



WEEK 47 MENU

17TH NOV

Greek Style Lamb Traybake (875 cals)

Homemade lamb meatballs flavoured with feta, mint and oregano will be nestled onto a tray featuring courgettes, red onions, peppers and a lemon and olive oil marinade. Bake in the oven for 30 minutes before serving on top of a flatbread with a spoon of homemade tzatziki.

Contains: Milk

Keralan Hake Curry with Coconut Rice (850 cals)

A midweek tasty curry treat! Beautiful hake fish will be cooked with peppers, cherry tomatoes fenugreek and mustards seeds in a creamy coconut sauce finished with fresh coriander. Serve on a bed of luscious coconut rice. Similar to other fish dishes I have supplied in the past the fish will be raw in the metal tray surrounded by the sauce ready for you to roast for approx 20mins and cook the fish fresh for maximum freshness. The rice can be reheated in the microwave or hob top.

Contains: Fish, Mustard

Side Dish: Add a large plain naan for £1.50pp

Spicy Sambal Chicken Noodle Stir-Fry (450 cals) **Kids £3.50**

Tender minced chicken will be infused with garlic, ginger, and a touch of sambal for a bold chilli kick. The chicken mince will be tossed through crisp carrots, shredded cabbage and red peppers along with a savoury blend of soy and oyster sauce. A tasty dish with the perfect balance of heat, sweetness, and umami in every bite. This will be provided in a plastic container ready for you to reheat in the microwave for approx 5mins.

Contains: Gluten, Crustacean

Side Dish: Add a portion of garlic, ginger and chilli tenderstem broccolifor £1.50pp



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Chicken Cacciatore with Buttery Mash (750 cals)* Kids £3.50

Tender chicken breast braised in a fragrant tomato, white wine and herb sauce, served over buttery mash with leek tops stirred through for extra flavour and bite.

Contains: Milk, Celery

Side Dish: Add a portion of garlic tender stem broccoli £1.25pp

Hearty Homemade Cottage Pie (500 Cals)* Kids £3.50

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.

Contains: Milk, Celery

Side Dish: Add a portion of cauliflower cheese
£2.50pp(kids £1.25pp)

The Sunday Roast Brioche (800 cals)* Kids £3.50

Slow cooked joint of beef in a rich onion gravy will be provided with 2 brioche buns per person and beef dripping potatoes, carrots and parsnips so you can create two delicious beef baps - either squash the beef dripping potatoes and veg into the bap or have them as a delicious crispy side! Have this dish in the week or save for a quick cheat Sunday lunch!

Contains: Gluten, Celery

Lunch Option

Leek, Potato & Cider Soup with a Mixed Grain Bread Roll (490 Cals)* £4.75pp

A silky blend of buttery leeks and floury potatoes, simmered in crisp dry cider and finished with a splash of milk, creating a rich, comforting warmth. Served alongside homemade mixed grain bread rolls. This hearty bowl is the perfect balance of rustic flavour and elegant touch.

Contains: Celery, Milk, Gluten



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Sweet Treat? Pineapple Upside Down Cake £3.50pp

I dont know about you but this autumnal weather always makes me crave a good classic hot pudding from my childhood and there is nothing better than a pineapple upside down cake! Sticky on top with pineapple and brown sugar with an extra soft and gooey cake batter made with the remaining pineapple juices! yum yum (get some custard in to have with it!)



Contains: Gluten, Milk

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 13th Nov. Payment to be made at time of placing order wherever possible

All meals will be ready to collect/deliver on Monday 17th Nov after 2pm.

Please advise allergies at time of placing your order.