

# Free From Onion

Winter 09/10 Brochure

Code	Product
<b>Main Meals</b>	
119	Chicken with Leek & Bacon
129	Battered Cod Fillet & Chips
130	Chicken & Broccoli in Stilton Sauce
149	Salmon & Asparagus
202	Macaroni Cheese
204	Beef Lasagne
214	Yorkshire Pudding with Beef
217	Lamb Steaklet Meal
228	Gammon & Pineapple
230	Chicken Supreme & Rice
232	Chicken Korma & Rice
240	Cod, Chips & Peas
243	Breaded Scampi & Chips
255	Ricotta & Spinach Cannelloni
302	Roast Chicken & Chips
306	Fish Pie
307	Gammon & Cumberland Sauce
324	Fish in Parsley Sauce
326	Fish in Butter Sauce
328	Salmon in Watercress Sauce
331	Smoked Salmon & Asparagus Gratin
332	Omelette, Chips & Peas
350	Chicken with Cheese & Bacon
359	Gnocchi with Butternut Squash & Spinach
375	Roasted Vegetables in Arrabiata Sauce
388	Duck Breast in Orange Sauce
394	Sausage Roll & Chips
397	Pork Platter
398	Lamb Platter
914	Salmon with a Honey & Parsnip Crust
925	Salmon & Cod Fishcakes & Chips
937	Mackerel Fillets with Oat Crumb & Horseradish Mash
<b>Mini Meals</b>	
310	Mini Fisherman's Pie
322	Mini Filled Potato Skin with Gammon & Cheese Sauce
932	Mini Roast Pork Dinner
927	Mini Chicken & Vegetables in Gravy
317	Mini Cauliflower Cheese & Sauté Potatoes
321	Mini Filled Potato Skin with Baked Beans & Cheese
928	Mini Macaroni Cheese & Broccoli
<b>Entrées</b>	
404	Sliced Cotswold Ham
420	Garlic Baguettes
512	Haddock Toppers
554	Lemon Breaded Sole
555	Breaded Haddock
563	Kipper Fillets
565	Beef & Mushrooms in Redcurrant Gravy

Code	Product
566	Steak & Kidney Pudding
568	Sliced Chicken Breast
<b>Veg and Potatoes</b>	
522	Parisienne Potatoes
525	Broccoli
526	Creamed Leeks
527	Creamed Spinach
552	Dauphinoise Potatoes
557	Cauliflower & Broccoli Cheese
558	Roast Potatoes
559	Mashed Potatoes
560	Baby Carrots
561	Petits Pois
562	Potato & Vegetable Medley
<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
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
<b>Cold Desserts</b>	
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



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Code	Product
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

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