

WC 07/09/26	Dish	INGREDIENTS	HEATING	MICROWAVE	STORAGE
	PLEASE PREHEAT YOUR OVEN TO 180C FAN. ALL DISHES ARE COOKED AT THIS TEMPERATURE UNLESS STATED OTHERWISE. IF YOU HAVE A BAGUETTE, PLEASE WARM THIS THROUGH FOR 8 MINUTES				
	Microwave. Decant all dishes into a microwaveable container and cover. Instructions are for 800W to 1000W domestic microwave. Please note that using a microwave may be detrimental to the texture of the dish				
S T A R T E R S	Gratin de tourteau Thermidor	CRUSTACEANS, MOLLUSCS, MILK, cheddar cheese, MUSTARD, Worcestershire sauce, WHEAT flour, cayenne pepper, Brandy, spices	Remove from packaging and heat for 18 minutes	N/A	Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge before cooking as per instructions
	Soupe à l'oignon	Onions, MILK, WHEAT flour, SULPHITES, wine, meat stock, CELERY, marmite, Worcestershire sauce (FISH)	Empty the soup into a saucepan and bring gently to the boil. Pour into a serving dish and top with the croûtons covered with cheese; grill until the cheese begins to brown.	Cook on full power for 2 minutes, wait for 1 minute, then repeat.	Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge before cooking as per instructions
	Spanakopita de saumon	Spinach, WHEAT flour, NUTS, MILK, FISH, EGG, garlic, nutmeg	Remove from packaging and heat for 12 minutes		Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge before reheating as per instructions
	Steak tartare, salade de cresson	Beef, EGG, Worcestershire sauce, Tabasco, shallots, MUSTARD, capers, parsley, vinegar, olive oil, garlic, thyme, watercress	Remove from the fridge 10 minutes before eating	N/A	Keep refrigerated after delivery and consume within 2 days. Not suitable for freezing
M A I N C O U R S E S	Pithivier de homard et écrevisses	CRUSTACEANS, FISH, WHEAT flour, EGG, MILK, SULPHITES, chives, beans	Remove from packaging and bake at 180C for 20 mins; heat the sauce separately.	N/A	Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge
	Blanquette de poissons, riz	FISH, CRUSTACEANS, shallots, SULPHITES, wine, CELERY, onions, bay, MILK, carrots	Remove lid and heat for 18 minutes	Heat on full power for 3 minutes, twice	Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge before reheating as per instructions
	Filet de loup au basilic, tomates rôties	FISH, tomatoes, potatoes, shallots, MILK, basil, garlic, olive oil, tomatoes	Remove lid and heat for 16 minutes, leave to rest under foil for 5 minutes		Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge
	Jarret d'agneau au romarin	Lamb, tomato, SULPHITES, wine, turnips, carrots, garlic, herbs, meat stock, CELERY	Remove lid, cover with foil and heat for 25 mins.	Heat on full power for 3 minutes, twice	Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge before cooking as per instructions
	Joue de porc à la Bourguignonne	Pork, SULPHITES, wine, mushrooms, onions, carrots, leeks, CELERY, tomato, salt, pepper	Remove lid and heat for 20 mins.	3 minutes twice on full power	Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge before cooking as per instructions
	Steak & kidney pudding	Beef, onions, FISH, red SULPHITES, wine, carrots, garlic, tomato, herbs, pork, beef suet, MUSTARD, WHEAT flour, CELERY, meat stock	Remove from packaging and place on a plate with the cling film. Heat for 2 mins on full power twice with a one-minute break in between. Alternatively, place in a steamer for 20 mins. Heat the sauce separately.	3 minutes twice on full power	Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge before reheating as per instructions
	Basmati rice	Rice, onions, garlic, CELERY, bay leaves, salt, pepper, oil	Remove lid, add 40ml of water, cover with loose foil and heat for 18 minutes. Alternatively, empty into a microwaveable container, cover with a loose lid and heat on full power for 2 mins (800W).	2 minutes on full power twice	Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge before reheating as per instructions

S I D E S	Gratin dauphinois	Potato, MILK , garlic, nutmeg	Remove lid and heat for 15 minutes	2 minutes on full power	Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge before cooking as per instructions
	Haricots verts	Green beans, MILK , parsley	Remove lid and heat for 15 minutes	2 minutes twice on full power	Keep refrigerated after delivery and consume within 3 days. Safe to freeze but freezing may be detrimental to the texture and flavour.
	Pommes crique	Potatoes, onions, EGG , MILK , olive oil, salt, pepper	Remove the lid and heat for 15 mins	Heat on full power for 2 minutes	Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge
	Pommes purée	Potatoes, MILK , garlic, nutmeg	Remove lid, cover with foil and heat for 25 minutes. Once hot, beat with a wooden spoon for best results. Alternatively, transfer to a microwaveable container and heat on full power until piping hot. Beat until smooth.	3 minutes twice	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
	Buttered cabbage	Cabbage, onions, fennel seeds, MILK	Remove the lid and heat for 16 minutes		Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge before cooking as per instructions
D E S S E R T S	Chausson aux pommes	WHEAT flour, apples, sugar, MILK , vanilla, EGGS ,	Remove from packaging and place on a baking tray for 8 minutes	N/A	Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months, freeze on day of delivery. Defrost overnight in the fridge before cooking as per instructions
	Gâteau basque et compote de cerises	WHEAT flour, MILK , EGG , sugar, vanilla, cherries, corn flour	Take out of the fridge 10 minutes before eating	N/A	Keep refrigerated after delivery and consume within 2 days. Not suitable for freezing
	Gâteau au fromage et mangue	WHEAT flour, MILK , EGGS , orange, corn flour, gelatine, sugar, mango, passion fruits	Remove from the fridge 15 mins before eating	N/A	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
ALLERGENS ARE SHOWN IN UPPER CASE. PLEASE NOTE THAT OUR DISHES ARE PREPARED IN A COMMERCIAL KITCHEN WHERE NUTS ARE USED. WE CANNOT GUARANTEE THAT ANY DISHES ARE NUT OR GLUTEN FREE. INSTRUCTIONS ARE GIVEN FOR A FAN OVEN; PLEASE ADD AN EXTRA 8-10 MINUTES COOKING TIME FOR A CONVENTIONAL OVEN.					