



Flavoursome Fish

Not only does fish have superb flavour and texture, it's good for you too. Our chefs have created a range of classic sauces to make it a great meal option for any day of the week.



318

Salmon & Broccoli Supreme

Flaky salmon with broccoli florets in a delicious sauce with peas, carrots, and mash – one of our most popular great value meals.

370g



304

Breaded Fish & Chips

A classic combination of breaded white fish, chips and peas.

305g



568

Cod Fillet with Mornay Sauce

One for cheese lovers – cod fillet in a tangy cheesy sauce, topped with grated red cheddar and served with boiled potatoes, broccoli and cauliflower.

400g



563

Plaice in Breadcrumbs

Delicious plaice fillet in golden breadcrumbs, served with boiled potatoes and peas. Another best seller.

380g



314

Fish in Parsley Sauce

A perfect piece of white fish in parsley sauce, with mashed potato, green beans and carrots.

370g



312

Fishermans Pie

A heart-warming pie of smoked haddock and white fish, topped with mashed potato and served with carrots and peas.

400g





566 Salmon Fillet
in Seafood Sauce Page 32



565

Cod in Parsley Sauce

Delicate, flaky cod in a creamy parsley sauce served with boiled potatoes, baby carrots and peas.

370g



566

Salmon Fillet in Seafood Sauce

A real treat – fillet of salmon in a delicious seafood sauce with boiled potatoes, carrots and green beans.

400g



313

Fish in Butter Sauce

A simple butter sauce complements the subtle flavours of the fish. Served with parsley boiled potatoes, mixed diced swede, peas and courgettes.

360g





660

Hake in Lemon Sauce

A zesty lemon sauce brings out the best in tasty hake, combined with roast and mashed potatoes, sugar snap peas and carrots.

340g



570

Plaice Fillet with Spinach & Cheese

Delicate plaice fillet topped with Cheddar cheese on a bed of nutritious spinach, served with mashed potato, peas and carrots.

410g

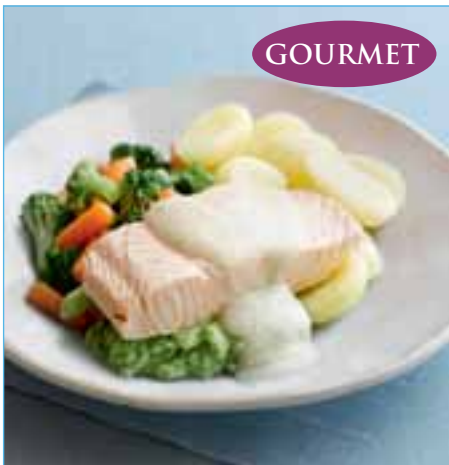


319

Smoked Haddock & Vegetable Bake

Smoked haddock and vegetables in a light and tasty cheese sauce topped with sauté potatoes and served with savoy cabbage and green beans.

510g



741

Salmon Fillet in Mint Butter Sauce

A stunning salmon fillet with a refreshing mint butter sauce, finished with boiled potatoes, carrots, broccoli and pea purée.

435g



"Excellent quality of food and very tasty. I like the fact that I can select from a huge range of meals from an attractive catalogue. It is so easy.

The delivery man is very helpful and puts all the dinners in the freezer for me. I have now tried about 25 different dinners. I particularly like the fish range. I shall certainly be using Wiltshire Farm Foods all the time now.

My family know that I am now getting a really nutritious meal each day of my own choice that I enjoy. I will certainly recommend you to my friends."

Mrs Vera Roberts, Rotherham



GREAT VALUE

618

Salmon & Spinach Mornay

Salmon pieces in a tasty spinach and cheese mornay sauce, served with boiled potatoes, green beans, peas, carrots, sweetcorn and peppers.

390g

D MS



564

Smoked Haddock in Cheese & Chive Sauce

A delicious piece of smoked haddock in a rich cheese and chive sauce with boiled potatoes, broccoli and carrots.

410g

D LF



GREAT VALUE

613

Tuna Pasta Bake

A classic combination of tuna and tomato penne pasta, topped with a tasty cheesy sauce.

370g

D

Have you tried..?

If you have a sweet tooth try our Treacle Tart & Custard on page 55.



GOURMET

769

Smoked Haddock with Welsh Rarebit

Full-flavoured smoked haddock with a spicy cheese topping, served with potato croquettes, green beans and broccoli.

380g

D



GOURMET

732

Fillet of Trout with Prawns

For something really special, treat yourself to our magnificent fillet of trout, served with juicy prawns in a seafood sauce, parsley potatoes, broccoli and fluted carrots.

390g

D LF
R MS



All our meals are easy to cook from frozen. Simply refer to the label for details.

Frozen for freshness

Our meals and desserts are frozen at the peak of quality, right after they're made, locking in their natural goodness. As freezing is a natural process, we don't need to add preservatives to keep them fresh – yet they still look and taste great whenever you decide to cook them!

Some meals can take hours to prepare from scratch at home, but our frozen ready prepared meals only take 8 to 12 minutes in the microwave or approximately 35 minutes to cook in the oven, straight from your freezer!



With Wiltshire Farm Foods, you can enjoy tasty, delicious dishes which are:

- Quick and easy to prepare
- Good value for money
- Low waste
- Nutritionally balanced
- Suitable for a range of special diets