



## Pear Drops full menu information

### **MONDAY**

(*m*) Beef Bourguignon or (*v*) Mushroom Bourguignon  
served with Steamed Rice

**\*Food should not be frozen and should be consumed on day of delivery \***

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### **Cooking Instructions**

**COVER WITH SILVER FOIL & PLACE ON A BAKING TRAY IN A PRE-HEATED OVEN AT 180c / Gas Mark 4 for 35/45 Minutes**

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### **Ingredients**

#### **Beef Bourguignon: (Does not contain any the main 14 allergens)**

Beef Shin 105g, Beef bouillon 2g, Silverskin onions 15g, Carrots 15g, Mushrooms 20g, Dried Rosemary 2g, Gluten free flour 3g, Demi Glaze 3g, Salt 1g, Pepper 1g

#### **Mushroom Bourguignon: (Does not contain any of the main 14 allergens)**

Beef-flavoured bouillon 2g (suitable for vegans/vegetarians), Silverskin onions 25g, Carrots 30g, Mushrooms 40g, Dried Rosemary 2g, Gluten free flour 3g, Demi Glaze 3g, Salt 1g, Pepper 1g, New potatoes 120g, Any beans 40g, Butter nut squash 30g

**Steamed Rice:** No allergens

Allergen advice in **bold**. Also see meat (*m*), vegetarian (*v*) and fish (*f*) indicated above.  
For more information get in touch –

**Email** - [contact@peardrops.co.uk](mailto:contact@peardrops.co.uk) or **Phone** – 020 3286 5757



## Pear Drops full menu information

### **TUESDAY**

(*m*) Chicken Cassoulet or (*v*) Butterbean Cassoulet  
served with Herb roasted potatoes

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### **Cooking Instructions**

**COVER WITH SILVER FOIL & PLACE ON A BAKING TRAY IN A PRE-HEATED OVEN AT 180c / Gas Mark 4 for 35/45 Minutes**

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### **Ingredients**

**Chicken Cassoulet: (P, R, DS, CS, P, C, HH, PS)**

Chicken, Butter Beans, Carrots, Green beans, Chopped Tomatoes, Onion, Garlic, Paprika, Bay Leaves, Dried Thyme, Italian seasoning (oregano, basil, thyme, rosemary)

**Vegetarian Cassoulet: (P, R, DS, CS, P, C, HH, PS)**

Green beans, Butter beans, Carrots, Chopped Tomatoes, Onion, Tomato Puree, Garlic, Paprika, Italian seasoning (oregano, basil, thyme, rosemary), Bay Leaves, Dried Thyme

**Mash Potato: (P, R, CS, P, C, HH, PS)**

Vegetable fat, **Milk Protein, Butter Oil, Milk Powder**, Onion Powder, Boiled potatoes, Water and Salt

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## Pear Drops full menu information

### **WEDNESDAY**

(*m*) Beef Lasagne or (*v*) Vegetable Lasagne  
served with a garden salad

**\*Food should not be frozen and should be consumed on day of delivery \***

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### **Cooking Instructions**

**COVER WITH SILVER FOIL & PLACE ON A BAKING TRAY IN A PRE-HEATED OVEN AT 180c / Gas Mark 4 for 35/45 Minutes**

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### **Ingredients**

#### **Beef Lasagne:**

Tomato, Lasagne (18%) (Contains: Durum **WHEAT** Semolina, Water, Whole **EGG**), Cooked Minced Beef (17%) (Beef Equivalent 24%), Water, **MILK**, Tomato Puree, Onion, Carrot, Cheddar Cheese [**MILK**], Margarine (Contains: Rapeseed Oil, Palm Stearine, Coconut Oil, Water, Salt, Emulsifier E471, Natural Flavouring, Vitamin A, Vitamin D, Colour E160a), Cornflour, Rapeseed Oil, Fortified **WHEAT** Flour (Contains: Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, **MILK** Powder, Salt, Single Cream [**MILK**], Medium Fat Hard Cheese [**MILK**], Vegetable Bouillion (Contains: Salt, Palm & Sunflower Oil, Potato Starch, Sugar, Maltodextrin, Yeast Extract, Natural Flavourings [**CELERY**], Carrot, Onion Powder, Spices [**CELERY**], Parsley), Garlic Puree, Spices, Herbs

