

### INFO FOR WEEK COMMENCING 3RD MARCH 2025

		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	Champignon farci au crabe		Mushroom, Crustacean, Mollusc, fish, wheat flour gluten, Milk, brandy, spices	Remove lid heat for 18 minutes	1minute 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
	Soufflé aux champignons	GF w/o toast, V	<b>EGG,MILK,WHEAT FLOUR GLUTEN, mushroom, shallot, gluten free flour</b>	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
	Tandoori de Gambas	GF	<b>Crustacean, chilli, garlic, coriander, garlic, fennel, cumin, lemon, MILK, cucumber, mint</b>	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
	Tourte de jambon et poulet feuilleté		<b>Wheat flour Gluten, EGG, MILK, CHicken, ham,</b>	Remove from Packaging and heat for 15 mins	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
M A I N  C O U R S E S	Blanquette de veau aux champignons	GF	Veal, CELERY, carrots, mushrooms,leeks, onion, clove, garlic, white wine, herbs, lemon, MILK, nutmeg	Empty the contents into a saucepan and reheat gently on the hob. heat the rice following instructions	2 minutes on full power 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
	Caille farcie en feuille de vignes	GF	Quail, veal, pine NUTS, raisins, pork, garlic, CELERY, wine, meat stock, potatoes, onion	Remove lid, heat for 18 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 before reheating as per instructions
	Escalope de poulet cordon bleu		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
	Filet de loup aux ecaille de pommes de terre, sauce choron	GF	FISH, wine, tarragon, tomato, pepper, vinegar, shallot, potato, MILK	Remove lid, heat for 16 minutes	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 cooking as per instructions
	Matelotte de Baudroie à la Bordelaise	GF	<b>FISH, red wine, pork, carrot, onion, CELERY, tomato, garlic, wheat flour WHEAT FLOUR GLUTEN, olive oil, salt, pepper</b>	Remove lid and heat for 18 mins	3 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
	Sautée de lapin a l'Espagnole		Rabbit, pork, paprika, tomato, artichokes, onions, CELERY	Remove the lid heat for 20 mins		Keep refrigerated after delivery and consume within 3 days. Safe to freeze but freezing may be detrimental to the texture and flavour.
S I	Pommes bataille a l'ail	GF, V	Potatoes, MILK, garlic, parsley, shallots	Remove lid and heat for 18 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 before cooking as per instructions
	Pommes mousseline	V, GF	Potatoes, <b>MILK</b> , garlic, nutmeg, salt, pepper	Remove lid, cover with foil, heat for 20 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.	1 minute on full power, then beat the mash for a bit and heat up for another minute on full power	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing

I D E S	Riz au saffran	GF V	Rice, saffron, <b>CELERY</b> , vegetable stock,	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	Keep refrigerated after delivery and consume within 3 days. Safe to freeze but freezing may be detrimental to the texture and flavour.
	Ragu de courgettes et petit pois	GF V	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.
	Haricot vert	V GF	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.
D E S S E R T S	Gateau au fromage Capuccino		Amaretti biscuit, <b>WHEAT FLOUR GLUTEN</b> , NUTS, MILK, chocolate, cocoa powder	Take out of the fridge 12 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
	Tarte aux fruits		<b>WHEAT FLOUR GLUTEN</b> , sugar, MILK, EGGS, Gelatine, mixed fruits, vanilla,	Eat straight from the fridge		Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
	Foret blanche cerises et amandes		<b>WHEAT FLOUR GLUTEN</b> , MILK, NUTS, Cherries, chocolate, sugar, EGGS,	Eat straight 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.
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						