



# Free From Soya

Summer 2010 Brochure

Code	Product	Code	Product
<b>Main Meals</b>			
101	Roast Lamb Dinner	232	Chicken Korma & Rice
102	Roast Beef Dinner	233	Sweet & Sour Chicken with Rice
103	Roast Pork Dinner	237	Chicken Breast Platter
104	Roast Chicken Dinner	240	Cod, Chips & Peas
105	Roast Turkey Dinner	243	Breaded Scampi & Chips
111	Beef in Ale	254	Vegetable Lasagne
112	Beef in Peppercorn & Brandy Sauce	255	Ricotta & Spinach Cannelloni
113	Beef Bourguignon & Basmati Rice	256	Chilli con Carne & Rice
114	Beef Goulash	267	Chicken Curry & Rice
115	Beef Stroganoff & Rice	269	Tuscan Bean Casserole
117	Beef in Red Wine	272	Beef Casserole
118	Pork in Creamy Apple Sauce	274	Steak & Ale Hotpot
119	Chicken with Leek & Bacon	275	Lamb Hotpot
120	Chicken in Tomato & Basil Sauce	276	Minced Beef & Mash
123	Mediterranean Chicken	277	Creamy Cheese & Broccoli Bake
124	Chicken in Mushroom Sauce	278	Mediterranean Vegetables & Pasta
125	Chicken with Honey & Ginger Sauce	279	Bacon, Leek & Mushroom Hotpot
129	Battered Cod Fillet & Chips	284	Chicken Breast Wrapped in Bacon
130	Chicken & Broccoli in Stilton Sauce	285	Beef & Vegetable Hotpot
131	Chicken & Mushroom in White Wine	297	Chicken & Thyme Risotto
133	Lamb & Bean Casserole	298	Beef Cannelloni
134	Chicken & Mushroom with Puff Pastry	299	Chicken Casserole with Herby Mash
137	Herb Pork Steak with Thyme Gravy	300	Creamy Potato & Leek Bake
142	Coq au Vin	302	Roast Chicken & Chips
145	Smoked Haddock & Vegetable Bake	303	Corned Beef Hash
146	Salmon in a Creamy White Wine Sauce	304	Cottage Pie
147	Beef & Ale with Herb Dumplings	305	Lancashire Hotpot
148	Chicken & Bacon Casserole with Dumplings	306	Fish Pie
149	Salmon & Asparagus	307	Gammon & Cumberland Sauce
151	Pork & Vegetable Casserole	324	Fish in Parsley Sauce
153	Beef & Kidney Casserole	326	Fish in Butter Sauce
154	Sausage Casserole	327	Cod & Prawn Bake
155	Liver & Bacon with Colcannon Mash	328	Salmon in Watercress Sauce
156	Vegetable Hotpot	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	Hunter's 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
		363	Moussaka

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Code	Product
364	Honey Glazed Belly Pork
366	All Day Breakfast
370	Spaghetti Carbonara
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
731	Treacle Tarts
732	Lemon Meringue Pies
747	Fruit Danish
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

310	Fisherman's Pie
311	Corned Beef Hash
312	Chicken & Mixed Peppers in Creamy Sauce
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

Code	Product
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
335	Spaghetti & Meatballs
336	Chicken Chasseur
337	Chicken in Peppercorn Sauce
338	Chicken Tikka Masala
339	Fruity Chicken Curry
340	Poacher's Chicken
341	Haddock Smokie
342	Salmon in Tomato Sauce
564	Gardener's Pie
569	Breaded Chicken Fillet & Chips
927	Chicken & Vegetables in Gravy
928	Macaroni Cheese & Broccoli
930	Roast Beef Dinner
931	Roast Lamb Dinner
932	Roast Pork Dinner
933	Roast Chicken Dinner
940	Chicken & Tomato Pasta
941	Mixed Bean Bake
942	Chilli con Carne & Rice
943	Vegetable Lasagne

### Entrées

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



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Code	Product
559	Mashed Potatoes
560	Baby Carrots
561	Petits Pois
562	Potato & Vegetable Medley

Code	Product
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## 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

## Cold Desserts

723	Lemon Charlotte
736	Toffee Fudge Cake
752	Apricot & Ginger Brulée
753	Bramley Apple Pie
754	Bakewell Tart
759	Eton Mess
769	Fruit Salad
770	Raspberries

## Patisserie

731	Treacle Tarts
732	Lemon Meringue Pies
747	Fruit Danish

## Hot Desserts

619	Pineapple Pancakes
620	Rice Pudding
621	Semolina Pudding
622	Black Cherry Pancakes
626	Sticky Toffee Pudding
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
637	Stewed Apple & Summer Berries
638	Rhubarb & Custard
760	Low Sugar Bread Pudding & Custard