

WC 02/03/26	INGREDIENTS	HEATING	MICROWAVE	STORAGE
S T A R T E R S	MOLLUSCS, FISH, CELERY, MILK, shallots, wine, potatoes,	Remove lid and heat for 18 minutes	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 before cooking as per instructions
	Duck, vegetables, NUTS, spices, sugar, olive oil, salt,pepper	Remove from the fridge 10 minutes before eating. Sprinkle on the dressing	N/A	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
	EGG,MILK,WHEAT FLOUR GLUTEN, mushroom, shallot, gluten free flour	Remove lid and heat at 180C for 18minutes	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
	Onions, MILK, WHEAT FLOUR GLUTEN, EGGS, nutmeg, garlic, sugar, thyme	Remove from packaging and heat for 15 minutes on a baking tray	1 minute	Keep refrigerated after delivery and consume within 3 days. Safe to freeze but freezing may be detrimental to the texture and flavour.
M A I N C O U R S E S	Chicken, pork, MILK, EGGS, WHEAT FLOUR GLUTEN, CELERY, garlic, onions, wine	Remove the lid heat for 20 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
	Beef, CELERY, beer, carrots, garlic,orange, pork, FISH, bay,spices, salt, pepper potato, MILK, nutmeg	Remove lid and heat for 18 mins	5 minute twice on fullpower	Keep refrigerated after delivery and consume within 3 days. Safe to freeze but freezing might be detrimental to the texture and flavour.
	FISH, NUTS, leeks, butter, lemon	Remove lid heat at 180C for 18 mins.	2 minute twice on full power	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
	FISH, CRUSTACEAN, CELERY, wine, orange, garlic, SEASAME OIL, asparagus, ginger	Remove lid, heat for 16minutes. rest under loose foil for 5 minutes	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
	FISH, CRUSTACEAN, MOLLUSCS, vegetables, wine, tomatoes, WHEAT FLOUR GLUTEN, MILK, spices, salt, pepper	Remove lid and heat for 20 mins	3 minutes 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.
	FISH, lemon, garlic, parsley, olive oil, thyme	Remove lid and heat for 16 mins then leave to rest under foil for 5 mins, serve the salsa separately	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
S I D E S	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
	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
	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.
	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

	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.
	peas, onion, courgette, MILK, salt, pepper, spring onion	Remove lid and heat for 15 mins	2 minutes 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.
	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	Wheatflour gluten, EGGS, MILK, sugar, pear, coffee, Rum	Take out of the fridge 12 mins before eating	N/A	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
	WHEAT FLOUR GLUTEN, MILK, EGGS, sugar, chocolate, gelatine	Eat from the fridge	N/A	Keep refrigerated after delivery and consume within 3 days. Safe to freeze but freezing may be detrimental to the texture and flavour.
	Apples, MILK, sugar, wheat flour WHEAT FLOUR GLUTEN, Calvados	Remove from the box and heat the tart in the foil container for 8 minutes turn out on to a warm plate. serve with the crème fraîche	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 reheating as per instructions