

WC 12/10/26	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	Cannelloni de jambon fumé, crème de champignons et parmesan	WHEAT flour, MILK, mushroom, shallots, garlic, parsley, pork	Remove lid and heat for 15 minutes	4 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
	Gratin de Saint-Jacques à la parisienne	MOLLUSCS, mushroom, SULPHITES, wine, shallots, WHEAT flour, MILK	Remove from packaging and heat for 12/15 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
	Parfait de foie de canard	Duck, MILK, EGGS, WHEAT flour, salt, pepper	Take out of the fridge 10 mins before eating	N/A	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
	Pithivier de lapin aux noisettes	WHEAT flour, EGG, MILK, rabbit, pork, NUTS, shallots, SULPHITES, wine, mushroom, spices	Remove from packaging and bake for 20 minutes	N/A	Keep refrigerated after delivery and consume within 3 days. Safe to freeze but freezing might be detrimental to the texture and flavour.
M A I N C O U R S E S	Homard Thermidor	CRUSTACEANS, MOLLUSCS, WHEAT flour, MILK, MUSTARD, nutmeg, FISH, CELERY	Remove lid, place on bottom shelf of the preheated oven on the grill function for 18 minutes.	N/A	Keep refrigerated after delivery and consume within 3 days. Safe to freeze but freezing may be detrimental to the texture and flavour.
	Blanquette de saumon et Saint-Jacques, bisque de homard	FISH, MOLLUSCS, samphire, SULPHITES, wine, leeks, MILK, CELERY, shallots, rice	Remove the lid heat at 180C for 20 mins	3 minutes twice on full power	Keep refrigerated after delivery and consume within 3 days. Safe to freeze but freezing might be detrimental to the texture and flavour.
	Escalope de poulet au parmesan	Chicken, MILK, WHEAT flour, EGG, CELERY, tomato, garlic, lemon, onion, potato, butter (MILK), SULPHITES, SOYA	Remove lid and heat at 180C for 15 mins, drizzle the basil oil		Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge
	Filet de bœuf en croûte	Beef, WHEAT flour, MILK, EGG, mushroom, shallot, CELERY, port, meat stock, garlic, beans,	Remove from the fridge at least one hour before cooking. For rare, cook for 24 mins. Leave to rest out of the oven for 8 mins	N/A	Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge
	Filet de loup à la grenobloise	FISH, capers, butter (MILK), WHEAT flour, lemon, parsley, green beans, potatoes	Melt the lemon butter in a frying pan, add the capers and pour over the fish. Bake in the oven for 16 mins, leave to rest for 5 mins	3 minutes twice on full power	Keep refrigerated after delivery and consume within 1 day. Can be frozen for up to 2 months. Defrost overnight in the fridge before reheating as per instructions
	Joue de bœuf à la gardianne	Beef, CELERY, SULPHITES, wine, carrots, garlic, orange, pork, FISH, bay, oregano, spices, salt, pepper, potato, MILK, nutmeg	Remove lid and heat for 18 mins	4 minutes twice on full power	Keep refrigerated after delivery and consume within 3 days. Safe to freeze but freezing might be detrimental to the texture and flavour.
S I D E	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	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
	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 bean, MILK, parsley,	Remove lid and heat for 15 minutes	2 minute 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 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

S	Pommes nouvelle	Potatoes, salt	Remove lid and heat for 15 mins	2 minute 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.
	Roasted pommes frites	Potatoes, vegetable oil	Remove lid heat at 200C for 45 mins	N/A	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
	Jardinière de légumes vert	Beans, peas, courgettes, leeks	Remove lid heat for 16 minutes	1minute 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
D E S S E R T S	Bavarois aux framboises	Raspberries, gelatine, MILK, EGGS, WHEAT flour, raspberry liqueur, butter (MILK)	Serve chilled	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
	Crêpe normande	WHEAT flour, EGGS, MILK, sugar, apples, Calvados, vanilla essence	Remove from packaging and heat for 10 mins	1 minute twice	Keep refrigerated after delivery and consume within 24 hours. Not suitable for freezing
	Forêt-Noire	WHEAT flour, cocoa powder, sugar, EGGS, brandy, cherries, MILK	Eat straight from the fridge	N/A	Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge
ALLERGENS ARE SHOWN IN BOLD. 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					