

Gluten Free

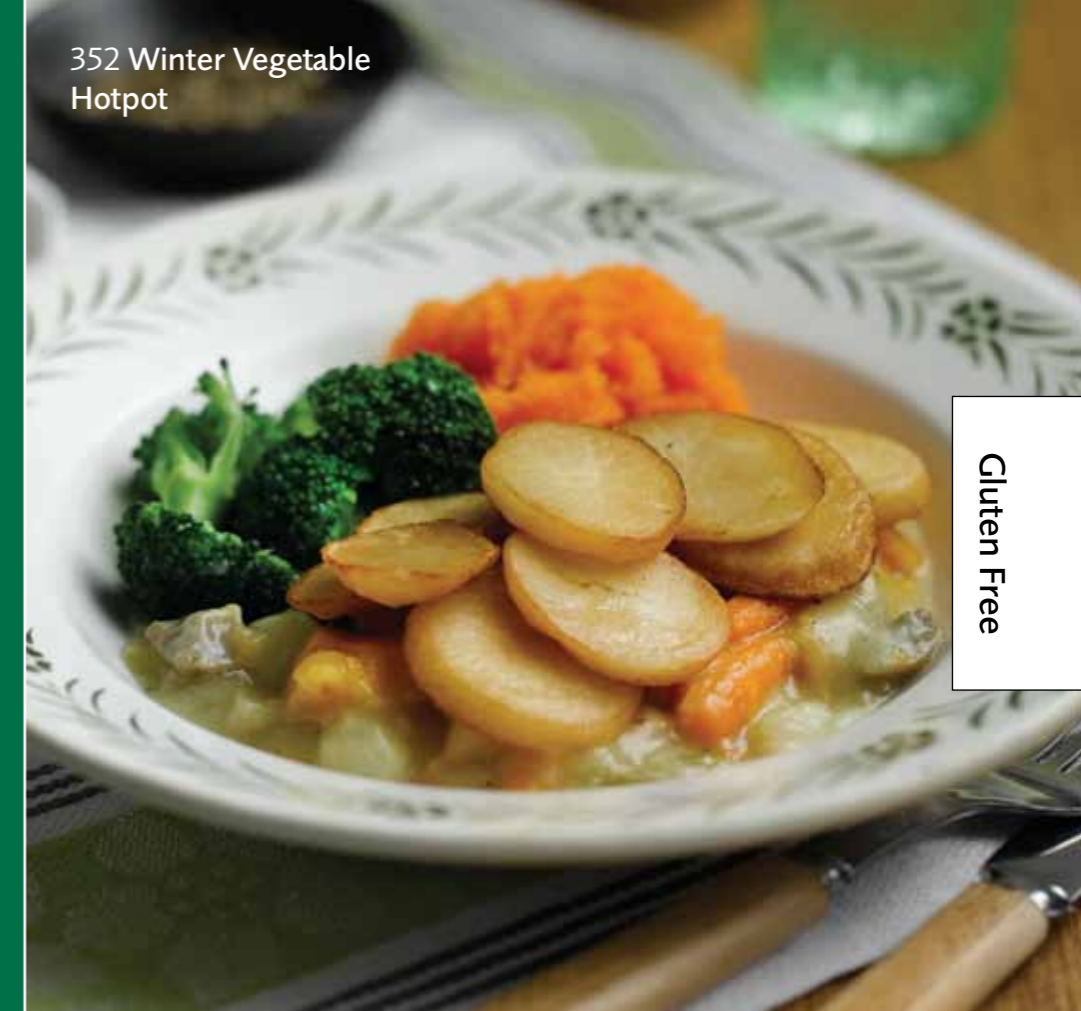


A gluten free diet is essential for people with coeliac disease and dermatitis herpetiformis, who are intolerant of the gluten found in wheat, rye, barley and, for some, in oats.

To help, we have prepared a variety of gluten free main courses and desserts, following strict criteria from Coeliac UK, the leading charity for people with coeliac disease and dermatitis herpetiformis. At every step, care is taken to ensure these products do not come into contact with other dishes and ingredients containing gluten.

Chicken, Turkey & Duck	Beef
259 Chicken & Vegetable Casserole D LF R MS GF 340g	208 Cottage Pie D LF R MS GF 340g
725 Duck in Orange Sauce D LF R MS GF 365g	214 Steak & Mushroom Casserole D MS GF 360g
264 Chicken Curry with Rice D LF MS GF 360g	203 Corned Beef Hash D GF 360g
257 Chicken Breast D LF R MS GF 350g	209 Savoury Minced Beef D LF R MS GF 350g
265 Chicken in Tomato & Basil Sauce D LF MS GF 395g	207 Beef Hotpot D LF MS GF 340g
256 Chicken in Gravy D LF R MS GF 350g	702 Roast Beef in Port Sauce D GF 375g
689 Hunters Chicken Casserole D LF GF 395g	210 Chilli Con Carne D LF MS GF 360g
254 Sweet & Sour Chicken D LF MS GF 390g	512 Steak in Red Wine & Mushroom Sauce D MS GF 400g
546 Chicken Supreme D MS GF 410g	218 Beef Bordelaise D LF R MS GF 330g
251 Chicken a la King D MS GF 380g	Pork
279 Chicken Breast in Cheese & Bacon Sauce D GF 415g	518 Roast Pork in Apple Gravy D LF R MS GF 380g
258 Chicken Thigh on the Bone D MS GF 350g	520 Gammon with Pineapple D LF R GF 380g
	523 Pork Steakette D GF 450g

352 Winter Vegetable Hotpot



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Did you know?

