

Section	Dish Name	Allergen	Ingredients	Serving Instructions	Storage instruction
WC 26/9/22	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				
CANAPE	Arrancini tomate et parmesan		Rice, onions, garlic, tomato, milk, wine, egg, wheat flour gluten, celery	Remove lid, heat for 15 mins, serve the dip separately	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
STARTER	Escargot de Bourgogne au beurre persille	GF w/o baguette	Snails, milk, garlic, shallots, cayenne pepper, lemon, parsely, wheat flour gluten, yeast.	Remove from packaging, heat for 18 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
	Gratin de coquilles St Jacques		Molluscs, milk, wheat flour gluten, wheat flour gluten free flour, potatoes, celery, wine, nutmeg	Remove from packaging heat for 18 mins on a baking tray	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
	Pâté de crabe	GF w/o baguette	Crustacean, mollusc, carrots, milk,, celery, shallots, spices, salt, pepper, wheat flour wheat flour gluten, yeast	Remove from the fridge 10 minutes before eating. Heat the baguette for 10 minutes	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
	Soufflé au trois fromages	GF, V	milk, eggs, wheat flour gluten free flour, nutmeg, onions, spinach,	Remove lid and heat for 18 mins	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
	Tartellette a l'oignon et noix au vieux Comté.		Wheat flour gluten, onion, garlic, nuts, egg, milk, nutmeg, salt , pepper	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
MAIN COURSES	Duo de loup et saumon aux crevettes, sauce Nantua	GF	Fish, crustacean, leeks, milk, tomato, tarragon, wine, spices, curry, rice, celery, salt, pepper	Remove lid and heat for 18 mins	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
	Matelotte de Baudroie a la Bordelaise	GF	Fish, red wine, pork, carrot, onion, celery, tomato, garlic, wheat flour gluten, olive oil, salt, pepper	Remove lid and heat for 18 mins	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
	Parmentier de lentilles du Puy	V GF	lentils, onions, carrots, milk, herbs, butternut squash,potatoes, leek, celery	Remove lid and heat for 22 mins	Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge
	Pithivier de lapin à la sauge		Rabbit, wheat flour wheat flour gluten, pork, wine, egg, milk, carrot, sage, celery, salt, pepper	Remove from packaging and bake for 25 minutes, heat the sauce separately	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
	Suprême de volaille et mousse de homard	GF	Chicken, crustacean, egg, milk, tomato, onion, carrots, mushroom, celery, salt, pepper	Remove lid and heat for 22 mins	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		Wheat flour gluten, 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	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
	Poulet rotie farcie de ma grand mère	GF DF	Chicken, pork, raisins, liver, wine, egg, shallots, garlic, celery, carrots, herbs	Remove lid and heat for 22 mins. heat the sauce separately	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
	Cabillaud au four	DF	Fish, wheat flour gluten, parsley, lemon, mustard, capers, gerkhins, vinegar, shallots, egg, potatoes	Remove lid and 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
	Curry de porc et crevettes au cacahuète Thailandais	GF DF	Porc, crustacean, coriander, khaffir lime leaves, chilli, peanuts, cumin, garlic, onions, coconut, rice, ginger, celery	Remove lid and 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 before cooking as per instructions
	Pacherri de boeuf bolognaise		Beef, pork, garlic, tomato, carrot, onion, red wine, meat stock, celery, wheat flour gluten, milk, herbs, salt, pepper	Remove lid and 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 before cooking as per instructions
	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.	Keep refrigerated after delivery and consume within 24 hours. Not suitable for freezing

SIDES	Gratin de choufleur et fromage fumé	GF V	Cauliflower, <b>milk</b> , onion, nutmeg, salt, pepper	Remove lid and heat for 18 mins	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 verts	GF DF V	Green beans	Remove lid and heat for 15 mins	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 mousseline	GF V	Potato, <b>milk</b> , nutmeg	Remove lid and heat for 15 mins	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
	Roasted pommes frites	GF, DF, V	Potatoes, vegetable oil	Remove lid <b>heat at 200C</b> for 45 mins	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
DESSERT	Gateau foret noir	V	<b>Wheat flour gluten</b> , chocolate, <b>milk</b> , cherries, <b>eggs</b> , sugar, brandy	Take out of the fridge 10 mins before eating	Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge
	Strudel aux pommes	V	<b>Wheat flour gluten</b> , raisins, apples, sugar, <b>milk</b> , <b>nuts</b> , <b>eggs</b>	Remove from packaging and heat on a baking tray for 18 mins	Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge
	Tarte bourdaloue aux poires, sauce chocolat	V	<b>Wheat flour gluten</b> , <b>milk</b> , <b>almonds</b> , <b>eggs</b> , sugar, vanilla, apricots	Take out of the fridge 10 mins before eating or place in the oven for 5mins	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
QUICHE	Provencale Vegetable Quiche		<b>Wheat flour wheat flour gluten</b> , tomato, aubergine, courgettes, onions, garlic, <b>nuts</b> , <b>milk</b> , <b>eggs</b> , salt, pepper	Remove from packaging and heat for 14 minutes	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
	Quiche de champignons et Parmesan	V	<b>Milk</b> , <b>egg</b> , <b>wheat flour gluten</b> , mushroom, cep powder, garlic, parsely, shallots, salt, pepper	Remove from packaging and heat for 15 minutes	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		<b>Milk</b> , <b>egg</b> , <b>wheat flour wheat flour gluten</b> , leek, <b>fish</b> , dill, <b>mollusc</b> , <b>crustacean</b> , tomato, salt, pepper	Remove from packaging and heat for 15 minutes	Keep refrigerated after delivery and consume within 3 days. Safe to freeze but freezing may be detrimental to the texture and flavour.
	Quiche lorraine		<b>Milk</b> , <b>egg</b> , <b>wheat flour gluten</b> , pork, garlic, salt, pepper	Remove from packaging and heat for 15 minutes	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					