



# Free From Mustard

Summer 2010 Brochure

Code	Product	Code	Product
<b>Main Meals</b>			
101	Roast Lamb Dinner	240	Cod, Chips & Peas
102	Roast Beef Dinner	243	Breaded Scampi & Chips
103	Roast Pork Dinner	254	Vegetable Lasagne
104	Roast Chicken Dinner	255	Ricotta & Spinach Cannelloni
105	Roast Turkey Dinner	256	Chilli con Carne & Rice
111	Beef in Ale	269	Tuscan Bean Casserole
113	Beef Bourguignon & Basmati Rice	272	Beef Casserole
114	Beef Goulash	275	Lamb Hotpot
115	Beef Stroganoff & Rice	276	Minced Beef & Mash
117	Beef in Red Wine	277	Creamy Cheese & Broccoli Bake
120	Chicken in Tomato & Basil Sauce	278	Mediterranean Vegetables & Pasta
123	Mediterranean Chicken	279	Bacon, Leek & Mushroom Hotpot
124	Chicken in Mushroom Sauce	284	Chicken Breast Wrapped in Bacon
125	Chicken with Honey & Ginger Sauce	285	Beef & Vegetable Hotpot
128	Salmon in Dill Sauce	297	Chicken & Thyme Risotto
129	Battered Cod Fillet & Chips	298	Beef Cannelloni
131	Chicken & Mushroom in White Wine	299	Chicken Casserole with Herby Mash
133	Lamb & Bean Casserole	302	Roast Chicken & Chips
134	Chicken & Mushroom with Puff Pastry	303	Corned Beef Hash
137	Herb Pork Steak with Thyme Gravy	304	Cottage Pie
142	Coq au Vin	305	Lancashire Hotpot
146	Salmon in a Creamy White Wine Sauce	307	Gammon & Cumberland Sauce
148	Chicken & Bacon Casserole with Dumplings	326	Fish in Butter Sauce
151	Pork & Vegetable Casserole	329	Salmon & Broccoli Bake
152	Liver & Sausages	330	Pork Tenderloin with Dolcelatte Sauce
154	Sausage Casserole	331	Smoked Salmon & Asparagus Gratin
155	Liver & Bacon with Colcannon Mash	332	Omelette, Chips & Peas
156	Vegetable Hotpot	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	Hunter's Chicken
210	Beef Steaklet Meal	353	Red Thai Chicken
211	Cottage Pie Meal	357	Seafood Paella
212	Rigatoni Bolognese	361	Beef In Red Wine with Puff Pastry
214	Yorkshire Pudding with Beef	363	Moussaka
216	Beef Stew & Dumpling	366	All Day Breakfast
217	Lamb Steaklet Meal	371	Mushroom Stroganoff & Rice
218	Shepherd's Pie	372	Seafood Spaghetti
221	Sausages & Mash	375	Roasted Vegetables in Arrabiata Sauce
222	Pork Faggot & Onion Gravy	376	Liver & Onions
223	Yorkshire Pudding with Sausage	377	Liver & Bacon Hotpot
224	Sausages, Chips & Beans	379	Italian Meatballs in Tomato Sauce
225	Pork Steak with Honey & Ginger Sauce	381	Vegetables in a Tomato Sauce with Puff Pastry
228	Gammon & Pineapple	383	Nut & Mushroom Roast
229	Sweet & Sour Pork with Rice	384	Vegetable Chilli & Rice
230	Chicken Supreme & Rice	387	Chicken with Stir-Fried Vegetables
232	Chicken Korma & Rice	388	Duck Breast in Orange Sauce
233	Sweet & Sour Chicken with Rice	389	Vegetarian All Day Breakfast
237	Chicken Breast Platter	390	Chicken in Pancetta & Wild Mushroom Sauce
		391	Minced Beef & Onion Pie with Chips

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Code	Product
392	Cheese & Ham Omelette Meal
393	Vegetarian Sausages & Mash
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
<b>Mini Meals</b>	
309	Faggot, Mash & Peas
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
318	Gammon & Creamy Onion Sauce
320	Chicken Casserole with Dumpling
321	Filled Potato Skin with Baked Beans & Cheese
323	Filled Potato Skin with Cottage Pie Sauce
334	Beef & Barley Casserole
335	Spaghetti & Meatballs
336	Chicken Chasseur
337	Chicken in Peppercorn Sauce
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
930	Roast Beef Dinner
931	Roast Lamb Dinner
932	Roast Pork Dinner
933	Roast Chicken Dinner
940	Chicken & Tomato Pasta
941	Mixed Bean Bake
942	Chilli con Carne & Rice
943	Vegetable Lasagne

Code	Product
<b>Entrées</b>	
404	Sliced Cotswold Ham
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
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
822	Chocolate Fudge 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
704	Raspberry Trifle
716	Lemon Cake
720	Bananas & Custard
723	Lemon Charlotte
724	Chocolate & Hazelnut Truffle



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Code	Product	Code	Product
727	Toffee & Pecan Oatie Cheesecake	632	Rhubarb Crumble
728	Chocolate & Caramel Parfait	633	Low Sugar Apple Crumble
733	Raspberry Cheesecake	634	Low Sugar Blackberry & Apple Crumble
734	Lemon Cheesecake	635	Pineapple Upside Down Pudding
735	Blackcurrant Cheesecake	637	Stewed Apple & Summer Berries
736	Toffee Fudge Cake	638	Rhubarb & Custard
737	Victoria Sponge	760	Low Sugar Bread Pudding & Custard
739	Coffee Cake	761	Low Sugar Jam Sponge & Custard
740	Ginger & Lime Cheesecake	762	Low Sugar Lemon Curd Pudding & Custard
742	Sherry Trifle	763	Low Sugar Date Sponge & Custard
750	Irish Cream & Chocolate Gateau	764	Low Sugar Apple Pudding & Custard
752	Apricot & Ginger Brulée	765	Low Sugar Banana Pudding & Custard
753	Bramley Apple Pie	766	Low Sugar Apple Pie & Custard
754	Bakewell Tart	767	Low Sugar Apple & Blackberry Pie & Custard
755	Pear & Chocolate Tart	768	Low Sugar Summer Berry Pie & Custard
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		
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		
<b>Hot Desserts</b>			
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		