

Egg Free



An intolerance to eggs should not stop you from enjoying a varied range of delicious foods – Wiltshire Farm Foods offer a wide range of egg free dishes.

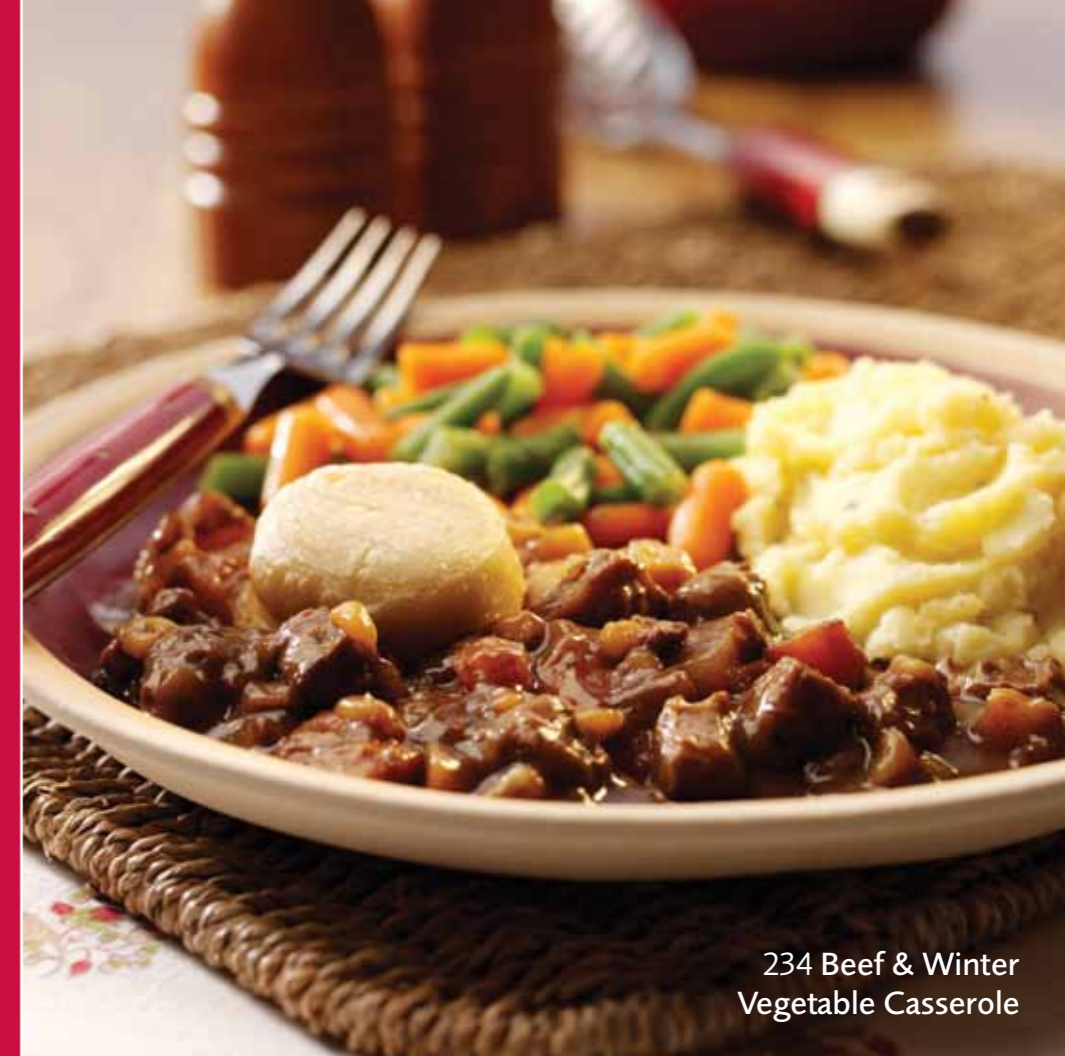
Every meal and dessert shown below is free from eggs and egg derivatives such as dried egg, egg albumen or egg lecithin.

Chicken, Turkey & Duck	Chicken, Turkey & Duck continued
549 Roast Chicken Breast with Stuffing D LF R MS 390g	252 Chicken & Vegetable Pie D MS 440g
259 Chicken & Vegetable Casserole D LF R MS GF 340g	541 Lemon & Ginger Chicken D MS 440g
692 NEW Chicken & Asparagus Bake D 400g	273 Turkey with Stuffing D LF R MS 365g
264 Chicken Curry with Rice D LF MS GF 360g	754 Roast Chicken with Caramelised Red Onions D 405g
257 Chicken Breast D LF R MS GF 350g	253 Chicken & Root Vegetable Hotpot D LF MS 420g
263 Honey Mustard Chicken D LF MS 395g	546 Chicken Supreme D MS GF 410g
548 Chicken & Dumpling Casserole D 440g	260 Chicken & Mushroom Pie D MS 400g
265 Chicken in Tomato & Basil Sauce D LF MS GF 395g	250 Chicken Chasseur D LF R MS 340g
256 Chicken in Gravy D LF R MS GF 350g	251 Chicken a la King D MS GF 380g
689 Hunters Chicken Casserole D LF GF 395g	557 Country Chicken Pie D LF 455g
270 Chicken in Red Wine Gravy D LF R MS 360g	279 Chicken Breast in Cheese & Bacon Sauce D GF 415g
550 Roast Turkey with Gammon D 380g	525 Braised Chicken with Lentils D LF R MS 355g
254 Sweet & Sour Chicken D LF MS GF 390g	258 Chicken Thigh on the Bone D MS GF 350g
755 Coq au Vin D 420g	266 Coronation Chicken D LF MS 360g
524 Chicken & Bacon Hotpot D LF MS 410g	

Did you know?

