	Raspberry Trifle
705	Luxury Fruit Salad
716	Lemon Cake
720	Bananas & Custard
722	Raspberries
723	Lemon Charlotte
724	Chocolate & Hazelnut Truffle
725	Double Cream Crème Caramel
727	Toffee & Pecan Oatie Cheesecake
728	Chocolate & Caramel Parfait
733	Raspberry Cheesecake
734	Lemon Cheesecake
735	Blackcurrant Cheesecake
736	Toffee Fudge Cake
737	Victoria Sponge
738	Carrot Cake
739	Coffee Cake
740	Ginger & Lime Cheesecake
742	Sherry Trifle
750	Irish Cream & Chocolate Gateau
752	Apricot & Ginger Brulée
753	Bramley Apple Pie
754	Bakewell Tart
755	Pear & Chocolate Tart
756	Profiteroles
757	Chocolate Cake
758	Cherry Cheesecake
759	Eton Mess

Patisserie

712	Mini Chocolate Eclairs
729	Chocolate & Caramel Tarts
730	Banoffee Tarts
731	Treacle Tarts
732	Lemon Meringue Pies
743	Bramley Apple Puff

Code	Product
744	Eccles Cakes
745	Teacakes
746	Fruit Scones
747	Fruit Danish
748	Bramley Apple Danish
749	Jam Doughnuts

Ice Creams

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