



Free From Soya

Winter 09/10 Brochure

Code	Product	Code	Product
Main Meals			
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	267	Chicken Curry & Rice
112	Beef in Peppercorn & Brandy Sauce	269	Tuscan Bean Casserole
113	Beef Bourguignon & Basmati Rice	272	Beef Casserole
114	Beef Goulash	274	Steak & Ale Hotpot
115	Beef Stroganoff & Rice	275	Lamb Hotpot
117	Beef in Red Wine	276	Minced Beef & Mash
118	Pork in Creamy Apple Sauce	277	Creamy Cheese & Broccoli Bake
119	Chicken with Leek & Bacon	278	Mediterranean Vegetables & Pasta
120	Chicken in Tomato & Basil Sauce	279	Bacon, Leek & Mushroom Hotpot
123	Mediterranean Chicken	284	Chicken Breast Wrapped in Bacon
124	Chicken in Mushroom Sauce	285	Beef & Vegetable Hotpot
125	Chicken with Honey & Ginger Sauce	297	Chicken & Thyme Risotto
129	Battered Cod Fillet & Chips	298	Beef Cannelloni
130	Chicken & Broccoli in Stilton Sauce	299	Chicken Casserole with Herby Mash
131	Chicken & Mushroom in White Wine	300	Creamy Potato & Leek Bake
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
145	Smoked Haddock & Vegetable Bake	306	Fish Pie
146	Salmon in a Creamy White Wine Sauce	307	Gammon & Cumberland Sauce
147	Beef & Ale with Herb Dumplings	324	Fish in Parsley Sauce
148	Chicken & Bacon Casserole with Dumplings	326	Fish in Butter Sauce
149	Salmon & Asparagus	327	Cod & Prawn Bake
151	Pork & Vegetable Casserole	328	Salmon in Watercress Sauce
153	Beef & Kidney Casserole	329	Salmon & Broccoli Bake
201	Minced Beef Hotpot	330	Pork Tenderloin with Dolcelatte Sauce
202	Macaroni Cheese	331	Smoked Salmon & Asparagus Gratin
203	Cauliflower Cheese	332	Omelette, Chips & Peas
204	Beef Lasagne	343	Beef & Potato Casserole
207	Spaghetti Bolognese	345	Honey & Apricot Lamb
208	Beef & Kidney Pie	346	Shrewsbury Lamb
211	Cottage Pie Meal	347	Highland Sausages & Cheddar Mash
212	Rigatoni Bolognese	348	Pork & Lentil Casserole
214	Yorkshire Pudding with Beef	349	Chicken in Creamy Madeira Sauce
216	Beef Stew & Dumpling	350	Chicken with Cheese & Bacon
218	Shepherd's Pie	351	Hong Kong Chicken
221	Sausages & Mash	352	Hunters Chicken
223	Yorkshire Pudding with Sausage	353	Red Thai Chicken
224	Sausages, Chips & Beans	354	Fragrant Chicken Curry
225	Pork Steak with Honey & Ginger Sauce	356	Kedgeriee
228	Gammon & Pineapple	357	Seafood Paella
229	Sweet & Sour Pork with Rice	359	Gnocchi with Butternut Squash & Spinach
230	Chicken Supreme & Rice	361	Beef In Red Wine with Puff Pastry
232	Chicken Korma & Rice	363	Moussaka
233	Sweet & Sour Chicken with Rice	364	Honey Glazed Belly Pork
237	Chicken Breast Platter	366	All Day Breakfast
		370	Spaghetti Carbonara

Free From Soya

Winter 09/10 Brochure

Code	Product
371	Mushroom Stroganoff & Rice
372	Seafood Spaghetti
375	Roasted Vegetables in Arrabiata Sauce
376	Liver & Onions
377	Liver & Bacon Hotpot
378	Pork in Mushroom & Brandy Sauce
381	Vegetables in a Tomato Sauce with Puff Pastry
382	Fish in Creamy Sauce with Puff Pastry
384	Vegetable Chilli & Rice
385	Vegetable Curry & Rice
388	Duck Breast in Orange Sauce
389	Vegetarian All Day Breakfast
390	Chicken in Pancetta & Wild Mushroom Sauce
392	Cheese & Ham Omelette Meal
393	Vegetarian Sausages & Mash
394	Sausage Roll & Chips
396	Vegetarian Sausages, Chips & Beans
397	Pork Platter
398	Lamb Platter
399	Beef Platter
900	Turkey Platter
901	Atlantic Cod Fishcakes with Pea Purée
903	Cheese and Vegetable Bakes
908	Venison Casserole with Horseradish Mash
909	Venison Sausages with Red Wine & Onion Gravy
912	Gammon in Wholegrain Mustard Sauce
913	Beef and Stout Casserole with Dumpling
914	Salmon with a Honey & Parsnip Crust
917	Pork & Haggis Sausages with Sage & Onion Gravy
918	Cheddar & Ale Topped Beef
920	Aubergine & Potato Stack
921	Stilton & Walnut Cannelloni
923	Beef Pasty & Chips
925	Salmon & Cod Fishcakes & Chips
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
335	Mini Spaghetti & Meatballs
930	Mini Roast Beef Dinner
942	Mini Chilli Con Carne & Rice
310	Mini Fisherman's Pie
341	Mini Haddock Smokie
342	Mini Salmon in Tomato Sauce
313	Mini Minced Lamb Hotpot
931	Mini Roast Lamb Dinner
318	Mini Gammon & Creamy Onion Sauce
322	Mini Filled Potato Skin with Gammon & Cheese Sauce

Code	Product
932	Mini Roast Pork Dinner
312	Mini Chicken & Mixed Peppers in Creamy Sauce
316	Mini Creamy Chicken & Mushroom Hotpot
320	Mini Chicken Casserole with Dumpling
336	Mini Chicken Chasseur
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
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
403	Quiche Lorraine Slice
404	Sliced Cotswold Ham
420	Garlic Baguettes
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



Free From Soya

Winter 09/10 Brochure

Code	Product
------	---------

Hot Desserts	
613	Apple & Cinnamon Pudding
619	Pineapple Pancakes
620	Rice Pudding
621	Semolina Pudding
622	Black Cherry 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	
705	Luxury Fruit Salad
722	Raspberries
723	Lemon Charlotte
737	Victoria Sponge
752	Apricot & Ginger Brulée
753	Bramley Apple Pie
754	Bakewell Tart
759	Eton Mess

Patisserie	
731	Treacle Tarts
732	Lemon Meringue Pies
747	Fruit Danish

Ice Cream	
801	Sugar Free Strawberry Yoghurt
810	Sugar Free Strawberry Ice Cream
813	Sugar Free Vanilla Ice Cream
817	Clotted Cream Vanilla Ice Cream
818	Chunky Ginger Ice Cream
819	Clotted Cream & Strawberry Ice Cream
822	Chocolate Fudge Ice Cream
823	Rum & Raisin Ice Cream
824	Honeycomb Ice Cream
825	Lemon Sorbet
826	Raspberry Sorbet