Eggs are very nutritious, affordable and versatile, so don't cut them out of your diet unless you really need to. They provide useful vitamins, minerals and protein.

They also contain cholesterol, but this has very little effect on the level of cholesterol in your blood or on the risk of heart problems.



234 Beef & Winter Vegetable Casserole

Beef	Beef continued
208 Cottage Pie D LF R MS GF 340g	503 Beef Curry with Rice D 415g
234 NEW Beef & Winter Vegetable Casserole D MS 405g	207 Beef Hotpot D LF MS GF 340g
507 NEW Cumberland Pie D MS 400g	205 Beef Stew & Dumpling D MS 370g
211 Steak & Kidney Pie D MS 370g	513 Beef & Dorset Ale Casserole D MS 400g
515 Spaghetti Bolognese D MS 340g	702 Roast Beef in Port Sauce D GF 375g
214 Steak & Mushroom Casserole D MS GF 360g	210 Chilli Con Carne D LF MS GF 360g
203 Corned Beef Hash D GF 360g	215 Beef Bourguignon D MS 390g
502 Braised Beef in Rich Sauce D MS 410g	504 Roast Beef in Red Wine Gravy D 460g
209 Savoury Minced Beef D LF R MS GF 350g	512 Steak in Red Wine & Mushroom Sauce D MS GF 400g
508 Lasagne D 465g	220 Steak & Mushroom Pie D MS 395g

Beef continued

- 227 Minced Beef & Onion Pie
D MS 390g
- 218 Beef Bordelaise
D LF R MS GF 330g
- 213 Beef & Stout Pie
D MS 390g

Pork continued

- 231 Pork, Leek & Mustard Casserole
D LF R MS 370g
- 283 Ham in Parsley Sauce
D LF R MS GF 350g
- 230 Pork & Root Vegetable Casserole
D LF R MS 370g

Pork

- 521 Pork & Leek Sausages with Somerset Cider Gravy D 380g
- 518 Roast Pork in Apple Gravy
D LF R MS GF 380g
- 576 Mixed Grill
D 400g
- 520 Gammon with Pineapple
D LF R GF 380g
- 322 Cumberland Sausages
D 380g
- 321 Sausages in Onion Gravy
D 355g
- 522 Sweet & Sour Pork
D MS GF 410g
- 068 Bacon, Chips & Beans
D LF GF 310g
- 328 Sausage Casserole
D 420g
- 223 Pork in Gravy
D LF R MS GF 340g
- 331 Faggots in Onion Gravy
D 390g
- 339 Macaroni Cheese with Smoked Ham
D MS 330g
- 225 Pork Loin & Stuffing
D LF R MS 350g
- 325 Sausage Hotpot
D LF MS 395g
- 528 Gammon in Cumberland Sauce
D LF GF 370g

Lamb

- 245 Shepherds Pie
D LF MS 340g
- 533 Roast Lamb in Mint Gravy
D LF R MS 340g
- 324 Liver & Bacon Casserole
D R MS 335g
- 247 **NEW** Lamb, Tomato & Bean Casserole D MS GF 360g
- 240 Lancashire Hotpot
D MS GF 410g
- 241 Irish Stew
D MS 360g
- 242 Minted Lamb & Dumpling
D MS 375g
- 532 Lambs Liver & Bacon
D 405g
- 237 Lamb in Gravy
D LF R MS GF 340g
- 239 Lamb & Vegetable Casserole
D LF R MS GF 330g
- 535 Honey & Apricot Lamb
D MS GF 370g
- 530 Moroccan Lamb
D MS GF 380g

Fish

- 563 Plaice in Breadcrumbs
D LF MS 380g
- 318 Salmon & Broccoli Supreme
D LF R MS 370g



"As I still do all my own gardening (ex Land Army Girl!) it is lovely to have a ready meal on those days. So please accept my heartfelt thanks – I really do enjoy your meals."

Mrs Aileen M Smith
Wisbech, Cambridgeshire

Fish continued

- 304 Breaded Fish & Chips
D MS 305g
- 566 Salmon Fillet in Seafood Sauce
D MS 400g
- 568 Cod Fillet with Mornay Sauce
D MS 400g
- 312 Fishermans Pie
D LF R MS 405g
- 691 Breaded Cod with Minted Mushy Peas
D MS 325g
- 565 Cod in Parsley Sauce
D LF R MS 370g
- 741 Salmon Fillet in Mint Butter Sauce
D MS 435g
- 570 Plaice Fillet with Spinach & Cheese
D MS GF 410g
- 660 Hake in Lemon Sauce
D LF R MS 340g
- 314 Fish in Parsley Sauce
D LF R MS 370g
- 313 Fish in Butter Sauce
D LF R MS GF 360g
- 564 Smoked Haddock in Cheese & Chive Sauce D LF 410g
- 732 Fillet of Trout with Prawns
D LF R MS 390g

Vegetarian

- 588 Cauliflower Cheese & Broccoli Bake
D V 420g
- 341 Cheesy Vegetable Bake
D V 400g
- 352 Winter Vegetable Hotpot
D LF GF V 480g
- 356 Moroccan Three Bean Casserole
D LF R MS GF V VG 360g
- 551 Macaroni Cheese
D MS V 370g
- 619 Mushroom & Ale Pie
D MS V 440g
- 357 Cauliflower & Spinach Curry
D LF MS V VG 390g
- 582 Pasta with Mushroom & Leek Mornay
D LF MS V 400g
- 591 Vegetable Lasagne
D MS V 450g
- 697 Pasta with Mushrooms, Broccoli & Smoked Cheddar D LF MS V 340g

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
- 178 **NEW** Hearty Roast Chicken
D MS GF 510g

Hearty Meals continued

- 131 Hearty Cumberland Pinwheel Sausage
D 520g
- 175 Hearty Creamy Chicken Potato Topped Pie D LF GF 550g
- 123 Hearty Aberdeen Angus & Ale Pie D LF 540g
- 170 Hearty Chicken & Vegetable Casserole D GF 530g
- 122 Hearty Creamy Beef Curry D 510g
- 190 Hearty Redcurrant & Rosemary Lamb Casserole D MS 520g
- 121 Hearty Steak & Dorset Ale Hotpot D 550g
- 160 Hearty Minty Lamb Potato Pie D 540g
- 140 Hearty Ocean Pie D LF GF 520g
- 120 Hearty Beef & Vegetable Stew D GF 550g
- 192 Hearty Shrewsbury Mutton Hotpot D MS GF 510g
- 130 Hearty Pork, Cider & Apple Casserole D 575g

Select

ALL of our Select meals and side orders are suitable for people on an egg free diet

Mini Meals

ALL of our Mini Meals are suitable for people on an egg free diet

Breakfast

- 022 NEW Porridge MS V 200g

Afternoon Tea

- 417 Mixed Fruit Tarte MS 130g

Hot Desserts

- 800 Apple Pie & Custard MS V 155g
- 839 Apple & Blackberry Crumble & Custard MS V 165g
- 790 NEW Luxury Plum & Morello Cherry Crumble MS V 120g
- 792 NEW Bramley Apple & Timperley Rhubarb Crumble MS V 120g
- 842 West Country Clotted Cream Rice Pudding MS GF V 160g
- 811 Apple Crumble & Custard MS V 155g
- 852 Spotted Dick & Custard MS V 140g
- 810 Rhubarb Crumble & Custard* MS V 155g
- 813 Raspberry & Apple Crumble & Custard MS V 155g
- 787 NEW Bramley Apple & Blackberry Crumble MS V 120g
- 802 Blackcurrant Pie & Custard MS V 140g
- 782 NEW Bramley Apple & Cinnamon Crumble V 120g
- 814 Apricot Crumble & Custard MS V 170g
- 806 NEW Portion of Custard MS V 120g
- 855 Jam Roly Poly & Custard V 135g
- 789 NEW Luxury Gooseberry & Elderflower Crumble MS V 120g
- 812 Plum Crumble & Custard MS V 165g
- 903 Cherry Pie & Custard* D MS V 140g

Hot Desserts continued

- 942 Baked Fruit Bread Pudding & Custard* D V 160g
- 900 Apple Pie & Custard* D MS V 150g
- 941 Mixed Fruit & Custard* D LF R MS GF V 140g
- 902 Rhubarb Pie & Custard* D MS V 150g
- 920 Date Sponge & Custard* D MS LF V 135g
- 905 Sultana Pie & Custard* D MS V 160g

Cold Desserts

- 447 Strawberry Flavoured Ice Cream MS GF V 120ml
- 456 Clotted Cream Ice Cream MS GF V 120ml

Cold Desserts continued

- 446 Chocolate Ice Cream LF MS GF V 120ml
- 419 Fruit Cocktail* D LF R MS GF V VG 140g
- 435 Choc Ices (pack of 8) MS GF V 39g
- 463 Luxury Crème Caramel MS GF V 120g
- 424 Strawberry Sundae MS GF V 105g
- 434 Caramel Sundae MS GF V 105g
- 482 Coffee Dessert MS GF 75g
- 465 Strawberry Cheesecake MS V 90g
- 466 Blackcurrant Cheesecake MS V 90g

Ethnic meals

We also offer a wide range of ethnic dishes with Caribbean, West Indian, Asian Halal, Asian Vegetarian and Kosher options.

Our carefully selected suppliers have created and prepared every dish to exacting and authentic standards.

Call for a copy of our ethnic meals brochure on 0800 773 773

