

# Frozen Meal Menu

Most dishes are available in 2 portions plus a selected range in singles and a larger size

## Fish

Fillet of red mullet Nicoise  
 Monkfish with prawn sauce  
 Fish and shellfish gratin  
 Barbecue sauce, mayonnaise  
 Assorted breads and butter

## Beef

Beef stroganoff  
 Beef Bourignion  
 Cottage pie  
 Madras beef curry  
 Lasagne

## Chicken

Stuffed chicken breast with pistachio, lemon and thyme  
 Chicken breast with cream and tarragon  
 Coq au vin  
 Thai green chicken curry  
 Chicken legs pizzaiola

## Lamb

Moussaka  
 Lamb casserole with tomato, rosemary and flageolet beans  
 Kashmiri lamb  
 Moroccan Lamb

## Pork

Pork and apple crumble  
 Pork fillet with prunes and cream

## Game/other poultry

Game casserole with chestnuts  
 Guinea fowl with smoked bacon and blackcurrants  
 Whole duck breast with port and orange

## Vegetables/vegetarian

Aubergine and mozzarella bake  
 Mild vegetable curry  
 Mediterranean vegetable lasagne  
 Spinach, mushroom and feta lasagne  
 Dauphinoise potatoes  
 Red cabbage  
 Ratatouille

## Desserts

Summer pudding  
 3 chocolate terrine  
 Red fruit compote  
 Lemon tart  
 Chocolate truffle cake  
 Honey and hazelnut tart  
 Normandy apple (or pear) tart  
 Sticky toffee pudding  
 Apple and apricot crumble  
 Chocolate roulade