It is estimated that at least 1 in 100 people in the UK are affected by coeliac disease, whilst only 1 in 8 is actually diagnosed with the condition – that's around 500,000 people undiagnosed in the UK.

Pork continued	Lamb continued
522 Sweet & Sour Pork D MS GF 410g	239 Lamb & Vegetable Casserole D LF R MS GF 330g
068 Bacon, Chips & Beans D LF GF 310g	535 Honey & Apricot Lamb D MS GF 370g
223 Pork in Gravy D LF R MS GF 340g	530 Moroccan Lamb D MS GF 380g
528 Gammon in Cumberland Sauce D LF GF 370g	Fish
283 Ham in Parsley Sauce D LF R MS GF 350g	570 Plaice Fillet with Spinach & Cheese D MS GF 410g
Lamb	313 Fish in Butter Sauce D LF R MS GF 360g
247 NEW Lamb, Tomato & Bean Casserole D MS GF 360g	Vegetarian
240 Lancashire Hotpot D MS GF 410g	344 Spanish Omelette D MS GF V 390g
237 Lamb in Gravy D LF R MS GF 340g	352 Winter Vegetable Hotpot D LF GF V 480g

Vegetarian continued

- 356 Moroccan Three Bean Casserole
D LF R MS GF V VG 360g
- 343 Omelette, Chips & Beans
D MS GF V 370g

Hearty Meals

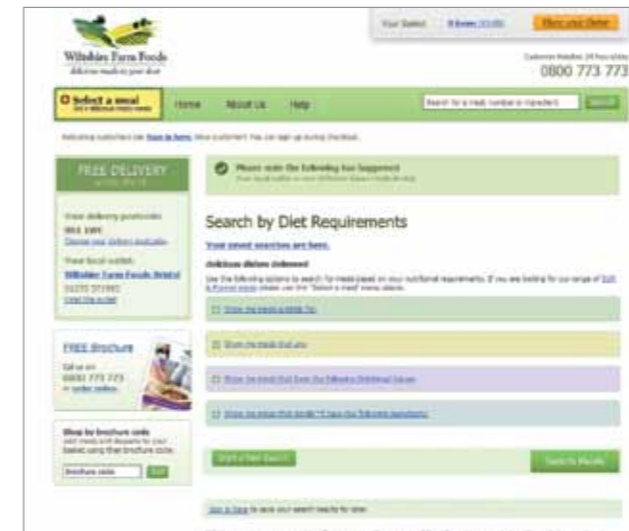
- 124 **NEW** Hearty Roast Beef with Red Wine Gravy D LF MS GF 510g
- 178 **NEW** Hearty Roast Chicken D MS GF 510g
- 175 Hearty Creamy Chicken Potato Topped Pie D LF GF 550g
- 170 Hearty Chicken & Vegetable Casserole D GF 530g
- 140 Hearty Ocean Pie D LF GF 520g
- 120 Hearty Beef & Vegetable Stew D GF 550g
- 192 Hearty Shrewsbury Mutton Hotpot D MS GF 510g

Select

- 656 West Country Cheddar Mash (side order) D GF V 250g
- 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
- 089 Chicken & Broccoli Bake Mini Meal D LF R MS GF 210g
- 050 Sliced Beef Mini Meal D LF R MS GF 200g
- 072 **NEW** Winter Vegetable Hotpot Mini Meal D LF R MS GF V 210g
- 053 Chicken in Gravy Mini Meal D LF R MS GF 200g
- 074 Minced Beef & Potato Wedges Mini Meal D LF R MS GF 220g



Menus just for you with our handy online dietary search

Have you tried our online dietary search? You can choose specific diets, allergens, ingredients or nutritional values, and our website will generate a list of meals suitable for you. You'll find it at www.wiltshirefarmfoods.com, or see page 3 for more details.

Mini Meals continued

- 055 Chicken Curry Mini Meal D LF R MS GF 200g
- 056 Beef Stew Mini Meal D LF R MS GF 210g
- 064 Beef Hotpot Mini Meal D LF R MS GF 200g
- 020 Chunky Vegetable Soup D LF R MS GF V 170g
- 016 Tomato & Vegetable Soup D LF R MS GF V VG 170g

Breakfast

- 096 **NEW** Omelette & Beans D LF R MS GF V 180g

Hot Desserts

- 830 Rice Pudding MS GF V 160g
- 842 West Country Clotted Cream Rice Pudding MS GF V 160g
- 841 Stewed Apple & Rice LF MS GF V 160g
- 931 Rice Pudding* D LF MS GF V 160g
- 941 Mixed Fruit & Custard* D LF R MS GF V 140g
- 933 Rice Pudding with Apple* D LF MS GF V 140g

Cold Desserts

- 447 Strawberry Flavoured Ice Cream MS GF V 120ml
- 421 Vanilla Flavour Ice Cream* D LF MS GF V 50g
- 456 Clotted Cream Ice Cream MS GF V 120ml
- 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
- 499 Strawberry Mousse* D LF MS GF 65g
- 497 Chocolate Mousse* D LF R MS GF 65g
- 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
- 480 Apricot & Peach Dessert* D LF MS GF 75g



Did you know?

At Wiltshire Farm Foods, flavour is everything. Above all, our meals and desserts must taste delicious. Once we achieve this aim, we ensure the dietary content meets our high standards, revisiting and refining the recipes until we achieve the perfect balance of taste and nutrition.



*Contains artificial sweetener