

Our Boxed Meals are the simplest, most cost effective and very delicious, option for many hot meal requirements – lunch, supper or overnight working. Choose either Delivered Cold, to be kept in a refrigerator till needed, then to be reheated in a microwave (3 minutes) or Delivered Hot, ready to serve. If delivered hot we recommend they are eaten within 20 minutes of delivery if not kept warm in some other way.

This menu will be served from 1st February 2022 to 31st May 2022
Allergen information is available on our website and is supplied with your order
Dietary legend: v = vegetarian, g = no gluten ingredients, d = dairy free, n = contains nuts
Full Ts & Cs on our website



VEGETARIAN

Macaroni Cauliflower with Caramelised Onion - Boxed Meal (v)

The wonderful classic with English cauliflower, mature cheddar, Coleman's English mustard, cayenne pepper, all topped with caramelised onion

Cold Delivery Hot Delivery

£5.20

£6.70

VEGAN

Vegan Rogan Josh with Rice - Boxed Meal (vegan, g, d)

An aubergine, squash, peppers and lentils version of this wonderful Kashmiri curry

£6.20

£7.50

Moroccan Vegetable Tagine & CousCous - Boxed Meal (vegan, d)

Squash, sultanas, courgettes and chickpea flavoured with cinnamon, ginger and cumin with a spiced couscous

£5.70

£7.20

Vegetable Thai Green Curry & Rice - Boxed Meal (vegan, g, d, n)

peppers, broccoli and babycorn with the lemongrass, ginger, lime, coconut milk with cashew nut. Served with long grain rice

£5.70

£7.20

Dhal with Sweet Potato, Coconut Crust & Rice - Boxed Meal (vegan, g, d)

Red lentil, spinach, sweet potato, coriander & chilli dhal with a coconut & ginger crust

£5.70

£7.00

Aubergine, Tomato & Basil Penne - Boxed Meal (vegan, d)

roasted aubergine in a rich tomato and basil sauce through penne pasta

£4.70

£6.20

MEAT

Lasagne Bolognese - Boxed Meal

a traditional lasagne with minced steak, celery, carrot, oregano and bella lodi

£7.75

£9.00

Penne Arrabiata with Chicken - Boxed Meal

The classic spicy tomato sauce and chicken fillets with penne pasta

£5.20

£6.70

Sri Lankan Beef & Potato Curry - Boxed Meal (g, d)

Cinnamon, cloves, cardamom and curry leaves with ginger and coconut milk give a punchy flavour to the spinach, potatoes and braised beef

£8.50

£10.00

Tarragon Chicken & Rice - Boxed Meal (g)

free range chicken with fresh tarragon, cream and lemon. Served with long grain rice

£7.20

£8.70

Chilli Con Carne & Rice - Boxed Meal (g, d)

chilli, cumin, oregano, thyme flavour the minced beef for this classic Mexican. Served with a parsley garnish and rice

£6.70

£8.20

Vietnamese Chicken Curry - Boxed Meal (g, d)

Classic Vietnamese with lemon grass, ginger, potatoes, spring onion, carrot, chilli, fish sauce, bayleaf, coriander and coconut milk

£7.00

£8.70

FISH

Harissa Salmon & Mint Jewelled Couscous

harissa crusted salmon with mint jewelled couscous and a harissa yoghurt dressing

£8.50

£10.50