

wc 18/11/24		Allergen	Ingredients/ allergen in bold	Serving Instructions	Microwave	Storage instruction
S T A R T E R	Crevettes au lard	GF DF	Crustacean, pork, garlic, chilli, EGGS, MUSTARD, smoked paprika, lemon		1 minute 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
	Ficelle picarde		<b>MILK, pork, wheat flour WHEAT FLOUR GLUTEN, mushroom, EGG, shallots, salt, pepper</b>	Remove lid and heat for 15 minutes	2 minutes 100% 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
	Paté de maquereau fumé, raisins au vinaigre		<b>FISH, MILK, MISTRAD, EGG, grapes, vinegar, sugar, cucumber, dill</b>	Take out of the fridge 10 mins before eating	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
	Tartelette d'aiglefin et epinards au vieux comté		<b>WHEAT FLOUR GLUTEN, FISH, MILK, spinach, EGGS, nutmeg,</b>	Remove from packaging and heat for 14 minutes	2 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
M A I N  C O U R S E S	Filet de chevreuil en croûte		<b>WHEAT FLOUR GLUTEN, MILK, beef, mushrooms, garlic, shallots, CELERY, wine, EGG, meat stock, tomato</b>	Remove from packaging and heat for 28 minutes on a baking tray, heat the sauce separately	N/A	Keep refrigerated after delivery and consume within 3 days. Safe to freeze but freezing might be detrimental to the texture and flavour.
	Filet de loup au crabe	GF	<b>FISH, CRUSTACEAN, MOLLUSCS, EGG, MILK, wine, spinach, MUSTARD, EGG, oil, saffron, garlic</b>	Remove lid and heat in the oven for 17 mins leave to rest under foil for 5 mins	Heat on full power for 3 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 reheating as per instructions
	Joue de boeuf a la Gardianne	GF	Beef, CELERY, wine, carrots, garlic, orange, pork, FISH, bay, origano spices, slat, pepperepotato, MILK, nutmeg	Remove lid and heat for 18 mins	4 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.
	Lotte a l'armoricaïne	GF	<b>FISH, CRUSTACEAN, tomato, chilli, EGG, MILK, wine, tarragon, MOLLUSC, rice, CELERY</b>	Remove lid and heat for 18 mins	3 minute twice on fullpower	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
	Poulet roti à la Marocaine et merguez	GF	Chicken, NUTS, spices, lemon, honey, cumin, MILK, fennel, saffron, CELERY, meat stock, lamb, beef, spices	Remove lid, heat for 25 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
	Curry d'agneau kofta	GF DF	lamb, garlic, onions, cumin, chilli, tomato, ginger, cinnamon, NUTS- fennegreek, coriander, rice, CELERY	Remove lid heat for 24 minutes	Cook on full power for 2 minutes wait for 1 minute then repeat	Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge
	Jambonneau sauce charcutière, pommes vapeur	GF, DF	Pork, CELERY, onions, leeks, carrots, bay, peppercorn, thyme, MILK, MUSTARD	Remove lid and take out the sauce to serve separately. Remove lid from the swede mash, cover with loose foil and heat at 180C for 30 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
	Poivrons farci a la fregola		<b>FISH, CRUSTACEAN, MOLLUSCS, GLUTEN WHEAT, PEPPERS, tomato, garlic, wine</b>	Remove lid, heat at 180C for 18 mins		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
S I D E S	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
	Couscous	V	<b>Wheat, WHEAT FLOUR GLUTEN, MILK, lemon, olive oil, salt, pepper</b>	Remove lid, cover with foil and heat for 15 mins. Alternatively heat in the microwave for 2 mns in a microwavable container	2 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 reheating as per instructions
	Gratin dauphinois	GF V	Potato, MILK, garlic, nutmeg	Remove lid and heat for 15 minutes	2 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
	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	Bavarois a la mangue et fruit de la passion		Mango, MILK, sugar, WHEAT FLOUR GLUTEN, EGG, gelatine, passion fruit	Eat from the fridge	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

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crèmeux au chocolat et pruneaux a l'Armagnac	v	Chocolate, EGG, MILK, prunes, armagnac, NUTS, sugar, WHEAT FLOUR GLUTEN	Eat from the fridge		Keep refrigerated after delivery and consume within 2 days. Not suitable for freezing
Tartelette pistache et framboises		WHEAT FLOUR GLUTEN, NUTS, EGG, MILK, sugar, vanilla, corn flour, raspberries, gelatine	Eat from the fridge	N/A	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing