

W/C 22/01/24	Dish Name	Allergen	Ingredients/ allergen in bold	Serving Instructions	Microwave	Storage instruction
	PLEASE PREHEAT YOUR OVEN TO 180C. 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					
STARTER	Gravadlax de truite de mer	GF w/o the bread	Fish, dill, sugar, salt, mustard , egg , oil, rye flour, gluten, yeast, milk	Eat from the fridge	N/A	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
	St Jacques et crabe Newburg	GF without bread crumbs	Crustacean, mollusc, milk, mushrooms, sherry, cayenne pepper, bread crumbs	Remove the lid heat at 180C for 18 mins	3 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.
	Soupe de poissons Marseillaise	DF, GF without garnish	Fish, crustacean, mollusc, olive oil, garlic, tomato, saffron, fennel, celery , carrots, onions, chilli, thyme, bay leaf, egg , flour , yeast, white wine	Pour the soup into a saucepan and gently bring to the boil, serve on top of croûtons with rouille	3 minute 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
	Terrine de jambon la Beaujolaise	DF GF	Pork, egg , mustard , lemon, gerkins, celery , sugar , vinegar, parsley, shallots	Eat at room temperature	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
MAIN COURSES	Filet de cabillaud bordelaise, haricots vert		Fish, wheat flour gluten , shallots, milk , celery , herbs, beans, salt, pepper	Remove lid and heat for 16 minutes, rest for 5 minutes	3 minutes twice on 75% 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 saumon et crevettes		Fish, crustacean, wine, milk , celery , leeks, samphire, garlic, parsley, shallots	Remove lid and heat for 18 mins.	2 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.
	Poule au pot Henry IV	GF DF	Chicken, pork, shallots, wine, celery , carrots, leek, onion, potatoes,	Remove lid heat for 20 minutes	3 minute 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
	Tagine de poissons a la chermoula	GF DF	Fish, crustacean, chilli, cumin, tomato, coriander, lemon, garlic, onions, ginger, spices, saffron, wheat flour gluten , milk	Remove lid and heat for 20 mins	2 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
	Moules marinière	GF (without bread)	Mollusc , butter , shallots, wine, bay leaf, thyme, flour , yeast	Put the mussels into a large pot. Add the cooking sauce, put a lid on the pot and cook on the hob on a high heat until all mussels are open, shake the pot regularly, should take about 12/15 mins.	N/A	Keep refrigerated after delivery and consume within 24 hours. Not suitable for freezing
	Choucroute Royale	DF	Cabbage, juniper, wine, pork, garlic, carrots, onions, celery , bay leaves, potatoes	Remove lid, cover with loose foil and heat for 20 mins	Heat on full power for 4 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
	Filet de porc, sauce charcutière, pommes mouseline		Chicken, mustard, wine, celery, potatoes, milk, onions, capers, vinegar, gerkins, salt, pepper	Remove lid, heat at 180C for 20 minutes	3 minutes 2 times 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

	Quenelle de saumon et crevettes aux fine herbes, sauce Nantua	GF	Fish, crustacean, eggs, milk, herbs, tomato, olives, mushrooms, brandy, wine, celery,	Remove lid and heat for 20 mins	3 minutes 2 times 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
	The Funghi Bun	V	Flour, butter, eggs, parsley, garlic, shallots, cheese, mushrooms, yeast	Heat the mushrooms in a saucepan. Heat the brioche for 8 minutes. put the hot mushrooms on the brioche base and sprinkle with the cheese, top with the other brioche half	N/A	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
	Demi canard au confit	GF DF	Duck, garlic, wine, orange, celery, onion, carrots, sugar, vinegar, cinnamon, salt, pepper	Remove lid and heat for about 24mins	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
SIDES	Haricot vert au beurre d'ail	GF	Beans, milk, parsley, garlic, shallots, 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
	Gratin dauphinois	GF V	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
	Pommes nouvelle	DF GF V	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	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
DESSERT	Chausson aux pommes et sauce Anglaise	V	wheat flour gluten, 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
	Moelleux au chocolat et compote de cerises	V	Chocolate, eggs, sugar, cocoa powder, wheat flour gluten, milk, cherries, Brandy, corn flour	Remove from the fridge 20 mins before cooking. Heat for 10/12 mins . Rest for 4 mins and turn out onto a plate.	N/A	Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge
	Tarte à la Rhubarbe		Flour, butter, eggs, milk, sugar, rhubarb, grenadine, corn flour, strawberry jam	Serve chilled	N/A	Keep refrigerated after delivery and consume within 2 days. Not suitable for freezing
QUICHE	Provencale Vegetable Quiche		Wheat flour gluten, tomato, aubergine, courgettes, onions, garlic, nuts, milk, eggs, salt, pepper	Remove from packaging and heat for 14 minutes	N/A	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
	Quiche de champignons et Parmesan	V	Milk, egg, wheat flour gluten, mushroom, cep powder, garlic, parsely, shallots, salt, pepper	Remove from packaging and heat for 15 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.
	Quiche de saumon fumé et poireaux		Milk, egg, wheat flour gluten, leek, fish, dill, mollusc, crustacean, tomato, salt, pepper	Remove from packaging and heat for 15 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.
	Quiche lorraine		Milk, egg, wheat flour gluten, pork, garlic, salt, pepper	Remove from packaging and heat for 15 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.
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						

