



# Free From Lupins

Summer 2010 Brochure

Code	Product	Code	Product
<b>Main Meals</b>			
101	Roast Lamb Dinner	224	Sausages, Chips & Beans
102	Roast Beef Dinner	225	Pork Steak with Honey & Ginger Sauce
103	Roast Pork Dinner	228	Gammon & Pineapple
104	Roast Chicken Dinner	229	Sweet & Sour Pork with Rice
105	Roast Turkey Dinner	230	Chicken Supreme & Rice
111	Beef in Ale	231	Chicken Tikka Masala & Rice
112	Beef in Peppercorn & Brandy Sauce	232	Chicken Korma & Rice
113	Beef Bourguignon & Basmati Rice	233	Sweet & Sour Chicken with Rice
114	Beef Goulash	237	Chicken Breast Platter
115	Beef Stroganoff & Rice	240	Cod, Chips & Peas
117	Beef in Red Wine	243	Breaded Scampi & Chips
118	Pork in Creamy Apple Sauce	254	Vegetable Lasagne
119	Chicken with Leek & Bacon	255	Ricotta & Spinach Cannelloni
120	Chicken in Tomato & Basil Sauce	256	Chilli con Carne & Rice
123	Mediterranean Chicken	267	Chicken Curry & Rice
124	Chicken in Mushroom Sauce	269	Tuscan Bean Casserole
125	Chicken with Honey & Ginger Sauce	272	Beef Casserole
128	Salmon in Dill Sauce	274	Steak & Ale Hotpot
129	Battered Cod Fillet & Chips	275	Lamb Hotpot
130	Chicken & Broccoli in Stilton Sauce	276	Minced Beef & Mash
131	Chicken & Mushroom in White Wine	277	Creamy Cheese & Broccoli Bake
133	Lamb & Bean Casserole	278	Mediterranean Vegetables & Pasta
134	Chicken & Mushroom with Puff Pastry	279	Bacon, Leek & Mushroom Hotpot
137	Herb Pork Steak with Thyme Gravy	284	Chicken Breast Wrapped in Bacon
142	Coq au Vin	285	Beef & Vegetable Hotpot
145	Smoked Haddock & Vegetable Bake	297	Chicken & Thyme Risotto
146	Salmon in a Creamy White Wine Sauce	298	Beef Cannelloni
147	Beef & Ale with Herb Dumplings	299	Chicken Casserole with Herby Mash
148	Chicken & Bacon Casserole with Dumplings	300	Creamy Potato & Leek Bake
149	Salmon & Asparagus	302	Roast Chicken & Chips
151	Pork & Vegetable Casserole	303	Corned Beef Hash
152	Liver & Sausages	304	Cottage Pie
153	Beef & Kidney Casserole	305	Lancashire Hotpot
154	Sausage Casserole	306	Fish Pie
155	Liver & Bacon with Colcannon Mash	307	Gammon & Cumberland Sauce
156	Vegetable Hotpot	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
		351	Hong Kong Chicken

# Free From Lupins

Summer 2010 Brochure

Code	Product
352	Hunter's Chicken
353	Red Thai Chicken
354	Fragrant Chicken Curry
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

Code	Product
923	Beef Pasty & Chips
924	Cheese & Onion Pasty & Chips
925	Salmon & Cod Fishcakes & Chips
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

308	Sausages with Red Onion Gravy
309	Faggot, Mash & Peas
310	Fisherman's Pie
311	Corned Beef Hash
312	Chicken & Mixed Peppers in Creamy Sauce
313	Minced Lamb Hotpot
314	Cumberland Pie
315	Pasta Bolognese
316	Creamy Chicken & Mushroom Hotpot
317	Cauliflower Cheese & Sauté Potatoes
318	Gammon & Creamy Onion Sauce
319	Beef & Ale Casserole
320	Chicken Casserole with Dumpling
321	Filled Potato Skin with Baked Beans & Cheese
322	Filled Potato Skin with Gammon & Cheese Sauce
323	Filled Potato Skin with Cottage Pie Sauce
334	Beef & Barley Casserole
335	Spaghetti & Meatballs
336	Chicken Chasseur
337	Chicken in Peppercorn Sauce
338	Chicken Tikka Masala
339	Fruity Chicken Curry
340	Poacher's Chicken
341	Haddock Smokie
342	Salmon in Tomato Sauce
564	Gardener's Pie
569	Breaded Chicken Fillet & Chips
922	Roast Turkey Dinner
927	Chicken & Vegetables in Gravy
928	Macaroni Cheese & Broccoli
929	Sausages & Mash
930	Roast Beef Dinner
931	Roast Lamb Dinner
932	Roast Pork Dinner
933	Roast Chicken Dinner
935	Steak & Ale Pie
936	Chicken & Vegetable Pie
940	Chicken & Tomato Pasta
941	Mixed Bean Bake
942	Chilli con Carne & Rice
943	Vegetable Lasagne

# Free From Lupins

Summer 2010 Brochure

Code	Product
<b>Entrées</b>	
404	Sliced Cotswold Ham
420	Garlic Baguettes
433	Scottish Salmon & Mozzarella Fishcakes
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
<b>Veg and Potatoes</b>	
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
<b>Ice Cream</b>	
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
823	Rum & Raisin Ice Cream
824	Honeycomb Ice Cream
825	Lemon Sorbet
826	Raspberry Sorbet
<b>Cold Desserts</b>	
701	Strawberry Gateau
702	Black Forest Gateau

Code	Product
704	Raspberry Trifle
716	Lemon Cake
720	Bananas & Custard
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
769	Fruit Salad
770	Raspberries
<b>Patisserie</b>	
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
748	Bramley Apple Danish
749	Jam Doughnuts
<b>Hot Desserts</b>	
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



# Free From Lupins

Summer 2010 Brochure

Code	Product
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
760	Low Sugar Bread Pudding & Custard
761	Low Sugar Jam Sponge & Custard
762	Low Sugar Lemon Curd Pudding & Custard
763	Low Sugar Date Sponge & Custard
764	Low Sugar Apple Pudding & Custard
765	Low Sugar Banana Pudding & Custard
766	Low Sugar Apple Pie & Custard
767	Low Sugar Apple & Blackberry Pie & Custard
768	Low Sugar Summer Berry Pie & Custard

Code	Product
------	---------