

# READY MEALS

Beef Lasagne	<p><b>Oven cook from frozen:</b> Pre-heat oven - 180°C/350°F/Gas mark 4, remove cardboard sleeve &amp; film lid. Place on baking tray &amp; cook in oven for approx 50-55mins. If unfrozen, reduce cooking time to 30-35mins,</p> <p><b>* = Can Be Microwaved</b> From frozen: Remove cardboard sleeve &amp; pierce film lid several times.</p> <p><b>650w (Category B):</b> Cook for 4mins, partially peel back film &amp; stir, replace film, cook for 3mins, stir. Cook for 1 minute, stir &amp; serve.</p> <p><b>850w (Category B):</b> Cook for 3mins, partially peel back film &amp; stir, replace film, cook for 2mins, stir. Cook for 1 minute, stir &amp; serve.</p>
Beef Stew & Dumplings	
Chicken Leek & Mushroom Pie	
Chicken Tikka Masala *	
Coq au Vin	
Cottage Pie	
Fisherman's Pie	
Lamb Mousakka	
Liver & Bacon	
Macaroni Cheese *	
Moroccan Harissa Chicken	
Mushroom Stroganoff	
Sausage & Onion Casserole*	
Spicy Meatballs *	
Spinach & Ricotta Cannelloni	
Steak & Ale Pie	
Asparagus & Gruyere Crown	<p><b>Oven cook from frozen:</b> Pre-heat oven to 180°C/350°F/Gas mark 4 (fan assisted oven 160°C) Remove packaging, place on baking tray &amp; cook for approx 20-25mins.</p>
Mushroom, Stilton & Pinenut Parcel	
Salmon en Crouete	
Sweet Pepper & Goats Cheese Filo	
Steak, Kidney & Mushroom Suet Pudding <b>(Microwave Only)</b>	
Bramley Apple Pie & Dark Sweet Cherry Pie	
Rhubarb & Ginger Crumble & Gooseberry Crumble	
Sticky Toffee Sponge & Chocolate Sponge Pudding <b>(Microwave Only)</b>	
Jammy Sponge Pudding <b>(Microwave Only)</b>	
Spotted Dick <b>(Microwave Only)</b>	
Summer Pudding	

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Check product is piping hot throughout before serving.

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