#### **Vegetable Lasagne:**

Vegetables in Varying Proportions (48%) (Contains Tomato, Capsicum, Onion, Courgette, Tomato Puree, Mushroom, Cooked Aubergine (Rapeseed Oil)), **MILK**, Verdi Lasagne (13%) (Contains Durum **WHEAT** Semolina, Water, Whole **EGG**, Spinach), Water, Margarine (Contains Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier E471, Natural Colourings (E160b, E100), Natural Flavouring), Fortified **WHEAT** Flour (Contains Calcium Carbonate, Iron, Niacin, Thiamin), **MILK** Powder, Cornflour, Rapeseed Oil, Sugar, Mozzarella Cheese [**MILK**], Cheddar Cheese [**MILK**], Single Cream [**MILK**], Vegetable Bouillion (Contains Salt, Palm & Sunflower Oil, Potato Starch, Sugar, Maltodextrin, Yeast Extract, Natural Flavourings [**CELERY**], Carrot, Onion Powder, Spices [**CELERY**], Parsley), Salt, Spices, Yeast Extract, Herbs

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## Pear Drops full menu information

### **THURSDAY**

(*m*) Mild Chicken Curry or (*v*) Vegetable Curry  
served with Steamed Rice

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### **Cooking Instructions**

**COVER WITH SILVER FOIL & PLACE ON A BAKING TRAY IN A PRE-HEATED OVEN AT 180c / Gas Mark 4 for 35/45 Minutes**

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### **Ingredients**

#### **Chicken Curry:**

Chicken thigh, Chopped tomatoes, Chickpeas, White Onions, Carrots, Chicken Bouillon, Garlic, Curry powder, Garam masala, Cumin Seeds, Turmeric, Cinnamon, Dried Coriander, Potatoes

#### **Vegetable & Chick Pea Curry:**

Courgette, Chopped tomatoes, Chickpeas, White Onions, Carrots, Vegetable Bouillon, Garlic, Curry powder, Garam masala, Cumin Seeds, Turmeric, Cinnamon, Dried Coriander, Potatoes

#### **Steamed Rice:**

No allergens

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## Pear Drops full menu information

### FRIDAY

(f) Beer Battered Cod Fish & Chips or (v) Mediterranean Vegetable Tart & Chips served with Garden Peas

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### Cooking Instructions

**COVER WITH SILVER FOIL & PLACE ON A BAKING TRAY IN A PRE-HEATED OVEN AT 180c / Gas Mark 4 for 35/45 Minutes**

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### **Ingredients**

#### **Fish: (P, R, FS, CS, P, C, HH, PS)**

Cod (FISH), (Fortified **Wheat Flour ( WHEAT Flour**, Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Rapeseed Oil, Yeast), Batter ( Water, Fortified **Wheat Flour(WHEAT Flour**, Calcium Carbonate, Iron, Niacin, Thiamin), Maize Starch, **MUSTARD** Powder), Rapeseed Oil

**Mediterranean Tart:** Water, Red Onions, Cherry Tomatoes, Plain Flour, (**Wheat** Flour, Calcium, Iron, Niacin, Thiamin ) Corn Meal, Yellow Peppers (6%) Red Peppers (6%) Grilled Courgette (6%) Vegetable Suet, ( Non – hydrogenated Vegetable Oil ) 9 Palm , Sunflower ) **Wheat** Flour ) Tomatoes, Tomato paste, Margarine ( Palm oil, Rapeseed Oil, Bread Crumbs, ( **Wheat** Flour Calcium Carbonate, Thiamin, Niacin, Iron ) Water Salt, Yeast ) Slow Roasted Tomatoes (1%)( Tomatoes, Rapeseed, Oil, Salt, Garlic, Oregano ) Basil (1%) Balsamic Vinegar ( Red Wine Vinegar Concentrated Cooked Grape Must) Parsley, Pumpkin Seeds (0.5% ) Light Brown Sugar, Salt, Red Chillies, Garlic, Black Pepper.

#### **Chips: (P, R, CS, P, C, HH, PS)**

Potatoes  
Palm oil

#### **Peas: (P, R, CS, P, C, HH, PS)**

Garden peas

#### **Tartare: (P, R, DS, PS)**

Rapeseed Oil, Water, Gherkins, Sugar, Vinegar, **EGG** Yolk Powder, Salt, Capers, Stabiliser (Xanthin Gum), Acetic Acid, **MUSTARD** Powder, Parsley, Preservative (Potassium Sorbate), Dill Oil

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