

Meal Delivery Service Menus



All meals are £6.00 each

For more information and to order a meal, please call 07950620148

If you are unable to eat any of the meals on the menus, please contact us and we may be able to make a substitution. Please advise when booking of any food allergies or dietary requirements.

Menu WEEK 1

Monday

Shepherd's Pie with Green Beans, Spinach, Broccoli and Gravy
Trifle

Tuesday

Bacon and Leek Pudding with Mashed Potato, Peas, Carrots and Gravy
Pears and Custard

Wednesday

Liver and Bacon with Parsnip Mash, Savoy Cabbage, Peas, Carrots and
Onion Gravy
Pear and Almond Sponge with Custard

Thursday

Chicken in Creamy Bacon and Mushroom Sauce with New Potatoes,
Butternut Squash and Spinach
Fruit Jelly

Friday

Cod in a Parsley and Lemon Sauce with New Potatoes, Peas,
Sweetcorn and Carrots
Egg Custard with Shortbread Biscuits

Menu WEEK 2

Monday

Beef, Vegetable and Dumpling Stew with Mashed Potato
Lemon Posset with Cherry Compote and Crumble Toppings

Tuesday

Beef Lasagne with Roasted Vegetables
Apple and Rhubarb Crumble with Custard

Wednesday

Roast Pork with Roast Potatoes and Parsnips, Savoy Cabbage, Carrots,
Stuffing, Crackling, Apple Sauce and Gravy
Cherry Bakewell with Whipped Cream

Thursday

Minted Lamb and Pearl Barley Stew with Boiled Potatoes and Mixed
Carrots and Spinach
Rice Pudding

Friday

Age UK's Homemade Fish and Wedges with Mushy Peas
Lemon Sponge and Custard

Menu WEEK 3

Monday

Salmon en Croute with Lemon and Thyme Potatoes, Sweetcorn,
Carrots, Peas and White Sauce

Banoffee Pie

Tuesday

Sausage and Mushroom Casserole with Mashed Potato, Broccoli and
Carrots

Bread and Butter Pudding with Custard

Wednesday

Chicken and Mushroom Pie with Mashed Potato, Leeks, Peas and
Cabbage Mix and Gravy

Jam Roly-Poly and Custard

Thursday

Ham with Parmentier Potatoes, Cauliflower Cheese, Peas and Carrots

Treacle Sponge and Custard

Friday

Roast Lamb with Roast Potatoes, Roast Parsnips, Broccoli, Carrots,
Stuffing and Gravy

Apple Pie and Custard

Menu WEEK 4

Monday

Cottage Pie with Broccoli, Carrots, Peas and Gravy
Rice Pudding

Tuesday

Sausage Meat Pie with Mashed Potato and Baked Beans
Chocolate Orange Sponge and Custard

Wednesday

Smoked Haddock with Mashed Potato, Mixed Green Vegetables and
Chive Sauce
Lemon Meringue

Thursday

Chicken Casserole with Mashed Potato, Cabbage, Carrots and Peas
Spotted Dick and Custard

Friday

Steak and Kidney Pudding with Mashed Potato, Peas, Cabbage, Carrots
and Gravy
Strawberry Cheesecake

Snack Menu

Sausage Roll	£1.50
Giant Scotch Egg	£2.00
Slice of Quiche	£2.50
Fruit Scone with Clotted Cream and Jam	£3.25
Cheese Scone	50p

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