

WC 24/11/25		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	Carpaccio de fillet de chevreuil	GF DF	Venison, NUTS, wine, pears, juniper, cinnamon, orange, clove	Remove from the fridge 10 mins before eating		Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
	Bouchée a la Reine		WHEAT FLOUR GLUTEN, veal, chicken, pork, MILK, EGGS, Celery,	Tip the sauce in a pan and reheat gently. Heat the vol au vent case for 8 minutes. fill with the sauce and sprinkle the gruyere on top.		Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
	Pithivier de lapin aux noisettes		WHEAT FLOUR GLUTEN, EGG, MILK, rabbit, pork,NUTS shallots, 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.
	Bisque de homard et croutons a l'ail	GF without croûtons	Crustacean, MOLLUSCS, FISH, carrots, garlic, tomato, tarragon, curry powder, CELERY, onion, wine, WHEAT FLOUR, GLUTEN free flour,MILK, Brandy, saffron ,olive oil,herbs	Warm the bisque gently in a saucepan until piping hot.	Heat on full power for 2 minute	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
M A I N C O U R S E S	Charlotte d'aubergine et agneau	GF DF	Lamb, onions, aubergines, CELERY, garlic, tomato, wine, olive oil, salt, pepper	Remove lid and heat for 24 mins		Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge
	Confit de canard et choux rouge	GF	Duck, garlic, cabbage, cider, apples, onions, cinnamon	Remove lid and heat for 25 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 cooking as per instructions
	Filet de cabillaud pané au parmesan		FISH, MILK,spinach, peppers, garlic, paprika, lemon, wheat flour WHEAT FLOUR GLUTEN, salt, pepper	Remove lid and heat for 18 mins, cover with foil and rest for 5 minutes	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. Defrost overnight in the fridge before cooking as per instructions
	Filet de fletan	GF	FISH, garlic, onions, , wine, CELERY, MILK, CRUSTACEAN, sorrel, potato, salt, pepper,	Remove lid and heat for 18 mins, rest for 5 minutes under cover	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
	Gratin de poissons à la Florentine		FISH, EGG, MILK< shallot, onion,potatoes, spinach, wine	Remove lid and heat for 18 mins	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
	Salmis de gibier a la Rouennaise	GF	Game, pork, wine, CELERY, MILK, duck, coca powder, juniper, carrot, onion, dairy, tomato, mushroom, salt, pepper	Remove lid and heat for 22 mins	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
	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 savoyard	GF	Potatoes, MILK, pork, nutmeg, garlic, nutmeg	Remove lid, heat for 20 mins		Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge

