

Sample Frozen Ready Meals

Main Courses

From £4.50-£5.50 (1-portion) and £8.95-£9.95 (2-portion)

- **Beef Meatballs in a Mediterranean Sauce** - herby minced beef meatballs in a glossy tomato, basil, sweet pepper and aubergine sauce
- **Cauliflower & Broccoli Cheese** - cauliflower and broccoli florets in a sumptuous cheesy sauce with a hint of mustard and nutmeg and a herb breadcrumb crust
- **Cauliflower and Potato Curry in a Coriander and Yoghurt Sauce** - a lightly spiced and aromatic vegetarian curry with our own mix of spices
- **Cheesy Pasta and Roast Mediterranean Vegetable Bake** - think macaroni, but richer and heartier with at least '5 of your day' vegetables, roasted and added for extra flavour
- **Chicken & Broccoli Gratin** - free-range chicken and broccoli in a cream and herb sauce, topped with sliced new potatoes and crumbled goat's cheese
- **Chicken, Leek and Mushroom in a Cream and White Wine Sauce** - a rich and juicy dish of poached chicken pieces with buttery leeks, mushrooms and mixed herbs in a cream and wine bechamel sauce
- **Chicken, Leek & Roasted Courgette Casserole** - free-range chicken, sautéed leeks and roasted courgettes in a cream and herb sauce, topped with buttery mash
- **Cottage Pie** - top quality beef mince cooked with seasonal vegetables in a rich gravy, topped with traditional buttery mash potatoes
- **Luxury Fish Pie** - made using a mixed selection of seasonal fish (from a selection including smoked haddock, salmon, cod, hake, hot-smoked salmon, cold smoked salmon, prawns) in a rich and creamy sauce, topped with buttery mash
- **Mushroom, Leek & Ham in a Thyme & Parsley Sauce** - a mix of wild and field mushrooms, sautéed leeks and honey roast ham in a herby white sauce, topped with a little layer of crushed new potatoes
- **Normandie Chicken** - a hearty and rich casserole with chicken, bacon, leek and apple in a lovely juicy cider and mixed herb sauce
- **Shepherd's Pie** - sweet lamb mince cooked with seasonal vegetables in a rich gravy, topped with traditional buttery mash potatoes
- **Smokey Pulled Pork and Beans** - Tuscan style slow roasted pork with lemon and fennel in a smoky tomato and cannellini bean sauce

- **Stovies** - a very hearty and filling dish of potatoes, onions, sausages, selected farm shop meats and black pudding, slow cooked with stock and meat drippings
- **Sweet Potato and Chickpea Curry** - a good and hearty aromatic curry for anyone who is vegan but likes a good flavoursome dish
- **Two-Cheese Macaroni Cheese** - a very rich macaroni cheese with Cheddar and Brie in a sumptuous creamy sauce with a hint of mustard and nutmeg and a herby breadcrumb crust
- **Quiche** - generally vegetarian that might include a selection of roasted vegetables, a decent cheese, lots of herbs in a rich soft baked custard and crispy pastry

Puddings

From £3.25 to £6.95

- **Sticky Toffee Pudding** - a rich date and toffee sponge, topped with sticky toffee sauce
- **Cheesecake** - changing flavours, but expect lemon, raspberry or chocolate

Soups

All £2.95

- Carrot, Butterbean & Roast Pepper
- Cream of Leek & Potato
- Parsnip & Rosemary
- Sweet Potato & Coconut

Bread, Scones & Oatcakes

From £1.25 - £2.95

- Home-made Oaty Soda Bread
- Fruit and Cheese Scones
- Crunchy Golden Oatcakes