

COLD  
DELIVERY

# Boxed Meals

## Spring 2018



eden  
caterers

*"So long as you have food in your mouth, you have solved all questions for the time being" Franz Kafka*

Our boxed meals provide great tasting and nutritious food designed to provide a convenient hot meal quickly for staff, students or guests. We cook a daily selection of three different boxes.

Boxes are delivered to you cold, ready to be heated in a microwave when required. There is a minimum order of three cases. If you'd like to know more about how it works, please email or give us a call.

## boxed meals—daily selection

cases of six boxes. minimum order three cases

£ per  
case of 6

**This selection will be served on the 1st, 10th, 19th and 26th of the month**

<b>Smoked Fisherman's Pie</b> smoked haddock, salmon, mackerel and prawns with double cream and mash, served with seasonal vegetables	£48.00
<b>Spaghetti Carbonara with Chicken</b> mushrooms and chicken breast pan fried with garlic, onion and cream then stirred through spaghetti with bella lodi cheese	£30.00
<b>Vegetarian Rogan Josh with Rice (v, g)</b> an aubergine, squash, peppers and lentils version of this wonderful Kashmiri curry. served with pilaf rice.	£36.00

**This selection will be served on the 2th, 11th, 20th and 27th of the month**

<b>Lasagne Bolognese</b> traditional lasagne with minced steak, celery, carrot, oregano and bella lodi.	£31.50
<b>Tarragon Chicken &amp; Rice</b> tarragon, cream, lemon and chicken breast. Served with long grain rice.	£39.00
<b>Vegetarian Paella (vegan, g)</b> with mushrooms, peppers, artichoke hearts and fresh parsley.	£28.50

**This selection will be served on the 3rd, 12th, 21st and 28th of the month**

<b>Shepherd's Pie</b> minced lamb with carrot, swede and parsley topped with light mash.	£33.00
<b>Macaroni Cauliflower Cheese Bake (v)</b> the wonderful classic everyone's Mum made but lovelier with bella lodi, crème fraiche and chopped parsley	£28.50
<b>Mushroom Stroganoff with Rice (v, g)</b> crème fraiche, parsley, paprika and red wine flavour the rice, button and field mushrooms.	£30.00

**This selection will be served on the 4th, 13th, 22nd and 29th of the month**

<b>Beef in Red Wine with Mash</b> beef slowly braised in red wine with bouquet garni, celery, onion, carrot & button mushrooms. served with whole grain mash.	£36.00
<b>Chicken Korma &amp; Rice (n)</b> chicken thigh gently cooked in our own garam masala, coconut, garlic and natural yogurt. served with a pilaf rice and herb garnish	£33.00
<b>Fusilli with Mushroom (v)</b> oyster, chestnut & button mushrooms pan fried and tossed with fresh tarragon, bella lodi and cream, served with fusilli pasta	£28.50

**This selection will be served on the 5th, 14th, 23rd and 30th of the month**

<b>Moroccan Chicken with Turmeric Rice (g, d)</b> free range chicken breast with caraway, cumin, paprika, cinnamon, fresh chilli, dried fruit and tomato, served with turmeric rice.	£33.00
<b>Penne Arrabiata with Chicken</b> the classic spicy tomato sauce and chicken filets with penne pasta	£33.00
<b>Roasted Vegetable Lasagne (v)</b> peppers, aubergine, courgettes and cheese in a rich tomato and béchamel topped with a basil pesto.	£28.50

**This selection will be served on the 6th, 15th, 24nd and 31st of the month**

<b>Lamb Rogan Josh &amp; Rice</b> toasted cumin and coriander seeds give depth to the classic curry. served with rice	£45.00
<b>Meat Balls with Spaghetti</b> beef meatballs cooked in rich tomato sauce with spaghetti and shaved bella lodi	£30.00
<b>Cannelloni (v)</b> Spinach & ricotta cannelloni with Neapolitan sauce and smooth béchamel cream. .	£28.50

**This selection will be served on the 7th, 16th and 25th of the month**

<b>Chilli Con Carne &amp; Rice (g)</b> chilli, cumin, oregano, thyme and chocolate flavour the minced beef for this classic and delicious Mexican. Served with rice	£30.00
<b>Sausage &amp; Mash</b> pork & leek sausages with mustard mash and caramelised onion gravy.	£30.00
<b>Teriyaki Noodles with Cashews (v, d, n)</b> Chinese egg noodles with teriyaki, sesame seeds, cashew nuts and peppers.	£36.00

**This selection will be served on the 8th and 17th of the month**

<b>Spanish Style Lamb with Turmeric Rice (g, d)</b> slow cooked lamb with olives, tomato & paprika served with turmeric rice	£30.00
<b>Moroccan Vegetable Tagine &amp; Couscous (vegan)</b> pumpkin, sultanas, courgettes and chickpea flavoured with cinnamon, ginger and cumin. Served with minted couscous.	£28.50
<b>Thai Green Vegetable Curry &amp; Rice (vegan, d, n)</b> peppers, baby corn and cashew nut in a lime and coriander chilli coconut sauce. served with rice.	£28.50

**This selection will be served on the 9th and 18th of the month**

<b>Paella with Peppers, Mushroom &amp; Chorizo (g)</b> arborio rice with chorizo, peppers, mushrooms, peas, artichoke hearts, sunblush tomatoes and onion pan fried with paprika, parsley and lemon	£33.00
<b>Javanese Chicken &amp; Rice</b> chicken breast with coconut, peanuts & cumin. served with rice.	£30.00
<b>Roasted Vegetable Lasagne (v)</b> peppers, aubergine, courgettes and cheese in a rich tomato and béchamel topped with a basil pesto.	£28.50

**For orders greater than 50 cases any item can be selected for any day of the week.**

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Eden Caterers Ltd. 199 Hercules Road, London SE1 7LD.



To order: Call or email

Order deadline: 12:00 2 working days prior to delivery

dietary legend: v=vegetarian, g=gluten free, d=dairy free, n=contains nuts

Items marked gluten free have no gluten containing ingredients (ngci)

Gluten free and vegan options are available daily—ask if required

Allergen information is on our website and is supplied with your order