



Free From Mustard

Winter 09/10 Brochure

Code	Product	Code	Product
Main Meals			
101	Roast Lamb Dinner	255	Ricotta & Spinach Cannelloni
102	Roast Beef Dinner	256	Chilli Con Carne & Rice
103	Roast Pork Dinner	269	Tuscan Bean Casserole
104	Roast Chicken Dinner	272	Beef Casserole
105	Roast Turkey Dinner	275	Lamb Hotpot
111	Beef in Ale	276	Minced Beef & Mash
113	Beef Bourguignon & Basmati Rice	277	Creamy Cheese & Broccoli Bake
114	Beef Goulash	278	Mediterranean Vegetables & Pasta
115	Beef Stroganoff & Rice	279	Bacon, Leek & Mushroom Hotpot
117	Beef in Red Wine	284	Chicken Breast Wrapped in Bacon
120	Chicken in Tomato & Basil Sauce	285	Beef & Vegetable Hotpot
123	Mediterranean Chicken	297	Chicken & Thyme Risotto
124	Chicken in Mushroom Sauce	298	Beef Cannelloni
125	Chicken with Honey & Ginger Sauce	299	Chicken Casserole with Herby Mash
128	Salmon in Dill Sauce	302	Roast Chicken & Chips
129	Battered Cod Fillet & Chips	303	Corned Beef Hash
131	Chicken & Mushroom in White Wine	304	Cottage Pie
133	Lamb & Bean Casserole	305	Lancashire Hotpot
134	Chicken & Mushroom with Puff Pastry	307	Gammon & Cumberland Sauce
137	Herb Pork Steak with Thyme Gravy	326	Fish in Butter Sauce
142	Coq Au Vin	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
151	Pork & Vegetable Casserole	332	Omelette, Chips & Peas
152	Liver & Sausages	344	Shanghai Beef
201	Minced Beef Hotpot	345	Honey & Apricot Lamb
203	Cauliflower Cheese	348	Pork & Lentil Casserole
204	Beef Lasagne	349	Chicken in Creamy Madeira Sauce
207	Spaghetti Bolognese	351	Hong Kong Chicken
208	Beef & Kidney Pie	352	Hunters Chicken
210	Beef Steaklet Meal	353	Red Thai Chicken
211	Cottage Pie Meal	354	Fragrant Chicken Curry
212	Rigatoni Bolognese	357	Seafood Paella
214	Yorkshire Pudding with Beef	361	Beef In Red Wine with Puff Pastry
216	Beef Stew & Dumpling	363	Moussaka
217	Lamb Steaklet Meal	366	All Day Breakfast
218	Shepherd's Pie	371	Mushroom Stroganoff & Rice
221	Sausages & Mash	372	Seafood Spaghetti
222	Pork Faggot & Onion Gravy	375	Roasted Vegetables in Arrabiata Sauce
223	Yorkshire Pudding with Sausage	376	Liver & Onions
224	Sausages, Chips & Beans	377	Liver & Bacon Hotpot
225	Pork Steak with Honey & Ginger Sauce	379	Italian Meatballs in Tomato Sauce
228	Gammon & Pineapple	381	Vegetables in a Tomato Sauce with Puff Pastry
229	Sweet & Sour Pork with Rice	383	Nut & Mushroom Roast
230	Chicken Supreme & Rice	384	Vegetable Chilli & Rice
232	Chicken Korma & Rice	387	Chicken with Stir-fried Vegetables
233	Sweet & Sour Chicken with Rice	388	Duck Breast in Orange Sauce
237	Chicken Breast Platter	389	Vegetarian All Day Breakfast
240	Cod, Chips & Peas	390	Chicken in Pancetta & Wild Mushroom Sauce
243	Breaded Scampi & Chips	391	Minced Beef & Onion Pie with Chips
254	Vegetable Lasagne	392	Cheese & Ham Omelette Meal
		393	Vegetarian Sausages & Mash

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Code	Product
396	Vegetarian Sausages, Chips & Beans
397	Pork Platter
398	Lamb Platter
399	Beef Platter
900	Turkey Platter
902	Smoked Haddock Loin in Cheddar & Leek Sauce
904	Scottish Salmon & Haddock Mornay
905	Smoked Haddock Florentine
909	Venison Sausages with Red Wine & Onion Gravy
913	Beef and Stout Casserole with Dumpling
917	Pork & Haggis Sausages with Sage & Onion Gravy
920	Aubergine & Potato Stack
923	Beef Pasty & Chips
925	Salmon & Cod Fishcakes & Chips
926	Beef Burger & Chips

Mini Meals

309	Mini Faggot, Mash & Peas
311	Mini Corned Beef Hash
312	Mini Chicken & Mixed Peppers in Creamy Sauce
313	Mini Minced Lamb Hotpot
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
942	Mini Chilli Con Carne & Rice
341	Mini Haddock Smokie
342	Mini Salmon in Tomato Sauce
931	Mini Roast Lamb Dinner
309	Mini Faggot, Mash & Peas
318	Mini Gammon & Creamy Onion Sauce
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
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
940	Mini Chicken & Tomato Pasta
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

404	Sliced Cotswold Ham
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Code	Product
420	Garlic Baguettes
435	Chicken Breast with a Mixed Pepper Crumb
436	BBQ Chicken Breast with a Cheddar Crumb
439	Salmon en Croute
563	Kipper Fillets
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
608	Jam Sponge & Custard
613	Apple & Cinnamon Pudding
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
637	Stewed Apple & Summer Berries
638	Rhubarb & Custard

Cold Desserts

701	Strawberry Gateau
702	Black Forest Gateau
704	Raspberry Trifle
705	Luxury Fruit Salad



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Code	Product
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
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

Code	Product
824	Honeycomb Ice Cream
825	Lemon Sorbet
826	Raspberry Sorbet

Patisserie

712	Mini Chocolate Eclairs
729	Chocolate & Caramel Tarts
730	Banoffee 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

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