



Free From Pork

Winter 09/10 Brochure

Code	Product	Code	Product
Main Meals			
101	Roast Lamb Dinner	285	Beef & Vegetable Hotpot
102	Roast Beef Dinner	297	Chicken & Thyme Risotto
104	Roast Chicken Dinner	298	Beef Cannelloni
111	Beef in Ale	299	Chicken Casserole with Herby Mash
112	Beef in Peppercorn & Brandy Sauce	300	Creamy Potato & Leek Bake
114	Beef Goulash	302	Roast Chicken & Chips
115	Beef Stroganoff & Rice	303	Corned Beef Hash
117	Beef in Red Wine	304	Cottage Pie
120	Chicken in Tomato & Basil Sauce	305	Lancashire Hotpot
123	Mediterranean Chicken	306	Fish Pie
124	Chicken in Mushroom Sauce	324	Fish in Parsley Sauce
125	Chicken with Honey & Ginger Sauce	326	Fish in Butter Sauce
128	Salmon in Dill Sauce	327	Cod & Prawn Bake
129	Battered Cod Fillet & Chips	328	Salmon in Watercress Sauce
130	Chicken & Broccoli in Stilton Sauce	329	Salmon & Broccoli Bake
131	Chicken & Mushroom in White Wine	331	Smoked Salmon & Asparagus Gratin
133	Lamb & Bean Casserole	332	Omelette, Chips & Peas
145	Smoked Haddock & Vegetable Bake	344	Shanghai Beef
146	Salmon in a Creamy White Wine Sauce	345	Honey & Apricot Lamb
147	Beef & Ale with Herb Dumplings	346	Shrewsbury Lamb
149	Salmon & Asparagus	349	Chicken in Creamy Madeira Sauce
153	Beef & Kidney Casserole	351	Hong Kong Chicken
201	Minced Beef Hotpot	353	Red Thai Chicken
202	Macaroni Cheese	354	Fragrant Chicken Curry
203	Cauliflower Cheese	356	Kedgeree
204	Beef Lasagne	357	Seafood Paella
207	Spaghetti Bolognese	359	Gnocchi with Butternut Squash & Spinach
208	Beef & Kidney Pie	361	Beef In Red Wine with Puff Pastry
210	Beef Steaklet Meal	363	Moussaka
211	Cottage Pie Meal	371	Mushroom Stroganoff & Rice
212	Rigatoni Bolognese	372	Seafood Spaghetti
214	Yorkshire Pudding with Beef	375	Roasted Vegetables in Arrabiata Sauce
216	Beef Stew & Dumpling	376	Liver & Onions
217	Lamb Steaklet Meal	379	Italian Meatballs in Tomato Sauce
218	Shepherd's Pie	381	Vegetables in a Tomato Sauce with Puff Pastry
231	Chicken Tikka Masala & Rice	382	Fish in Creamy Sauce with Puff Pastry
232	Chicken Korma & Rice	383	Nut & Mushroom Roast
233	Sweet & Sour Chicken with Rice	384	Vegetable Chilli & Rice
240	Cod, Chips & Peas	385	Vegetable Curry & Rice
243	Breaded Scampi & Chips	387	Chicken with Stir-fried Vegetables
254	Vegetable Lasagne	388	Duck Breast in Orange Sauce
255	Ricotta & Spinach Cannelloni	389	Vegetarian All Day Breakfast
256	Chilli Con Carne & Rice	391	Minced Beef & Onion Pie with Chips
267	Chicken Curry & Rice	393	Vegetarian Sausages & Mash
269	Tuscan Bean Casserole	396	Vegetarian Sausages, Chips & Beans
272	Beef Casserole	398	Lamb Platter
274	Steak & Ale Hotpot	399	Beef Platter
275	Lamb Hotpot	901	Atlantic Cod Fishcakes with Pea Purée
276	Minced Beef & Mash	902	Smoked Haddock Loin in Cheddar & Leek Sauce
277	Creamy Cheese & Broccoli Bake	903	Cheese and Vegetable Bakes
278	Mediterranean Vegetables & Pasta	904	Scottish Salmon & Haddock Mornay
		905	Smoked Haddock Florentine

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906	Ocean Pie
908	Venison Casserole with Horseradish Mash
913	Beef and Stout Casserole with Dumpling
914	Salmon with a Honey & Parsnip Crust
915	Sole Fillet Rolled with Smoked Haddock
916	Salmon & Prawn Tagliatelle
918	Cheddar & Ale Topped Beef
920	Aubergine & Potato Stack
921	Stilton & Walnut Cannelloni
923	Beef Pasty & Chips
924	Cheese & Onion Pasty & Chips
925	Salmon & Cod Fishcakes & Chips
926	Beef Burger & Chips
937	Mackerel Fillets with Oat Crumb & Horseradish Mash
938	Lamb Rogan Josh & Basmati Rice
939	Beef Curry & Basmati Rice

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
942	Mini Chilli Con Carne & Rice
310	Mini Fisherman's Pie
342	Mini Salmon in Tomato Sauce
313	Mini Minced Lamb Hotpot
931	Mini Roast Lamb Dinner
312	Mini Chicken & Mixed Peppers in Creamy Sauce
316	Mini Creamy Chicken & Mushroom Hotpot
320	Mini Chicken Casserole with Dumpling
337	Mini Chicken in Peppercorn Sauce
338	Mini Chicken Tikka Masala
339	Mini Fruity Chicken Curry
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
564	Mini Gardener's Pie
928	Mini Macaroni Cheese & Broccoli
941	Mini Mixed Bean Bake

Entrées

401	Cheese & Onion Quiche
420	Garlic Baguettes

Code	Product
433	Scottish Salmon & Mozzarella Fishcakes
435	Chicken Breast with a Mixed Pepper Crumb
436	BBQ Chicken Breast with a Cheddar Crumb
438	Chicken en Croute
439	Salmon en Croute
512	Haddock Toppers
554	Lemon Breaded Sole
555	Breaded Haddock
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
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
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



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Code	Product
635	Pineapple Upside Down Pudding
637	Stewed Apple & Summer Berries
638	Rhubarb & Custard

Code	Product
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

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
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

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
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