

Seasonal Fresh Focus

This may not be the coldest month but the brief daylight hours and bare countryside give it a bit of a dismal feel so it is a good excuse to enjoy all the seasonal produce available. Not all are popular though. Brussels sprouts can get such bad press, probably for being overcooked, but are very nutritious. The parsnip was also associated with poverty, and was used as a staple food when grain harvests weren't good. The boiled juice was also used as a substitute for honey but they are a very hardy crop and a hard frost improves the sweet flavour.

Vegetables - Brussels sprouts, butternut squash, white and red cabbage, carrots, cauliflowers, celeriac, celery, chicory, chestnuts, horseradish, Jerusalem artichoke, kale, kohlrabi, leeks, parsnips, maincrop potatoes, pumpkins, salsify, shallots, swede, turnips.

Fruit - apples, clementines, grapefruit, kiwi, lemons, mandarins, oranges, pears, quince, nuts.





Prep of the Month
D060V Brussel Sprouts 1x5kg



Micro Herb of the Month B074 Micro Red Amaranth punnet





Meadowland Professional C0786B An Alternative to Butter 40x250g £22.15



Stork C07891B 6x2kg

£21.95







Summer County C0789C 6x2kg

£17.15



Flora Dairy Free C3613 Portions 1x100

£6.55



Kolios

C761 Feta Cheese 1x900g





£7.40



£10.65 Taste of the Lakes C01401 Smoked Whole Chicken Breast (230/265g) per kg



Taste of the Lakes C01402 Smoked Duck Breast (240/260g) per kg

£16.20



Tropicana C02959 Pressed Apple Juice 1x1.6ltr C02960 Original Orange Juice 1x1.6ltr

£3.30





McCain \$9.75 A342B Our Original Choice Thick Cut Chips (9/16) 4x2.27kg



McCain £13.95
A372B SureCrisp Medium Cut 7/16 Skin-On Chips 4x2.27kg



McCain £13.95
A370B SureCrisp Chunky Cut Gourmet Chips 4x2.27kg



McCain
A371B Our Menu Signatures Crispers 4x2.5kg



McCain £30.55
A374B Our Menu Signatures Sweet Potato Rustics 4x2.5kg



NEW Farmhouse Potato Bakers A2635 Carrot & Swede Mash 1x2.5kg

£5.15

£18.55



NEW Farmhouse Potato Bakers A2636 Mini Hickory BBQ Jackfruit Vegan Filled Skins 1x1.9kg



A2637 Mini Jalapeno Vegan Filled Skins 1x1.9kg

£7.75



Boiron Frozen Puree A0721 Blood Orange 1x1kg



£5.45

Boiron Frozen Puree A0730 Pear 1x1kg

£3.40



Boiron Frozen Puree
A0735 White Peach 1x1kg





Greens
A048 Natural Beer Battered Onion Rings 1x1kg



NEW Rosie & Jim
A1263 Gluten Free Salt 'n' Chilli Chicken Goujons 1x1kg



Roberts Country Fayre £19.95
A7293 Chicken & Mushroom in Dijon Mustard Sauce Square
Pie 1x12



Roberts Country Fayre \$21.95 A7294 Steak & Mushroom in Red Wine Square Pie 1x12



NEW Menuserve A5285 Mediterranean Vegetable Tart 1x12



NEW Seasons A7340 Toasted Malt & Rye Sourdough 1x6

£13.60



£19.90



£8.45

Schulstad Bakery Solutions A6660 5" Fruit Teacakes 8x6



Sidoli £10.95 A7277 Vegan Devils Food Cake (Pre-Portioned) 1x14ptn



Sidoli £10.95
A6928 Angel Sparkle Cake (Pre-Portioned) 1x14ptn



English Lakes Regular Ice Cream A6831 Vanilla 1x4ltr

£5.65



English Lakes Luxury Ice Cream A6769 Double Jersey 1x4ltr



A6822 Madagascan Vanilla 1x4ltr

£8.20



NEW Northern Bloc Vegan Ice Cream A7339 Chocolate & Orange Blossom 1x2.5ltr



A7341 Rhubarb & Raspberry 1x2.5ltr

£10.95







£3.10











Mornflake



C07520 Creamy Superfast Oats 1x3kg











£10.95

Eager 8x1ltr

C0498B 100% Squeezed Smooth Orange Juice C0499B Pomegranate Juice Drink

C0500B 100% Squeezed Orange Juice (with bits)















Eager 8x1ltr

£12.20

C0305B 100% Squeezed Smooth Pink Grapefruit Juice Drink

C02187B Baked Beans in Tomato Sauce 6x2.62kg

£17.35



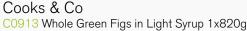
















£1.70

Heinz

C1220 Baked Beans in Tomato Sauce 24x415g







Schwartz £3.60 C0394 Ground Cinnamon 1x390g



Schwartz £7.55 C0396 Whole Cloves 1x285g



Schwartz £3.95 C0411 Ground Ginger 1x310g



Schwartz \$4.80 C04131 Juniper Berries 1x270g



Schwartz £3.40 C0418 Ground Mixed Spice 1x205g



Schwartz £11.30 C0421 Ground Nutmeg 1x435g

























£10.95

Knorr Gluten Free Bouillon Paste 1x1kg

C0966 Clear Vegetable

C0946 Chicken C0958 Mediterranean Vegetable

C0968 Clear Chicken C0949 Vegetable C0964 Roast Chicken

C0967 Clear Fish C3647 Lamb C0963 Roast Beef C0947 Beef C0962 Mushroom C0965 Rich Vegetable









Tilda C05692 Easy Cook Long Grain Rice 1x5kg



(V) (GF) (Vg) £9.30

Schwartz







Tilda C05694 Easy Cook Basmati Rice 1x5kg

C0679 Dark & Rich Gravy Browning 1x950g

£16.55

Tilda C05696 Easy Cook Basmati & Wild Rice 1x4kg £19.45





(V) (GF) (Vg)



(V)

C05703 Fragrant Jasmine Rice 1x5kg

£11.95

Blue Dragon C39402B Medium Egg Noodles 1x250g £1.05









Knorr Garde d'Or Sauces C012613 Mushroom 1x1ltr C012603 White Wine 1x1ltr

C012609 Pepper 1x1ltr C3888 Hollandaise 1x1ltr

£3.50 C012607 Red Wine 1x1ltr





Knorr Garde d'Or Sauce C012618 Bechamel 1x1ltr





Knorr Blue Dragon C3873 Teriyaki Marinade 1x1.1ltr

£6.55

(V)







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£6.55 C3871 Pad Thai 1x2.2ltr

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Knorr Blue Dragon Ready To Use Sauces

C3869 Chow Mein 1x2.2ltr

C3870 Katsu 1x2.2ltr

(V)

£2.70







V GF Vg







Knorr Patak's Ready To Use Sauces C151 Madras 1x2.2ltr

C143 Rogan Josh 1x2.2ltr

C141 Tikka Masala 1x2.2ltr

C131 Jalfrezi 1x2.2ltr





Knorr Ready To Use Sauce C1560 Fajita 1x2.2ltr

(V) (GF) (Vg)

£6.55







£6.55

£4.60





Knorr Blue Dragon Ready To Use Sauces C3865 Thai Green Curry 1x2.2ltr C3868 Sweet Chilli Dipping 1x2.2ltr







Knorr Blue Dragon Ready To Use Sauce C3861 Chunky Sweet & Sour 1x2.2ltr

£5.40











Uncle Ben's Ready To Use Sauces C38992 for Chilli Con Carne 1x2.29kg C038995 Hickory Smoked Barbecue 1x2.49kg

GF (Vg)

