

Free From Peppers

(i.e. Capsicum, Bell Peppers, Chilli Peppers & Paprika)

Winter 09/10 Brochure

Code	Product	Code	Product
Main Meals			
101	Roast Lamb Dinner	300	Creamy Potato & Leek Bake
102	Roast Beef Dinner	302	Roast Chicken & Chips
103	Roast Pork Dinner	303	Corned Beef Hash
104	Roast Chicken Dinner	304	Cottage Pie
111	Beef in Ale	305	Lancashire Hotpot
112	Beef in Peppercorn & Brandy Sauce	306	Fish Pie
113	Beef Bourguignon & Basmati Rice	307	Gammon & Cumberland Sauce
115	Beef Stroganoff & Rice	324	Fish in Parsley Sauce
117	Beef in Red Wine	326	Fish in Butter Sauce
118	Pork in Creamy Apple Sauce	327	Cod & Prawn Bake
119	Chicken with Leek & Bacon	328	Salmon in Watercress Sauce
120	Chicken in Tomato & Basil Sauce	329	Salmon & Broccoli Bake
128	Salmon in Dill Sauce	331	Smoked Salmon & Asparagus Gratin
129	Battered Cod Fillet & Chips	332	Omelette, Chips & Peas
130	Chicken & Broccoli in Stilton Sauce	343	Beef & Potato Casserole
131	Chicken & Mushroom in White Wine	345	Honey & Apricot Lamb
134	Chicken & Mushroom with Puff Pastry	346	Shrewsbury Lamb
142	Coq Au Vin	348	Pork & Lentil Casserole
145	Smoked Haddock & Vegetable Bake	349	Chicken in Creamy Madeira Sauce
147	Beef & Ale with Herb Dumplings	350	Chicken with Cheese & Bacon
148	Chicken & Bacon Casserole with Dumplings	359	Gnocchi with Butternut Squash & Spinach
149	Salmon & Asparagus	361	Beef In Red Wine with Puff Pastry
151	Pork & Vegetable Casserole	363	Moussaka
152	Liver & Sausages	370	Spaghetti Carbonara
153	Beef & Kidney Casserole	376	Liver & Onions
201	Minced Beef Hotpot	377	Liver & Bacon Hotpot
202	Macaroni Cheese	378	Pork in Mushroom & Brandy Sauce
203	Cauliflower Cheese	379	Italian Meatballs in Tomato Sauce
204	Beef Lasagne	382	Fish in Creamy Sauce with Puff Pastry
207	Spaghetti Bolognese	388	Duck Breast in Orange Sauce
210	Beef Steaklet Meal	391	Minced Beef & Onion Pie with Chips
211	Cottage Pie Meal	393	Vegetarian Sausages & Mash
212	Rigatoni Bolognese	394	Sausage Roll & Chips
214	Yorkshire Pudding with Beef	397	Pork Platter
217	Lamb Steaklet Meal	398	Lamb Platter
218	Shepherd's Pie	399	Beef Platter
222	Pork Faggot & Onion Gravy	901	Atlantic Cod Fishcakes with Pea Purée
228	Gammon & Pineapple	902	Smoked Haddock Loin in Cheddar & Leek Sauce
230	Chicken Supreme & Rice	903	Cheese and Vegetable Bakes
240	Cod, Chips & Peas	904	Scottish Salmon & Haddock Mornay
243	Breaded Scampi & Chips	905	Smoked Haddock Florentine
255	Ricotta & Spinach Cannelloni	906	Ocean Pie
269	Tuscan Bean Casserole	908	Venison Casserole with Horseradish Mash
274	Steak & Ale Hotpot	909	Venison Sausages with Red Wine & Onion Gravy
275	Lamb Hotpot	914	Salmon with a Honey & Parsnip Crust
276	Minced Beef & Mash	915	Sole Fillet Rolled with Smoked Haddock
277	Creamy Cheese & Broccoli Bake	916	Salmon & Prawn Tagliatelle
279	Bacon, Leek & Mushroom Hotpot	918	Cheddar & Ale Topped Beef
284	Chicken Breast Wrapped in Bacon	921	Stilton & Walnut Cannelloni
285	Beef & Vegetable Hotpot	923	Beef Pasty & Chips
297	Chicken & Thyme Risotto	924	Cheese & Onion Pasty & Chips
298	Beef Cannelloni	926	Beef Burger & Chips
		937	Mackerel Fillets with Oat Crumb & Horseradish Mash

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Mini Meals	
311	Mini Corned Beef Hash
314	Mini Cumberland Pie
315	Mini Pasta Bolognese
319	Mini Beef & Ale Casserole
323	Mini Filled Potato Skin with Cottage Pie Sauce
334	Mini Beef & Barley Casserole
930	Mini Roast Beef Dinner
935	Mini Steak & Ale Pie
310	Mini Fisherman's Pie
341	Mini Haddock Smokie
313	Mini Minced Lamb Hotpot
931	Mini Roast Lamb Dinner
308	Mini Sausages with Red Onion Gravy
318	Mini Gammon & Creamy Onion Sauce
322	Mini Filled Potato Skin with Gammon & Cheese Sauce
929	Mini Sausages & Mash
932	Mini Roast Pork Dinner
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
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
928	Mini Macaroni Cheese & Broccoli
Entrées	
401	Cheese & Onion Quiche
403	Quiche Lorraine Slice
404	Sliced Cotswold Ham
420	Garlic Baguettes
433	Scottish Salmon & Mozzarella Fishcakes
438	Chicken en Croute
439	Salmon en Croute
563	Kipper Fillets
565	Beef & Mushrooms in Redcurrant Gravy
566	Steak & Kidney Pudding
567	Lamb & Mint Pudding
568	Sliced Chicken Breast
Veg and Potatoes	
522	Parisienne Potatoes
542	Colcannon Mash
549	Sauté Potatoes with Cheese & Rosemary
552	Dauphinoise Potatoes
525	Broccoli
526	Creamed Leeks

Code	Product
527	Creamed Spinach
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
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

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Code	Product
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