

# Free From Gluten

Winter 09/10 Brochure

Code	Product
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**Main Meals**

115	Beef Stroganoff & Rice
118	Pork in Creamy Apple Sauce
120	Chicken in Tomato & Basil Sauce
123	Mediterranean Chicken
133	Lamb & Bean Casserole
145	Smoked Haddock & Vegetable Bake
228	Gammon & Pineapple
229	Sweet & Sour Pork with Rice
232	Chicken Korma & Rice
233	Sweet & Sour Chicken with Rice
256	Chilli Con Carne & Rice
269	Tuscan Bean Casserole
279	Bacon, Leek & Mushroom Hotpot
284	Chicken Breast Wrapped in Bacon
297	Chicken & Thyme Risotto
302	Roast Chicken & Chips
303	Corned Beef Hash
324	Fish in Parsley Sauce
326	Fish in Butter Sauce
327	Cod & Prawn Bake
328	Salmon in Watercress Sauce
329	Salmon & Broccoli Bake
332	Omelette, Chips & Peas
348	Pork & Lentil Casserole
354	Fragrant Chicken Curry
356	Kedgeree
357	Seafood Paella
371	Mushroom Stroganoff & Rice
377	Liver & Bacon Hotpot
384	Vegetable Chilli & Rice
388	Duck Breast in Orange Sauce
392	Cheese & Ham Omelette Meal

**Mini Meals**

311	Mini Corned Beef Hash
942	Mini Chilli Con Carne & Rice
342	Mini Salmon in Tomato Sauce
312	Mini Chicken & Mixed Peppers in Creamy Sauce
339	Mini Fruity Chicken Curry
321	Mini Filled Potato Skin with Baked Beans & Cheese
564	Mini Gardener's Pie
941	Mini Mixed Bean Bake

**Entrées**

404	Sliced Cotswold Ham
563	Kipper Fillets
568	Sliced Chicken Breast

**Veg and Potatoes**

522	Parisienne Potatoes
525	Broccoli
526	Creamed Leeks

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527	Creamed Spinach
542	Colcannon Mash
553	Ratatouille
556	Green Vegetables in a Wild Garlic & Herb Butter
558	Roast Potatoes
559	Mashed Potatoes
560	Baby Carrots
561	Petits Pois
562	Potato & Vegetable Medley

**Hot Desserts**

620	Rice Pudding
637	Stewed Apple & Summer Berries
638	Rhubarb & Custard

**Cold Desserts**

705	Luxury Fruit Salad
722	Raspberries
759	Eton Mess

**Ice Cream**

801	Sugar Free Strawberry Yoghurt
810	Sugar Free Strawberry Ice Cream
813	Sugar Free Vanilla Ice Cream
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