C38100 Mexican Salsa 1x2.23kg C38973 Sweet Thai Chilli 1x2.54kg

£6.30 C038994 Texan Barbecue 1x2.51kg











Heinz Table Top Sauces (Plastic) C05131B Tomato Ketchup 10x342g £12.90 C05133B HP Brown Sauce 8x285g £10.95 C05134B Hot English Mustard 8x220ml £8.15

C05139B Classic Barbecue Sauce 8x220ml £11.70 C05135B Seriously Good Mayonnaise 10x220ml £9.55















£7.10

Opies C3188 Spicy Tomato Chutney 1x1.25kg

£4.70



C36622 Green Pesto with Fresh Italian Basil 1x1.2kg







Cooks & Co Col31 Anchovy Fillets in Oil 1x365g





£3.50

PG Tips C03001 One Cup Catering Tea Bags 1x1100





Portion

£0.03





Portior

£0.01

40%

Portion

£0.05





PG Tips C03007 Enveloped Tea Bags 1x200

£6.45

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Typhoo C0301 1 Cup Teabags 1x1100

£13.20







Twinings String & Tag Bags
C359422 English Breakfast Decaffeinated 1x100

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Twinings String & Tag Bags C359310 Earl Grey 1x100

£5.35

(V) (GF) (Vg)



Portion £0.07









Twinings Envelopes C35960 English Breakfast 1x50

V GF Vg

£6.85

C35962 Earl Grey 1x50



Nescafe Azera C0319 Americano 1x500g While stock lasts



Nescafe Sticks 1x200 C0326 Original £11.70 C3615 Gold Blend £15.90



C36151 Original Decaff £12.90



£0.06

25%



£14.65

GF (Vg)







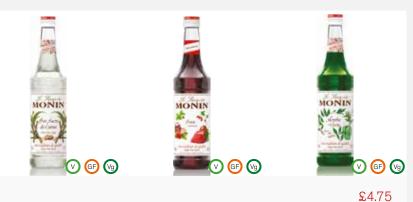
£13.80

(V) (GF) (Vg)

Kenco C0329 Smooth One Cup Coffee Sticks 1x200 £12.95

(V) (GF) (Vg)





Monin Syrups C0339 Caramel 1x70cl C0366 Strawberry 1x70cl

V) (GF) (Vg)

C0362 Passion Fruit 1x70cl C0468 Green Mint 1x70cl

C0364 Pure Cane Sugar 1x70cl



£6.85 **NEW Thirsty Planet Spring Water** C9180 Sparkling 24x330ml C9181 Still 24x330ml



Seabrook C07190 Canadian Ham 24x31.8g C07199 Cream Cheese & Chives 24x31.8g



Gluten Free

£6.95









Seabrook 32x31.8g C07228 Sea Salted C07214 Prawn Cocktail

C07226 Cheese & Onion

C07230 Sea Salt & Vinegar











Walkers 32x32.5g C09985 Ready Salted C09999 Prawn Cocktail

C09986 Salt & Vinegar

C09990 Cheese & Onion

£12.75







£0.40



£0.40

Walkers 32x20g C09993 Quavers Cheese Flavour

(V) £12.75

Walkers 32x22.5g C09994 Wotsits

£12.75

(V)







Walkers 32x40g C099947 Doritos Cool Original

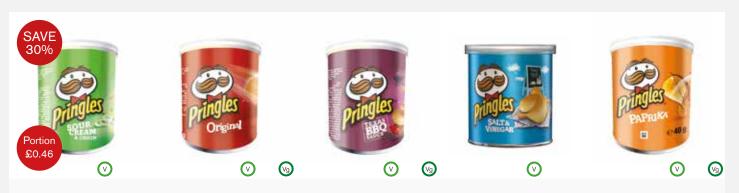


£15.40

Pom-Bear 36x19g C07188 Cheese & Onion



£13.25 C07187 Original



Pringles 12x40g C09967 Sour Cream & Onion C09965 Salt & Vinegar

C09966 Original C09971 Paprika

C09968 Texas BBQ Sauce





Wilson's of Kendal £14.95 C068919 Twin Pack Biscuits (Cumbrian Parkin & Oat) 100x2



