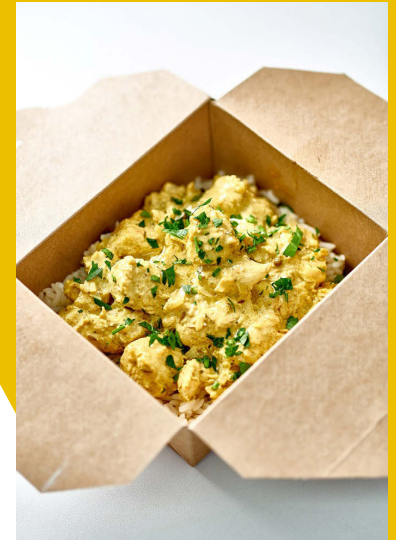


This menu will be served from 1st October 2018 to 31st January 2019  
Allergen information is available on our website and is supplied with your order  
Dietary legend: v = vegetarian, g = gluten free, d = dairy free, n = contains nuts  
Full Ts & Cs on our website



**BOXED**  
by eden

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.

## DAILY SELECTION

cases of six boxes, minimum order three cases

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

### Smoked Fisherman's Pie

smoked haddock, salmon, mackerel and prawns with double cream and mash, served with seasonal vegetables

### Spaghetti Carbonara with Chicken

mushrooms and chicken breast pan fried with garlic, onion and cream then stirred through spaghetti with bella lodi cheese

### Vegetarian Rogan Josh with Rice (v, g)

an aubergine, squash, peppers and lentils version of this wonderful Kashmiri curry. Served with pilaf rice.

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

### Lasagne Bolognese

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

### Tarragon Chicken & Rice

tarragon, cream, lemon and chicken breast. Served with long grain rice.

### Vegetarian Paella (vegan, g)

with mushrooms, peppers, artichoke hearts and fresh parsley

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

### Shepherd's Pie

minced lamb with carrot, swede and parsley topped with light mash, served with seasonal vegetables

### Macaroni Cauliflower Cheese Bake (v)

the wonderful classic everyone's Mum made but lovelier with bella lodi, crème fraiche and chopped parsley

### Mushroom Stroganoff with Rice (v,g)

crème fraiche, parsley, paprika and red wine flavour the rice, button and field mushrooms

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

### Beef in Red Wine with Mash

beef slowly braised in red wine with bouquet garni, celery, onion, carrot & button mushrooms, served with whole grain mash

### Chicken Korma & Rice (n)

chicken thigh gently cooked in our own garam masala, coconut, garlic and natural yogurt, served with a pilaf rice and herb garnish

### Fusilli with Mushroom (v)

oyster, chestnut & button mushrooms pan fried and tossed with fresh tarragon, bella lodi and cream, served with fusilli pasta

## DAILY SELECTION

cases of six boxes, minimum order three cases

**This selection will be served on the 5th, 14th, 23rd and 30th of the month**  
**Moroccan Chicken with Turmeric Rice (g, d)**

free range chicken breast with caraway, cumin, paprika, cinnamon, fresh chilli, dried fruit and tomato, served with turmeric rice

### Penne Arrabiata with Chicken

the classic spicy tomato sauce and chicken filets with penne pasta

### Roasted Vegetable Lasagne (v)

peppers, aubergine, courgettes and cheese in a rich tomato and béchamel topped with a basil pesto

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

### Lamb Rogan Josh & Rice

toasted cumin and coriander seeds give depth to the classic curry, served with rice

### Meat Balls with Spaghetti

beef meatballs cooked in rich tomato sauce with spaghetti and shaved bella lodi

### Cannelloni (v)

Spinach & ricotta cannelloni with Neapolitan sauce and smooth béchamel cream

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

### Chilli Con Carne & Rice (g)

chilli, cumin, oregano, thyme and chocolate flavour the minced beef for this classic and delicious Mexican, served with rice

### Sausage & Mash

pork & leek sausages with mustard mash and caramelised onion gravy

### Teriyaki Noodles with Cashews (v, d, n)

Chinese egg noodles with teriyaki, sesame seeds, cashew nuts and peppers

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

### Spanish Style Lamb with Turmeric Rice (g, d)

slow cooked lamb with olives, tomato & paprika served with turmeric rice

### Moroccan Vegetable Tagine & Rice (vegan, g, d)

pumpkin, sultanas, courgettes and chickpea flavoured with cinnamon, ginger and cumin, Served with minted couscous

### Thai Green Vegetable Curry & Rice (vegan, d, n)

peppers, babycorn and cashew nut in a lime and coriander chilli coconut sauce, served with rice

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

### Paella with Peppers, Mushroom & Chorizo (g)

arborio rice with chorizo, peppers, mushrooms, peas, artichoke hearts, sunblush tomatoes and onion pan fried with paprika, parsley and lemon

### Javanese Chicken & Rice

chicken breast with coconut, peanuts & cumin, served with rice

### Roasted Vegetable Lasagne (v)

peppers, aubergine, courgettes and cheese in a rich tomato and béchamel topped with a basil pesto

£ PER  
CASE OF 6

£49.20

£34.50

£34.50

£36.00

£40.50

£28.50

£33.30

£27.00

£27.00

£37.50

£32.70

£27.00

£ PER  
CASE OF 6

£35.70

£23.70

£29.70

£44.10

£37.50

£30.00

£28.50

£28.50

£35.70

£32.70

£27.00

£28.50

£27.90

£34.20

£29.70

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

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 **hot**, ready to be served immediately. There is a minimum order of five of any one case (30 boxes). If you'd like to know more about how it works, please email or give us a call.

