

PLEASE NOTE:

- Defrost the frozen items in the fridge overnight
- Once defrosted do not re-freeze and consume within 3 days
- Do not put foil containers in the microwave
- When heating food on the stove, stir regularly
- These re-heating instructions are guides only, as cooking equipment may vary. Ensure food is piping hot when serving.
- Ingredients change from time to time depending on availability. If you have a severe allergy, please let us know.

The following instructions are from chilled only and include ingredients and allergens

Ingredients, allergens & cooking instructions:

Rice – 1 cup of rice to 1.5 cups of water into a saucepan. Bring to simmer on medium to high heat without the lid. When entire surface is bubbly and foamy, place lid on, turn down to medium to low and cook for 12 minutes. Remove from stove and rest for 10 minutes, then serve.

Couscous – pour 250ml of boiling vegetable stock (or just water hot from the kettle) over 250g of couscous (or the equivalent weight in grams of couscous to water in millilitres if not using the full 250g bag) in a heatproof bowl. Cover and leave for 5-10mins. Fluff with a fork, season and serve.

New Potatoes – boil in a saucepan for 10-15 minutes (depending on size) then toss with salted butter and herbs and serve.

Normandy Pork Casserole – Gluten Free

Diced pork, onions, carrots, celery, bacon, cider, cooking apples, crème fraiche, chicken stock, bay leaves, fresh thyme, Dijon mustard, cornflour, salt & pepper

Cooking instructions: recommend heating the casserole on the stove on a gentle medium heat for 6 minutes

Vegan Sausage & Mexican Spiced Bean Cassoulet – Vegan & Dairy Free

Vegan corn sausage, herbed breadcrumb, onions, Mexican spiced mixed beans, butternut squash, spinach pousse, carrot, celery, tomatoes, salt & pepper

Cooking instructions: heat in the foil container it comes in, in the oven on 180 degrees for 30-35 minutes, until piping hot

Mixed Game Pie – Dairy Free & Gluten Free

Diced venison, pheasant & hare, garlic puree, carrots, celeriac, parsnips, mushrooms, milk chocolate, thyme, bay leaves, Dijon mustard, red wine, beef bouillon, salt, pepper, chopped tomatoes, tarragon

Cooking instructions: heat in the foil container it comes in, in the oven on 180 degrees for 45 minutes or until pastry is puffed & golden brown

Pheasant & Root Veg Broth

Pheasant, butter, flour, thyme, celeriac, carrots, leeks, parsnips, onions, garlic, bay leaves, chicken bouillon, celery, salt

Cooking instructions: heat the dish on the stove on a medium heat, bring to the boil and simmer for 5 minutes

Irish Beef Stew – Gluten Free

Diced Beef, salt, pepper, olive oil, swede, celery, garlic, beef bouillon, Guinness, red wine, fresh thyme, tomato paste, Worcestershire sauce, bay leaves, butter, flour, potatoes, onions, carrots, fresh parsley

Cooking instructions: heat the dish on the stove on a medium heat, bring to the boil and simmer for 5 minutes

Ham & Leek Pie – Dairy Free

Diced ham, onions, leeks, tarragon, mixed herbs, vegetable oil, white wine sauce, cornflour, salt, pepper, chopped tomatoes, puff pastry, new potatoes

Cooking instructions: heat in the foil container it comes in, in the oven on 180 degrees for 45 minutes

Smoked Haddock Chowder – Gluten Free & Pescatarian

Smoked haddock, double cream, potatoes, white wine, onions, leeks, celery, olive oil, saffron, smoked paprika, salt, pepper, fresh dill, veg bouillon

Cooking instructions: recommend heating the chowder on the stove on a medium heat for 5 minutes

Lamb Tagine – Gluten Free & Dairy Free

Lamb shoulder, cayenne pepper, black pepper, paprika, ground ginger, turmeric, cinnamon, onions, green peppers, garlic, chopped tomatoes, dried apricots, flaked almonds, dried dates, honey, salt, pepper, olive oil

Cooking instructions: recommend heating the tagine on the stove on a medium heat for 5 minutes

Thai Green Vegetable Curry – Gluten Free, Dairy Free & Vegan

Onions, mixed peppers, cauliflower, broccoli, asparagus, coconut milk, spinach, almond milk, fresh coriander, salt, pepper, snow beans, ginger, green chilli, thai green paste

Cooking Instructions: recommend heating the curry on the stove/hob on a medium heat for 5 minutes & 30 seconds

Fish Pie – Gluten free & Pescatarian

White wine, cream, whole milk, leeks, salmon, cod, coley, prawns, parsley, potatoes, cornflour, salt, pepper. Types of fish vary depending on availability, if you have any concerns over allergy please contact us directly

