

# Free From Peppers

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

Summer 2010 Brochure

Code	Product	Code	Product
<b>Main Meals</b>			
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
155	Liver & Bacon with Colcannon Mash	377	Liver & Bacon Hotpot
201	Minced Beef Hotpot	378	Pork in Mushroom & Brandy Sauce
202	Macaroni Cheese	379	Italian Meatballs in Tomato Sauce
203	Cauliflower Cheese	382	Fish in Creamy Sauce with Puff Pastry
204	Beef Lasagne	388	Duck Breast in Orange Sauce
207	Spaghetti Bolognese	391	Minced Beef & Onion Pie with Chips
210	Beef Steaklet Meal	393	Vegetarian Sausages & Mash
211	Cottage Pie Meal	394	Sausage Roll & Chips
212	Rigatoni Bolognese	397	Pork Platter
214	Yorkshire Pudding with Beef	398	Lamb Platter
217	Lamb Steaklet Meal	399	Beef Platter
218	Shepherd's Pie	901	Atlantic Cod Fishcakes with Pea Purée
222	Pork Faggot & Onion Gravy	902	Smoked Haddock Loin in Cheddar & Leek Sauce
228	Gammon & Pineapple	903	Cheese and Vegetable Bakes
230	Chicken Supreme & Rice	904	Scottish Salmon & Haddock Mornay
240	Cod, Chips & Peas	905	Smoked Haddock Florentine
243	Breaded Scampi & Chips	906	Ocean Pie
255	Ricotta & Spinach Cannelloni	908	Venison Casserole with Horseradish Mash
269	Tuscan Bean Casserole	909	Venison Sausages with Red Wine & Onion Gravy
274	Steak & Ale Hotpot	914	Salmon with a Honey & Parsnip Crust
275	Lamb Hotpot	915	Sole Fillet Rolled with Smoked Haddock
276	Minced Beef & Mash	916	Salmon & Prawn Tagliatelle
277	Creamy Cheese & Broccoli Bake	918	Cheddar & Ale Topped Beef
279	Bacon, Leek & Mushroom Hotpot	921	Stilton & Walnut Cannelloni
284	Chicken Breast Wrapped in Bacon	923	Beef Pasty & Chips
285	Beef & Vegetable Hotpot	924	Cheese & Onion Pasty & Chips
297	Chicken & Thyme Risotto	926	Beef Burger & Chips
298	Beef Cannelloni	937	Mackerel Fillets with Oat Crumb & Horseradish Mash

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<b>Mini Meals</b>	
308	Sausages with Red Onion Gravy
310	Fisherman's Pie
311	Corned Beef Hash
313	Minced Lamb Hotpot
314	Cumberland Pie
315	Pasta Bolognese
316	Creamy Chicken & Mushroom Hotpot
317	Cauliflower Cheese & Sauté Potatoes
318	Gammon & Creamy Onion Sauce
319	Beef & Ale Casserole
320	Chicken Casserole with Dumpling
321	Filled Potato Skin with Baked Beans & Cheese
322	Filled Potato Skin with Gammon & Cheese Sauce
323	Filled Potato Skin with Cottage Pie Sauce
334	Beef & Barley Casserole
336	Chicken Chasseur
337	Chicken in Peppercorn Sauce
340	Poacher's Chicken
341	Haddock Smokie
569	Breaded Chicken Fillet & Chips
927	Chicken & Vegetables in Gravy
928	Macaroni Cheese & Broccoli
929	Sausages & Mash
930	Roast Beef Dinner
931	Roast Lamb Dinner
932	Roast Pork Dinner
933	Roast Chicken Dinner
935	Steak & Ale Pie
936	Chicken & Vegetable Pie
940	Chicken & Tomato Pasta
<b>Entrées</b>	
404	Sliced Cotswold Ham
420	Garlic Baguettes
433	Scottish Salmon & Mozzarella Fishcakes
438	Chicken en Croute
439	Salmon en Croute
554	Lemon Breaded Sole
563	Kipper Fillets
565	Beef & Mushrooms in Redcurrant Gravy
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
556	Green Vegetables in a Wild Garlic & Herb Butter

Code	Product
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
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
769	Fruit Salad
770	Raspberries

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<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
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
760	Low Sugar Bread Pudding & Custard
761	Low Sugar Jam Sponge & Custard
762	Low Sugar Lemon Curd Pudding & Custard
763	Low Sugar Date Sponge & Custard
764	Low Sugar Apple Pudding & Custard
765	Low Sugar Banana Pudding & Custard
766	Low Sugar Apple Pie & Custard
767	Low Sugar Apple & Blackberry Pie & Custard
768	Low Sugar Summer Berry Pie & Custard

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