



# Free From Milk & Milk Derivatives\*

\*i.e. Cream, Butter, Cheese, Yoghurt, Milk Powders, Caseinates, Lactose & Whey

Winter 09/10 Brochure

Code	Product
<b>Main Meals</b>	
101	Roast Lamb Dinner
103	Roast Pork Dinner
104	Roast Chicken Dinner
111	Beef in Ale
113	Beef Bourguignon & Basmati Rice
117	Beef in Red Wine
120	Chicken in Tomato & Basil Sauce
125	Chicken with Honey & Ginger Sauce
129	Battered Cod Fillet & Chips
137	Herb Pork Steak with Thyme Gravy
147	Beef & Ale with Herb Dumplings
148	Chicken & Bacon Casserole with Dumplings
151	Pork & Vegetable Casserole
152	Liver & Sausages
153	Beef & Kidney Casserole
201	Minced Beef Hotpot
207	Spaghetti Bolognese
208	Beef & Kidney Pie
216	Beef Stew & Dumpling
217	Lamb Steaklet Meal
224	Sausages, Chips & Beans
225	Pork Steak with Honey & Ginger Sauce
228	Gammon & Pineapple
229	Sweet & Sour Pork with Rice
233	Sweet & Sour Chicken with Rice
237	Chicken Breast Platter
240	Cod, Chips & Peas
243	Breaded Scampi & Chips
256	Chilli Con Carne & Rice
267	Chicken Curry & Rice
269	Tuscan Bean Casserole
272	Beef Casserole
274	Steak & Ale Hotpot
285	Beef & Vegetable Hotpot
302	Roast Chicken & Chips
303	Corned Beef Hash
305	Lancashire Hotpot
307	Gammon & Cumberland Sauce
343	Beef & Potato Casserole
344	Shanghai Beef
345	Honey & Apricot Lamb
346	Shrewsbury Lamb
348	Pork & Lentil Casserole
357	Seafood Paella
364	Honey Glazed Belly Pork
377	Liver & Bacon Hotpot
379	Italian Meatballs in Tomato Sauce
383	Nut & Mushroom Roast
384	Vegetable Chilli & Rice
385	Vegetable Curry & Rice
387	Chicken with Stir-fried Vegetables
388	Duck Breast in Orange Sauce

Code	Product
396	Vegetarian Sausages, Chips & Beans
900	Turkey Platter
913	Beef and Stout Casserole with Dumpling
925	Salmon & Cod Fishcakes & Chips
926	Beef Burger & Chips
<b>Mini Meals</b>	
311	Mini Corned Beef Hash
315	Mini Pasta Bolognese
319	Mini Beef & Ale Casserole
334	Mini Beef & Barley Casserole
313	Mini Minced Lamb Hotpot
931	Mini Roast Lamb Dinner
932	Mini Roast Pork Dinner
320	Mini Chicken Casserole with Dumpling
336	Mini Chicken Chasseur
569	Mini Breaded Chicken Fillet & Chips
927	Mini Chicken & Vegetables in Gravy
933	Mini Roast Chicken Dinner
<b>Entrées</b>	
404	Sliced Cotswold Ham
554	Lemon Breaded Sole
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
553	Ratatouille
558	Roast Potatoes
560	Baby Carrots
561	Petits Pois
562	Potato & Vegetable Medley
<b>Hot Desserts</b>	
615	Apple Strudel
629	Summer Berry Crumble
631	Apple & Sultana Crumble
633	Low Sugar Apple Crumble
634	Low Sugar Blackberry & Apple Crumble
637	Stewed Apple & Summer Berries
<b>Cold Desserts</b>	
705	Luxury Fruit Salad
722	Raspberries
753	Bramley Apple Pie
754	Bakewell Tart