Cooking instructions: heat in the foil container it comes in, in the oven on 180 degrees for 45 minutes

Steak, Vegetable & Ale Pie – Dairy Free

Diced beef, onions, mushrooms, mixed herbs, vegetable oil, ale (yeast), beef bouillon, mixed herbs, gluten free gravy mix, cornflour, salt, pepper, chopped tomatoes, puff pastry

Cooking instructions: heat in the foil container it comes in, in the oven on 180 degrees for 45 minutes

Sweet Potato & Chickpea Curry (Ve) – Vegan, Gluten Free & Dairy Free

Sweet potatoes, old potatoes, onions, garlic, puree, ground ginger, coconut milk, curry powder, ruby chard, lime juice, chopped tomatoes, cumin, turmeric, peanut butter (veg oil), salt, pepper

Cooking instructions: recommend heating the sweet potato & chickpea curry on the stove on a medium heat for 6 minutes

Chilli con Carne – Gluten Free & Dairy Free

Minced beef, garlic puree, onions, cornflour, chilli powder, smoked paprika, bay leaves, thyme, oregano, chopped tomatoes, tomato puree, beef stock, salt, pepper, mixed beans

Cooking instructions: recommend heating the chilli con carne on the stove on a medium heat for 4 minutes

Chicken Korma

Chicken breast, peppers, onions, coconut milk, double cream, chicken stock, coriander, garam masala, turmeric, salt, pepper, sugar, ground almonds

Cooking instructions: recommend heating the chicken korma on the stove on a medium heat for 6 & ½ minutes

Cottage Pie – Gluten Free & Dairy Free

Minced beef, onions, carrots, peas, vegetable oil, red wine, chopped tomatoes, rosemary, gluten free gravy mix, cornflour, salt, pepper, potatoes

Cooking instructions: heat the cottage pie in the foil container it comes in, in the oven on 180 degrees for 45 minutes

Beef Jalfrezi – Gluten Free & Dairy Free

Diced beef, onions, peppers, chopped tomatoes, beef stock, garlic puree, ginger turmeric, curry powder cumin seeds, red & green chillies, garam masala

Cooking instructions: recommend heating the chicken korma on the stove on a medium heat for 5 minutes

Lancashire Hot Pot – Gluten Free & Dairy Free

Diced lamb, onions, carrots, celery, thyme, rosemary, potatoes, cornflour, veg stock, garlic, salt, pepper

Cooking instructions: heat the Lancashire hot pot in the foil container it comes in, in the oven on 160 degrees for 40 minutes

Homemade Beef Meatballs – Gluten Free & Dairy Free

(Meatballs) Minced beef, onions, leeks, egg, chilli sauce, salt, pepper (Sauce) Onions, leeks, carrots, tomatoes, oregano, garlic, spinach, olive oil

Cooking instructions: heat the meatballs in the foil container it comes in, in the oven on 160 degrees for 35 minutes. Chef recommends leaving the LID ON whilst in the oven, to ensure the meatballs do not burn or dry out. Ensure you lift the sides of the foil container to allow steam to be released whilst the lid is on

Chicken & Sweetcorn Soup

Onions, celery, chicken, sweetcorn, chicken stock, cream, sage, parsley, salt, pepper, flour

Cooking instructions: recommend heating the soup on the stove on a gentle medium heat for 5 minutes

Curried Parsnip Soup – Vegan, Gluten Free & Dairy Free

Onions, parsnip, madras curry powder, veg stock, mango chutney, chopped tomatoes, salt, pepper, potato

Cooking instructions: recommend heating the soup on the stove on a gentle medium heat for 5 minutes

Sweet & Sour Quorn – Vegan, Gluten Free & Dairy Free

Carrots, onions, red & green peppers, pineapple, sweetcorn, beansprouts, spring onion, pak choi, snow peas, quorn chunks, tomatoes, sugar, vinegar, honey, paprika

Cooking instructions: heat the sweet & sour Quorn in a saucepan on the stove on a medium heat for 5-6minutes until piping hot

Takeaway Price List

- **FROZEN** Meals - £4
- **FROZEN** Soup - £3 ... Baguette – 50p
- Bread - £2
- 2ltr (Semi-skimmed) Milk - £1.50
- 6 Eggs - £1.50
- Potatoes - £1.50
- Pasta - £2.00
- Rice - £2.00
- Couscous - £1.00
- **FROZEN** Naan Bread - £1.00
- **FROZEN** Cheese / Fruit Scone - £1.00
- **FROZEN** Sausage Rolls - £1.00
- Bottle Wine - £10
- Bottle Beer - £2
- Soft Drink - £1