

Free From Tomatoes

Winter 09/10 Brochure

Code	Product
Main Meals	
111	Beef in Ale
112	Beef in Peppercorn & Brandy Sauce
115	Beef Stroganoff & Rice
119	Chicken with Leek & Bacon
124	Chicken in Mushroom Sauce
125	Chicken with Honey & Ginger Sauce
129	Battered Cod Fillet & Chips
130	Chicken & Broccoli in Stilton Sauce
131	Chicken & Mushroom in White Wine
134	Chicken & Mushroom with Puff Pastry
137	Herb Pork Steak with Thyme Gravy
145	Smoked Haddock & Vegetable Bake
146	Salmon in a Creamy White Wine Sauce
149	Salmon & Asparagus
152	Liver & Sausages
201	Minced Beef Hotpot
202	Macaroni Cheese
210	Beef Steaklet Meal
214	Yorkshire Pudding with Beef
217	Lamb Steaklet Meal
225	Pork Steak with Honey & Ginger Sauce
228	Gammon & Pineapple
230	Chicken Supreme & Rice
237	Chicken Breast Platter
240	Cod, Chips & Peas
243	Breaded Scampi & Chips
276	Minced Beef & Mash
279	Bacon, Leek & Mushroom Hotpot
284	Chicken Breast Wrapped in Bacon
297	Chicken & Thyme Risotto
302	Roast Chicken & Chips
306	Fish Pie
307	Gammon & Cumberland Sauce
324	Fish in Parsley Sauce
326	Fish in Butter Sauce
327	Cod & Prawn Bake
328	Salmon in Watercress Sauce
329	Salmon & Broccoli Bake
330	Pork Tenderloin with Dolcelatte Sauce
331	Smoked Salmon & Asparagus Gratin
343	Beef & Potato Casserole
344	Shanghai Beef
346	Shrewsbury Lamb
347	Highland Sausages & Cheddar Mash
349	Chicken in Creamy Madeira Sauce
350	Chicken with Cheese & Bacon
359	Gnocchi with Butternut Squash & Spinach
364	Honey Glazed Belly Pork
370	Spaghetti Carbonara
371	Mushroom Stroganoff & Rice
377	Liver & Bacon Hotpot
378	Pork in Mushroom & Brandy Sauce
387	Chicken with Stir-fried Vegetables
388	Duck Breast in Orange Sauce

Code	Product
390	Chicken in Pancetta & Wild Mushroom Sauce
391	Minced Beef & Onion Pie with Chips
393	Vegetarian Sausages & Mash
394	Sausage Roll & Chips
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
912	Gammon in Wholegrain Mustard Sauce
914	Salmon with a Honey & Parsnip Crust
917	Pork & Haggis Sausages with Sage & Onion Gravy
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
Mini Meals	
334	Mini Beef & Barley Casserole
930	Mini Roast Beef Dinner
310	Mini Fisherman's Pie
341	Mini Haddock Smokie
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
932	Mini Roast Pork Dinner
312	Mini Chicken & Mixed Peppers in Creamy Sauce
316	Mini Creamy Chicken & Mushroom Hotpot
340	Mini Poacher's Chicken
569	Mini Breaded Chicken Fillet & Chips
922	Mini Roast Turkey Dinner
927	Mini Chicken & Vegetables in Gravy
933	Mini Roast Chicken Dinner
936	Mini Chicken & Vegetable Pie
317	Mini Cauliflower Cheese & Sauté Potatoes
928	Mini Macaroni Cheese & Broccoli
Entrées	
401	Cheese & Onion Quiche
403	Quiche Lorraine Slice
404	Sliced Cotswold Ham
420	Garlic Baguettes
438	Chicken 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

Free From Tomatoes

Winter 09/10 Brochure

Code	Product
Veg and Potatoes	
522	Parisienne Potatoes
525	Broccoli
526	Creamed Leeks
527	Creamed Spinach
542	Colcannon Mash
552	Dauphinoise Potatoes
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

Code	Product
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
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