

WC 19/01/26	Dish	Allergen	Ingredients/ allergen in bold	Serving Instructions	Microwave	Storage instruction
	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	Quiche aux champignons		Wheat flour gluten, MILK,EGG, shallots, parsley, garlic,	Remove from packaging and heat for 8 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
	Cocktail de crevettes et mayonnaise au crabe	GF, DF	<b>CRUSTACEAN, EGG, MUSTARD, grapefruit, lemon, brandy, salad</b>	Eat from the fridge	N/A	Keep refrigerated after delivery and consume within 2 days. Not suitable for freezing
	Parfait de foie de canard		<b>Duck, MILK, EGGS, wheat flour, WHEAT FLOUR GLUTEN, salt, pepper</b>	Take out of the fridge 10 mins before eating		Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
	Tourte de jambon et poulet feuilleté		<b>Wheat flour Gluten, EGG, MILK, Chicken, ham, peas, CELERI</b>	Remove from Packaging and heat for 15 mins	Heat on full power for 2 minutes. twice	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
M A I N  C O U R S E S	File de Barbue Normande		FISH, MOLLUSCS, CELERY, wine, Milk, shallots, leeks, potatoes, spring onion, gralic	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
	Coq au vin	GF	Chicken, red wine, CELERY, carrot, pork, mushroom, onion, thyme, bay, WHEAT FLOUR GLUTEN free flour, tomato, salt, pepper	Remove lid, heat for 18 minutes stir occasionally	3 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
	Filet de truite en croutes, sauce homard		<b>FISH, CRUSTACEAN, MOLLUSC, EGG, MILK, WHEAT FLOUR GLUTEN, shallots, wild garlic, CELERY, salt, pepper</b>	Remove from packaging and bake on the preheated baking tray for 20 minutes at 200c	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
	Pintade aux raisins	DF, GF	Guinea fowl, pork, sultanas, garlic, wine, CELERY, onions, carrots, herbs	remove from packaging and place on baking tray for 30 mins for a whole guinea fowl, 20 minutes for a half	4 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
S I D E S	Basmati rice	GF	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 2mins (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
	Gratin dauphinois	GF V	Potato, <b>MILK</b> , 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
	Haricot vert	V GF	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.
	Petit pois a la francaise	GF	Peas, pork, carrots, onions, lettuce salt, pepper	Remove lid and heat for 15 minutes	2 minutes at 75% twice	Keep refrigerated after delivery and consume within 3 days. Safe to freeze but freezing may be detrimental to the texture and flavour.
	Pommes boulangère	GF	Potatoes, onions, garlic, CELERY, chicken stock	Remove the lid heat for 16 mins		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

	Pommes crique	GF	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
	Pommes puree	GF	Potatoes, MILK, garlic, nutmeg	Remove lid, cover with foil, 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
	Roasted pommes frites	GF, DF, V	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
D E S S E R T S	Choux a la crème		WHEAT LOOUR GLUTEN, MILK, EGGS, sugar, chocolate, sugar, vanilla essence	Take out of the fridge 10 mins before eating.	N/A	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
	Gateau fromage blanc au rhum et raisins		Dry fruits, MILK, SUGAR, Wheat flour gluten, EGG, sugar, NUTS.	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 instructions
	Micuit au chocolat, crème de noisettes		Chocolate, EGGS, sugar, cocoa powder, WHEAT FLOUR GLUTEN, MILK, NUTS,	Remove from the fridge 20 mins before cooking. Heat for 10/12 mins. Rest for 4 mins and turn out onto a plate.	3 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
	Sablé aux framboises	V	Wheat flour, WHEAT FLOUR GLUTEN, sugar, EGGS, NUTS, MILK, raspberries, vanilla	Eat straight from the fridge	N/A	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
	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 FREE. INSTRUCTIONS ARE GIVEN FOR A FAN OVEN, PLEASE ADD AN EXTRA 8-10 MINUTES COOKING TIME FOR A CONVENTIONAL OVEN					