

# Free From Mushrooms

Winter 09/10 Brochure

Code	Product	Code	Product
<b>Main Meals</b>			
101	Roast Lamb Dinner	275	Lamb Hotpot
102	Roast Beef Dinner	276	Minced Beef & Mash
103	Roast Pork Dinner	277	Creamy Cheese & Broccoli Bake
104	Roast Chicken Dinner	278	Mediterranean Vegetables & Pasta
105	Roast Turkey Dinner	284	Chicken Breast Wrapped in Bacon
111	Beef in Ale	285	Beef & Vegetable Hotpot
112	Beef in Peppercorn & Brandy Sauce	297	Chicken & Thyme Risotto
114	Beef Goulash	300	Creamy Potato & Leek Bake
118	Pork in Creamy Apple Sauce	302	Roast Chicken & Chips
119	Chicken with Leek & Bacon	303	Corned Beef Hash
120	Chicken in Tomato & Basil Sauce	304	Cottage Pie
123	Mediterranean Chicken	305	Lancashire Hotpot
125	Chicken with Honey & Ginger Sauce	306	Fish Pie
128	Salmon in Dill Sauce	307	Gammon & Cumberland Sauce
129	Battered Cod Fillet & Chips	324	Fish in Parsley Sauce
130	Chicken & Broccoli in Stilton Sauce	326	Fish in Butter Sauce
133	Lamb & Bean Casserole	327	Cod & Prawn Bake
137	Herb Pork Steak with Thyme Gravy	328	Salmon in Watercress Sauce
145	Smoked Haddock & Vegetable Bake	329	Salmon & Broccoli Bake
146	Salmon in a Creamy White Wine Sauce	330	Pork Tenderloin with Dolcelatte Sauce
148	Chicken & Bacon Casserole with Dumplings	331	Smoked Salmon & Asparagus Gratin
149	Salmon & Asparagus	332	Omelette, Chips & Peas
151	Pork & Vegetable Casserole	333	Quiche Lorraine, Potatoes & Beans
152	Liver & Sausages	343	Beef & Potato Casserole
201	Minced Beef Hotpot	345	Honey & Apricot Lamb
202	Macaroni Cheese	348	Pork & Lentil Casserole
203	Cauliflower Cheese	350	Chicken with Cheese & Bacon
208	Beef & Kidney Pie	351	Hong Kong Chicken
210	Beef Steaklet Meal	352	Hunters Chicken
211	Cottage Pie Meal	353	Red Thai Chicken
214	Yorkshire Pudding with Beef	356	Kedgeriee
216	Beef Stew & Dumpling	357	Seafood Paella
217	Lamb Steaklet Meal	359	Gnocchi with Butternut Squash & Spinach
218	Shepherd's Pie	363	Moussaka
221	Sausages & Mash	364	Honey Glazed Belly Pork
222	Pork Faggot & Onion Gravy	370	Spaghetti Carbonara
223	Yorkshire Pudding with Sausage	372	Seafood Spaghetti
224	Sausages, Chips & Beans	375	Roasted Vegetables in Arrabiata Sauce
225	Pork Steak with Honey & Ginger Sauce	376	Liver & Onions
228	Gammon & Pineapple	377	Liver & Bacon Hotpot
229	Sweet & Sour Pork with Rice	379	Italian Meatballs in Tomato Sauce
231	Chicken Tikka Masala & Rice	381	Vegetables in a Tomato Sauce with Puff Pastry
232	Chicken Korma & Rice	382	Fish in Creamy Sauce with Puff Pastry
233	Sweet & Sour Chicken with Rice	384	Vegetable Chilli & Rice
237	Chicken Breast Platter	385	Vegetable Curry & Rice
240	Cod, Chips & Peas	388	Duck Breast in Orange Sauce
243	Breaded Scampi & Chips	389	Vegetarian All Day Breakfast
255	Ricotta & Spinach Cannelloni	391	Minced Beef & Onion Pie with Chips
256	Chilli Con Carne & Rice	392	Cheese & Ham Omelette Meal
267	Chicken Curry & Rice	393	Vegetarian Sausages & Mash
269	Tuscan Bean Casserole	394	Sausage Roll & Chips
		396	Vegetarian Sausages, Chips & Beans

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Code	Product
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
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
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
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
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
320	Mini Chicken Casserole with Dumpling
339	Mini Fruity Chicken Curry
569	Mini Breaded Chicken Fillet & Chips
922	Mini Roast Turkey Dinner

Code	Product
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
435	Chicken Breast with a Mixed Pepper Crumb
436	BBQ Chicken Breast with a Cheddar Crumb
439	Salmon en Croute
554	Lemon Breaded Sole
555	Breaded Haddock
563	Kipper Fillets
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

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Code	Product
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
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

Code	Product
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

## 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
822	Chocolate Fudge Ice Cream
823	Rum & Raisin Ice Cream
824	Honeycomb Ice Cream
825	Lemon Sorbet
826	Raspberry Sorbet