

Free From Lupins

Winter 09/10 Brochure

Code	Product	Code	Product
Main Meals			
101	Roast Lamb Dinner	229	Sweet & Sour Pork with Rice
102	Roast Beef Dinner	230	Chicken Supreme & Rice
103	Roast Pork Dinner	231	Chicken Tikka Masala & Rice
104	Roast Chicken Dinner	232	Chicken Korma & Rice
105	Roast Turkey Dinner	233	Sweet & Sour Chicken with Rice
111	Beef in Ale	237	Chicken Breast Platter
112	Beef in Peppercorn & Brandy Sauce	240	Cod, Chips & Peas
113	Beef Bourguignon & Basmati Rice	243	Breaded Scampi & Chips
114	Beef Goulash	254	Vegetable Lasagne
115	Beef Stroganoff & Rice	255	Ricotta & Spinach Cannelloni
117	Beef in Red Wine	256	Chilli Con Carne & Rice
118	Pork in Creamy Apple Sauce	267	Chicken Curry & Rice
119	Chicken with Leek & Bacon	269	Tuscan Bean Casserole
120	Chicken in Tomato & Basil Sauce	272	Beef Casserole
123	Mediterranean Chicken	274	Steak & Ale Hotpot
124	Chicken in Mushroom Sauce	275	Lamb Hotpot
125	Chicken with Honey & Ginger Sauce	276	Minced Beef & Mash
128	Salmon in Dill Sauce	277	Creamy Cheese & Broccoli Bake
129	Battered Cod Fillet & Chips	278	Mediterranean Vegetables & Pasta
130	Chicken & Broccoli in Stilton Sauce	279	Bacon, Leek & Mushroom Hotpot
131	Chicken & Mushroom in White Wine	284	Chicken Breast Wrapped in Bacon
133	Lamb & Bean Casserole	285	Beef & Vegetable Hotpot
134	Chicken & Mushroom with Puff Pastry	297	Chicken & Thyme Risotto
137	Herb Pork Steak with Thyme Gravy	298	Beef Cannelloni
142	Coq Au Vin	299	Chicken Casserole with Herby Mash
145	Smoked Haddock & Vegetable Bake	300	Creamy Potato & Leek Bake
146	Salmon in a Creamy White Wine Sauce	302	Roast Chicken & Chips
147	Beef & Ale with Herb Dumplings	303	Corned Beef Hash
148	Chicken & Bacon Casserole with Dumplings	304	Cottage Pie
149	Salmon & Asparagus	305	Lancashire Hotpot
151	Pork & Vegetable Casserole	306	Fish Pie
152	Liver & Sausages	307	Gammon & Cumberland Sauce
153	Beef & Kidney Casserole	324	Fish in Parsley Sauce
201	Minced Beef Hotpot	326	Fish in Butter Sauce
202	Macaroni Cheese	327	Cod & Prawn Bake
203	Cauliflower Cheese	328	Salmon in Watercress Sauce
204	Beef Lasagne	329	Salmon & Broccoli Bake
207	Spaghetti Bolognese	330	Pork Tenderloin with Dolcelatte Sauce
208	Beef & Kidney Pie	331	Smoked Salmon & Asparagus Gratin
210	Beef Steaklet Meal	332	Omelette, Chips & Peas
211	Cottage Pie Meal	333	Quiche Lorraine, Potatoes & Beans
212	Rigatoni Bolognese	343	Beef & Potato Casserole
214	Yorkshire Pudding with Beef	344	Shanghai Beef
216	Beef Stew & Dumpling	345	Honey & Apricot Lamb
217	Lamb Steaklet Meal	346	Shrewsbury Lamb
218	Shepherd's Pie	347	Highland Sausages & Cheddar Mash
221	Sausages & Mash	348	Pork & Lentil Casserole
222	Pork Faggot & Onion Gravy	349	Chicken in Creamy Madeira Sauce
223	Yorkshire Pudding with Sausage	350	Chicken with Cheese & Bacon
224	Sausages, Chips & Beans	351	Hong Kong Chicken
225	Pork Steak with Honey & Ginger Sauce	352	Hunters Chicken
228	Gammon & Pineapple	353	Red Thai Chicken
		354	Fragrant Chicken Curry

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Code	Product
356	Kedgeriee
357	Seafood Paella
359	Gnocchi with Butternut Squash & Spinach
361	Beef In Red Wine with Puff Pastry
363	Moussaka
364	Honey Glazed Belly Pork
366	All Day Breakfast
370	Spaghetti Carbonara
371	Mushroom Stroganoff & Rice
372	Seafood Spaghetti
375	Roasted Vegetables in Arrabiata Sauce
376	Liver & Onions
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
383	Nut & Mushroom Roast
384	Vegetable Chilli & Rice
385	Vegetable Curry & Rice
387	Chicken with Stir-fried Vegetables
388	Duck Breast in Orange Sauce
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
901	Atlantic Cod Fishcakes with Pea Purée
902	Smoked Haddock Loin in Cheddar & Leek Sauce
903	Cheese and Vegetable Bakes
904	Scottish Salmon & Haddock Mornay
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
916	Salmon & Prawn Tagliatelle
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
925	Salmon & Cod Fishcakes & Chips

Code	Product
926	Beef Burger & Chips
937	Mackerel Fillets with Oat Crumb & Horseradish Mash
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
310	Mini Fisherman's Pie
341	Mini Haddock Smokie
342	Mini Salmon in Tomato Sauce
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
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
433	Scottish Salmon & Mozzarella Fishcakes

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Code	Product
435	Chicken Breast with a Mixed Pepper Crumb
436	BBQ Chicken Breast with a Cheddar Crumb
438	Chicken en Croute
439	Salmon en Croute
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
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
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

Code	Product
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
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
731	Treacle Tarts
732	Lemon Meringue Pies
743	Bramley Apple Puff
744	Eccles Cakes
745	Teacakes
746	Fruit Scones
747	Fruit Danish
749	Jam Doughnuts

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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