Meredith & Drew C068918 Assorted Mini Packs 100x2

£14.50



Rombouts
C01009 Speculoos Cafe Biscuits 1x300



£9.70

50%

£0.43

McVitie's C3717 Jaffa Cake Snack Pack 20x4

£8.65

(V)



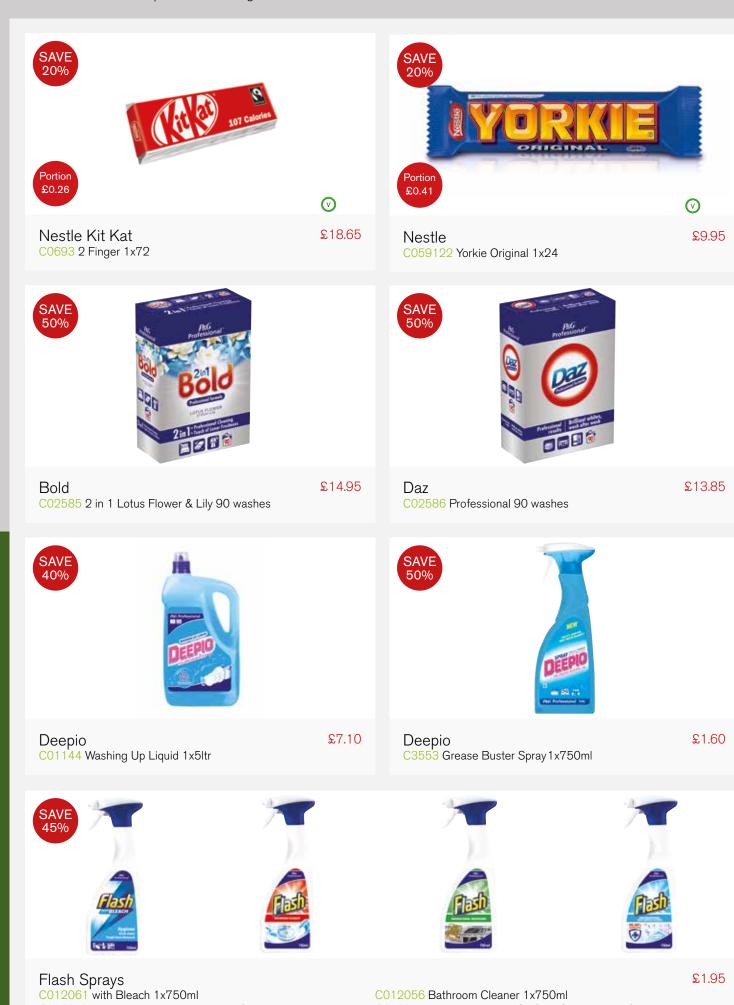
Nestle Kit Kat C0692 4 Finger 1x24



£9.85

C06921B Chunky 1x24





C01207 Antibacterial Multi-Surface Cleaner 1x750ml

C012058 Antibacterial Degreaser 1x750ml









Nilco C035407 Washroom & Bathroom Cleaner 1x1ltr C035406 Nilglass Glass & Mirror Cleaner 1x1ltr

C035409 Antibacterial Cleaner & Sanitiser 1x1ltr

£2.10









Wrapmaster Refill Rolls

C01462 Cling Film 300mm 3x300m £11.95 C01466 Baking Parchment 450mm 3x50m £15.85 C01463 Cling Film Refill Rolls 450mm 3x300m £17.95 C01465 Aluminium Foil 450mm 3x90m £21.85



