

Menu

1. Roast Beef, Pork, Chicken or Quorn accompanied by vegetables and roast potatoes served with gravy,
2. Mediterranean Chicken Pieces of chicken breast, peppers, tomato, mushroom and garlic served with rice.
3. Liver & Bacon mash potato & peas
4. Sausages accompanied by mash potato & peas or beans.
5. Jacket Potato with either cheese (onion), Baked Beans or Ham accompanied with a salad garnish.
6. Ham Carbonara
7. Cottage Pie Lean beef mince cooked with onions and peas topped with a cheesy mash potato accompanied with vegetables.
8. Fish Pie pieces of white fish and smoked haddock cooked in a parsley sauce with and peas topped with a cheesy mash potato

9. Gammon Ham Boiled potato and peas.
10. Battered Fish served with chips and peas.
11. Pork Loin Boiled potato and vegetables.
12. Beef Lasagne Chips and peas.
13. Salads A choice of cheese, ham, chicken or beef available.

Vegetarian Options

14. Mushroom Stroganoff Served with rice.
15. Macaroni Cheese with peas.
16. Vegetable Lasagne Chips and peas.
17. Vegetable Curry with rice.



01749 870400

Desserts

17. Chocolate Sponge
18. Trifle
19. Apple Crumble
20. Rice Pudding
21. Syrup Sponge
22. Peaches & Cream
23. Bananas & Custard
24. Lemon Curd Sponge & Custard
25. Cheese Cake

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New service delivering FROZEN ready meals

Meal4You is starting a new service delivering all of it's menu choices FROZEN we have had a number of requests for evening meals and to widen our delivery area. The only way we can do this is to provide a frozen delivery service.

All meals will still be prepared by our team of chefs, and we are going to enlarge the frozen menu offering a wider range of choices. For further information please call us on : **01749 870400**



- We provide a welfare check.
- There is no minimum order or contract.
- **You can order before 3pm for next day delivery.**
- We provide hot meals 364 days of the year.
- You can cancel your order on the day before 9.30am.

To request further information or to place an **ORDER**, please call



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