



WEEK 5 1 MENU

15TH DEC

Cod Florentine & Roasted Baby Potatoes (450 cals) (Adults £7pp)

Tender cod fillets nestle on a bed of baby-leaf spinach, all bathed in a velvety light cheese sauce. Topped with a cheddar cheese and breadcrumb gratin. This dish will be accompanied by roasted baby potatoes - roasted with oil, salt, and pepper until irresistibly crispy. The gratin will be provided in a metal tray ready for you to bake in the oven for 20 minutes. The crispy potatoes will be supplied in a separate metal dish which can be reheated in the oven for around 10mins.

(Contains: Crustacean, Milk, Gluten) (Can be made DF with DF cheese, can be made GF with GF breadcrumbs)

Add a hearty portion of green beans and peas for £1.25 - the veg will be lightly blanched ready for you to steam in the micro for 2mins

Best Ever Beef Lasagne* (700 cals) (Adults £7pp Kids £3.50pp)

Another dish named by a happy customer! I have always loved making lasagne and this is a classic! Containing slow-simmered beef mince with onions and garlic, enriched with red wine and tomatoes - layered with creamy parmesan and nutmeg seasoned béchamel sauce, then topped with mature cheddar ready for you to bake until golden-brown and bubbling.

(Contains Celery, Milk, Gluten)

Side Dish: Add a portion of ciabatta bread with homemade garlic butter for £1.50pp*

(Contains: Milk, Gluten)

Smokey Sausage & Squash Traybake (625 cals) (Adults £7pp Kids £3.50pp)

A take on the popular sausage, squash, apple & mustard tray bake (now the fresh apples have all gone!) this is a cumin and harissa spiced tray bake instead featuring the same high-quality sausages with squash, red onions, brussel spouts and baby potatoes. Bake in the oven for a super tasty midweek treat

Contains: Gluten

Add a hearty portion of garlic tenderstem broccoli for £1.25 - the broccoli will be parcooked waiting for you to steam in the micro for 2mins



WEEK 5 1 MENU

15TH DEC

Middle Eastern Meatballs (650 cals) (Adults £7pp Kids £3.50pp)

Best British Beef Meatballs in a Middle Eastern fragrant spiced tomato sauce served with Griddled Vegetable and Halloumi Spiced Rice. Proper comfort dish in a bowl. I created this dish years ago when I wanted to change up always having meatballs with pasta and it's been a hit in our house ever since with some cheeky halloumi chunks stirred into the rice. Peppers, onions, courgettes and the halloumi will be grilled for that smoky taste before being stirred through the cumin spiced rice.

(Contains: Milk)

Side Dish: Add a portion of ciabatta bread with
homemade garlic butter for £1.50pp*

(Contains: Milk, Gluten)

Hearty Homemade Cottage Pie*(500 cals) (Adults £7pp Kids £3.50pp)

A classic autumnal dish this cottage pie is made using high quality mince meat cooked long and slow with a veggie loaded sauce including onions, carrots and swede for a peppery taste. Topped with creamy mashed potato and rich mature cheddar cheese. Bake in the oven until golden and bubbling for a perfect dish on these chilly days! (Order some extra portions to stash in the freezer for over Xmas).

(Contains: Milk. Can be made DF.)

Side Dish: Add a portion of Cauliflower Cheese for
£2.50pp* (300 cals)

(Contains: Milk, Gluten)

Side Dish: Add a portion of crispy oven roasted brussel
sprouts £1.50pp

Spicy Chicken Tikka Masala* (725 cals) (Adults £7pp Kids £3.50pp)

Stock up the freezer with a yummy Chicken Tikka Masala loaded with extra veggies including peppers and spinach and some chillies for a bit of heat. (Will be made milder for children or adults! Got friends visiting over Xmas ask me and I can make a large batch of this accompanied with Pilau Rice (with or without mushrooms)

(Contains: Coconut)

Side Dish: Add a large garlic and corriander naan £1.50pp



WEEK 51 MENU

15TH DEC

Lunch Option
Leek & Potato Soup with Truffle Oil - (V) (450 Cals)*
£4.25pp

A classic! With a little twist, first the leeks and onions will be sauteed in truffle infused olive oil for a subtle earthy flavour. This soup will be served with fresh homemade white rolls. (Order some extra portions to stash in the freezer for over Xmas).

Contains: Gluten

Important Info!

This is the last weekly food menu before Christmas.

I have planned this menu so all of the dishes can be frozen. I have marked the ones that will be supplied frozen however the Sausage Traybake, Cod Florentine and Meatballs & Halloumi-Veg Spiced Rice can all be frozen too if you want to stock up over the Xmas period, please advise at time of ordering if you wish to freeze them.

Please do check out the Festive Menu (on Facebook and Instagram @grubkitchenmeals) and if you wish to order please do so by **10th Dec.** All dishes will be delivered by me and my elves on Xmas Eve morning.



The usual important stuff, please read:

All meals are priced at £7pp unless otherwise stated. If you order any of the £7 meals for 4ppl the total price will be discounted to £25 for that dish for 4ppl

Meals marked with * will be supplied frozen.

Orders to be placed via message 07773027518 before 6pm Thursday. Payment to be made at time of placing order wherever possible

All meals will be ready to collect/deliver on Monday 24th Nov after 2pm.

Please advise allergies at time of placing your order.