



# WEEK 45 MENU

03<sup>RD</sup> NOV

## **Crispy Potato-Topped Beef Keema Pie\* (550 cals) (Kids portion £3.50)**

A hearty, spiced beef mince pie packed with warming flavours, topped with crispy turmeric spiced potatoes. Think of it like a cosy mash-up of shepherd's pie and curry — rich, comforting, and full of flavour. Great for when you want something filling and full of punch. This will be supplied in a metal container ready for you to bake in the oven or airfryer for approx 30mins

Contains: Celery

Side Dish: Add a portion of peppery butter sautéed cabbage and brussel sprouts £1.50pp

Contains: Milk

## **Basa Fillets with Garlic Potatoes & Salsa (500 cals) (Kids portion £3.50)**

Tender, flaky Basa fillets served on top of crushed garlic baby potatoes and tenderstem broccoli. A separate pot of vibrant salsa including red chilli, lime and coriander will be provided to pour over before serving. This dish will be provided assembled in a metal container ready for you to cook in the oven for 10 minutes. (As Basa fillets are quite small I will provide 1.5 fillets per adult portion).

Contains: Fish

Side dish: want more veggies? Add a portion of chilli, and coriander tenderstem broccoli £1.50pp

## **Smokey Paprika Chicken & Chorizo Tray Bake (775 cals)**

The super popular chicken and chorizo tray bake returns! This will be provided with paprika marinated chicken breasts, chorizo, cherry tomatoes, pepper, sticky garlic cloves and baby potatoes. It will be supplied in an oven bag ready to be cooked in the oven for approx. 40 mins in bag and 10mins out of the bag. A small pot of feta and fresh herbs will be supplied to put on the top before serving.

Contains: Milk, can be made DF without feta



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## **Don't Knock It Until You've Tried It - Veggie Lasagne\* (460 cals)(Kids portion £3.50)**

A hearty, oven-baked favourite layered with tender roast aubergines and peppers, sunk into a soothing homeamde tomato sauce infused with garlic, wine and fresh basil. Silky bechamel sauce is crowned with feta and cherry tomatoes for a gloriously golden, salty topping. This will be supplied in a metal container ready to be baked in the oven for 45mins.

Contains: Milk, Gluten

Side Dish: Add a portion of homemade coleslaw to your veggie lasagne for £1.25pp

Contains: Egg, Mustard

## **Best Ever Beef Lasagne\*(700 cals) (Kids portion £3.50)**

A classic lasagne, featuring a slow-simmered beef mince with onions and garlic, layered with creamy béchamel enriched with Parmesan and nutmeg, then topped with mature cheddar ready for you to bake until golden-brown and bubbling.

Contains: Celery, Milk, Gluten

Side dish: Add a micro chopped salad of tomato, cucumber, peppers and onions seasoned with parsley, olive oil and lemon for £1.25pp

Side dish: Add a portion of homemade garlic butter and ciabbata roll for £1.45pp

Contains: Milk, Gluten

## **Creamy Chicken & Ham Hock Pie\* (550 Cals) (Kids portion £3.50)**

Slow-cooked chicken and tender ham hock folded through a rich, herbed cream sauce with a hint of mustard, all tucked beneath a buttery golden puff pastry. A comforting, hearty countryside classic! This will be provided with a portion of buttery mash. The pie will be provided in a metal container with the pastry raw on top ready for you to cook through in the oven for approx 30mins. The mash can be reheated in the microwave, hob or oven.

Contains: Gluten, Celery

Side Dish: Add a portion of peppery butter sautéed cabbage and brussel sprouts £1.50pp

Contains: Milk



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## Chicken Satay, Fiery Noodle Salad & Lettuce Boats (700 cal)

This has been a hit in our family for years! Juicy chicken coated in a rich, creamy peanut satay sauce grilled until golden. Serve inside a lettuce boat with a crunchy noodle salad tossed with fresh veggies, a kick of chilli, and a squeeze of lime. It's a proper mix of bold, nutty, spicy, and fresh - packed with flavour. The chicken will be griddled ready for you to reheat in the microwave for a few minutes along with the noodles before assembling in the lettuce boats.

I've included a picture of the dish below as its a little tricky to imagine it, its a bit like making a taco or fajita wrap but with a lettuce boat, the satay is super zesty and tasty you certainly wont be disappointed!

Contains: Peanuts, Soy

Side Dish: Add a portion of corriander, chilli and butter corn on the cob £2.50pp

Side Dish: Add a portion of garlic sweet potato wedges for £1.75pp





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## Lunch Option (485 calories)

A spiced lentil and coconut soup. Super warming and designed to keep the doctor away with spices and loaded veggies to make a super midweek lunch treat.

This will be served with a flatbread ready for you to toast and dip into the soup!

£4.75pp

Contains: Coconut, Celery

(This would also make a great meat free dinner option)

Example pic, you could use the flatbread as croutons like in this pic!

## Some 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 30th Oct. Payment to be made at time of placing order wherever possible

All meals will be ready to collect/deliver on Monday 3rd Nov after 2pm.

Please advise allergies at time of placing your order.