Heavy Duty Black Refuse Sacks C0059 Recycled 1x200

£14.60

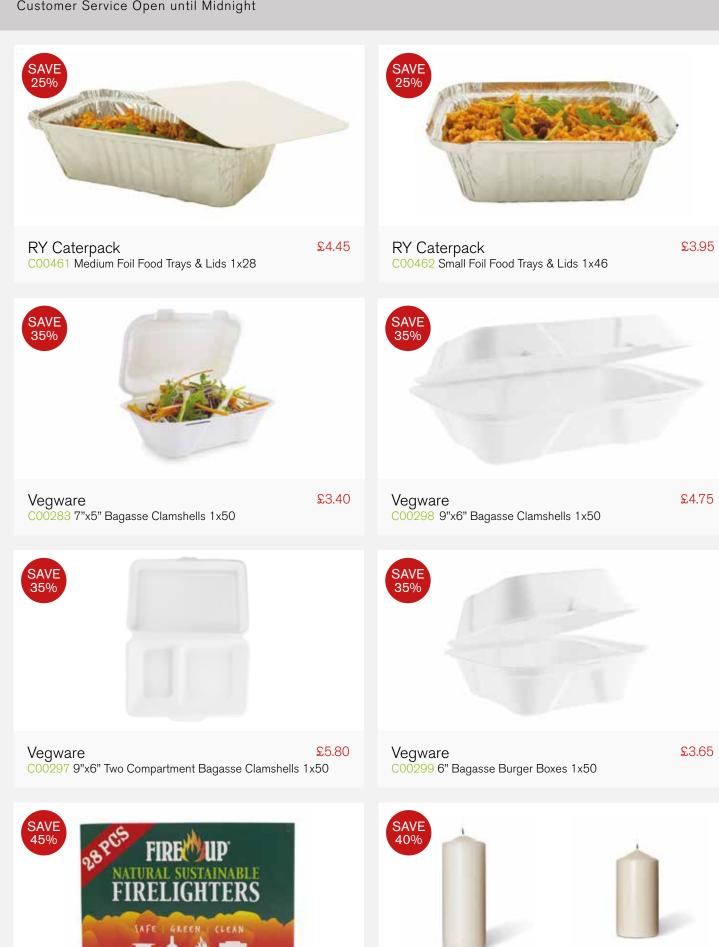


Clear Vinyl Gloves (Lightly Powdered) 1x100 C35411C Large C35412C Medium





£2.90



£13.70

Fine Dine Ivory Pillar Candles each

C5030 20cmx8cm (80hr) £2.60

C5029 15cmx8cm (68hr) £1.90

C09932 Natural Sustainable Firelighters (28 Bricks) 1x22

NEW Fire Up

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SAVE THE DATE

McClures
2020 Foodshow
Tuesday 3rd March
Castle Green, Kendal

Delivery Schedule

Saturday 21st	Normal Service
Sunday 22nd	No Deliveries
Monday 23rd	Normal Service
Tuesday 24th	Normal Service
Wednesday 25th	No Deliveries
Thursday 26th	No Deliveries
Friday 27th	Normal Service*
Saturday 28th	Normal Service
Sunday 29th	No Deliveries
Monday 30th	Normal Service
Tuesday 31st	Normal Service
Wednesday 1st	No Deliveries
Thursday 2nd	Normal Service*

^{*} Please note there will be limited availability on fresh fruit and vegetables

Cash & Carry Opening Hours

Saturday 21st	8.00 - 12.30
Sunday 22nd	9.30 - 11.30
Monday 23rd	8.00 - 17.00
Tuesday 24th	8.00 - 13.00
Wednesday 25th	Closed
Thursday 26th	9.30 - 11.30*
Friday 27th	8.00 - 17.00*
Saturday 28th	8.00 - 12.30
Sunday 29th	9.30 - 11.30
Monday 30th	8.00 - 17.00
Tuesday 31st	8.00 - 13.00
Wednesday 1st	Closed
Thursday 2nd	8.00 - 17.00*

ONLINE ORDERING ...

The McClures app is quick and easy to use, allowing you to place orders 24/7



With access to special offers and live pricing on McClures full range of products.

View and track orders.

Download invoices.

Download the App:





