

Milk Free



If you cannot tolerate milk or milk products such as milk protein (casein) or milk sugar (lactose), Wiltshire Farm Foods has a range of meals to meet your dietary requirements.

Every product in our milk free range is not only free from milk, but also free from all milk derivatives such as butter, caseinates, cheese, cream, lactose, whey and yoghurt. So you can enjoy every mouthful with complete peace of mind.

Please remember to seek medical and dietary advice before starting a milk free diet – restricting entire food types from your diet may cause nutritional imbalances.

Chicken, Turkey & Duck	Beef continued
549 Roast Chicken Breast with Stuffing D LF R MS 390g	215 Beef Bourguignon D MS 390g
259 Chicken & Vegetable Casserole D LF R MS GF 340g	227 Minced Beef & Onion Pie D MS 390g
257 Chicken Breast D LF R MS GF 350g	218 Beef Bordelaise D LF R MS GF 330g
270 Chicken in Red Wine Gravy D LF R MS 360g	213 Beef & Stout Pie D MS 390g
254 Sweet & Sour Chicken D LF MS GF 390g	
273 Turkey with Stuffing D LF R MS 365g	Pork
250 Chicken Chasseur D LF R MS 340g	518 Roast Pork in Apple Gravy D LF R MS GF 380g
525 Braised Chicken with Lentils D LF R MS 355g	576 Mixed Grill D 400g
258 Chicken Thigh on the Bone D MS GF 350g	520 Gammon with Pineapple D LF R GF 380g
Beef	232 Meatballs, Chips & Mushy Peas D 360g
208 Cottage Pie D LF R MS GF 340g	522 Sweet & Sour Pork D MS GF 410g
203 Corned Beef Hash D GF 360g	068 Bacon, Chips & Beans D LF GF 310g
207 Beef Hotpot D LF MS GF 340g	223 Pork in Gravy D LF R MS GF 340g
210 Chilli Con Carne D LF MS GF 360g	325 Sausage Hotpot D LF MS 395g

Pork continued
528 Gammon in Cumberland Sauce D LF GF 370g
230 Pork & Root Vegetable Casserole D LF R MS 370g

Lamb
245 Shepherds Pie D LF MS 340g
533 Roast Lamb in Mint Gravy D LF R MS 340g
240 Lancashire Hotpot D MS GF 410g
237 Lamb in Gravy D LF R MS GF 340g
239 Lamb & Vegetable Casserole D LF R MS GF 330g
530 Moroccan Lamb D MS GF 380g

Fish
304 Breaded Fish & Chips D MS 305g
691 Breaded Cod with Minted Mushy Peas D MS 325g

Vegetarian
686 Vegetarian Cottage Pie D LF R V 415g
356 Moroccan Three Bean Casserole D LF R MS GF V VG 360g
357 Cauliflower & Spinach Curry D LF MS V VG 390g

Hearty Meals
124 NEW Hearty Roast Beef with Red Wine Gravy D LF MS GF 510g
191 Hearty Lamb Grill Steaks in Mint Gravy D MS 565g
123 Hearty Aberdeen Angus & Ale Pie D LF 540g

Hearty Meals continued
190 Hearty Redcurrant & Rosemary Lamb Casserole D MS 520g
192 Hearty Shrewsbury Mutton Hotpot D MS GF 510g

Select
659 Roast Chicken with Apple & Brandy Sauce D 260g
638 Vegetable Rice (side order) D GF V VG 250g
657 Vegetable Selection (side order) D R GF V VG 240g

Mini Meals
057 Savoury Minced Beef Mini Meal D LF R MS GF 215g
049 NEW Mutton & Rosemary Hotpot Mini Meal D LF R MS 225g
050 Sliced Beef Mini Meal D LF R MS GF 200g
053 Chicken in Gravy Mini Meal D LF R MS GF 200g
059 Sausages in Gravy Mini Meal D LF R 220g
063 Lambs Liver & Bacon Casserole Mini Meal D LF R MS 200g
058 Chicken & Vegetable Casserole Mini Meal D LF R MS 200g
074 Minced Beef & Potato Wedges Mini Meal D LF R MS GF 220g
056 Beef Stew Mini Meal D LF R MS GF 210g
064 Beef Hotpot Mini Meal D LF R MS GF 200g
016 Tomato & Vegetable Soup D LF R MS GF V VG 170g
Cold Desserts
419 Fruit Cocktail* D LF R MS GF V VG 140g

*Contains artificial sweetener