## DAILY SELECTION

cases of six boxes, minimum order five cases

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

**Smoked Fisherman's Pie (sold in multiples of 6)**

smoked haddock, salmon, mackerel and prawns with double cream and mash, served with seasonal vegetables

**Spaghetti Carbonara with Chicken**

mushrooms and chicken breast pan fried with garlic, onion and cream then stirred through spaghetti with bella lodi cheese

**Vegetarian Rogan Josh with Rice (v, g)**

an aubergine, squash, peppers and lentils version of this wonderful Kashmiri curry. Served with pilaf rice.

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

**Lasagne Bolognese (sold in multiples of 6)**

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

**Tarragon Chicken & Rice**

tarragon, cream, lemon and chicken breast. Served with long grain rice.

**Vegetarian Paella (vegan, g)**

with mushrooms, peppers, artichoke hearts and fresh parsley

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

**Shepherd's Pie (sold in multiples of 6)**

minced lamb with carrot, swede and parsley topped with light mash, served with seasonal vegetables

**Macaroni Cauliflower Cheese Bake (v) (sold in multiples of 6)**

the wonderful classic everyone's Mum made but lovelier with bella lodi, crème fraiche and chopped parsley

**Mushroom Stroganoff with Rice (v,g)**

crème fraiche, parsley, paprika and red wine flavour the rice, button and field mushrooms

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

**Beef in Red Wine with Mash**

beef slowly braised in red wine with bouquet garni, celery, onion, carrot & button mushrooms, served with whole grain mash

**Chicken Korma & Rice (n)**

chicken thigh gently cooked in our own garam masala, coconut, garlic and natural yogurt, served with a pilaf rice and herb garnish

**Fusilli with Mushroom (v)**

oyster, chestnut & button mushrooms pan fried and tossed with fresh tarragon, bella lodi and cream, served with fusilli pasta

## DAILY SELECTION

cases of six boxes, minimum order five cases

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

**Moroccan Chicken with Turmeric Rice (g, d)**

free range chicken breast with caraway, cumin, paprika, cinnamon, fresh chilli, dried fruit and tomato, served with turmeric rice

**Penne Arrabiata with Chicken**

the classic spicy tomato sauce and chicken filets with penne pasta

**Roasted Vegetable Lasagne (v) (served in multiples of 6)**

peppers, aubergine, courgettes and cheese in a rich tomato and béchamel topped with a basil pesto

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

**Lamb Rogan Josh & Rice**

toasted cumin and coriander seeds give depth to the classic curry, served with rice

**Meat Balls with Spaghetti**

beef meatballs cooked in rich tomato sauce with spaghetti and shaved bella lodi

**Cannelloni (v) (sold in multiples of 6)**

Spinach & ricotta cannelloni with Neapolitan sauce and smooth béchamel cream

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

**Chilli Con Carne & Rice (g)**

chilli, cumin, oregano, thyme and chocolate flavour the minced beef for this classic and delicious Mexican, served with rice

**Sausage & Mash**

pork & leek sausages with mustard mash and caramelised onion gravy

**Teriyaki Noodles with Cashews (v, d, n)**

Chinese egg noodles with teriyaki, sesame seeds, cashew nuts and peppers

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

**Spanish Style Lamb with Turmeric Rice (g, d)**

slow cooked lamb with olives, tomato & paprika served with turmeric rice

**Moroccan Vegetable Tagine & Rice (vegan, g, d)**

pumpkin, sultanas, courgettes and chickpea flavoured with cinnamon, ginger and cumin, Served with minted couscous

**Thai Green Vegetable Curry & Rice (vegan, d, n)**

peppers, babycorn and cashew nut in a lime and coriander chilli coconut sauce, served with rice

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

**Paella with Peppers, Mushroom & Chorizo (g)**

arborio rice with chorizo, peppers, mushrooms, peas, artichoke hearts, sunblush tomatoes and onion pan fried with paprika, parsley and lemon

**Javanese Chicken & Rice**

chicken breast with coconut, peanuts & cumin, served with rice

**Roasted Vegetable Lasagne (v) (sold in multiples of 6)**

peppers, aubergine, courgettes and cheese in a rich tomato and béchamel topped with a basil pesto

£ PER BOX

£9.25

£6.50

£7.50

£7.00

£8.00

£6.50

£7.00

£6.50

£6.75

£7.75

£7.25

£6.50

£ PER BOX

£7.25

£7.25

£6.50

£9.25

£6.75

£6.50

£6.50

£7.00

£7.50

£6.75

£6.50

£6.50

£9.00

£6.75

£6.50

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