

Week One Menu

NEW!

Main courses:

Minced beef lasagne - £4.50

Sweet potato & walnut koftas with a tomato & pepper ragout (V, Vegan) - £4.50

Beef stroganoff (GF) - £6.50

Slow cooked lamb shoulder & chickpea curry (medium spice) (DF, GF) - £6.50

Chicken, lentil and bacon casserole (DF, GF) - £5.50

Sides:

Basmati rice (uncooked) 500g - £1.00

New potatoes (uncooked) 500g - £1.00

Vegetable portion for one person (uncooked) – three different vegetables - £1.00

Soups:

Butternut squash and harissa soup (V, Vegan, DF, GF) - £1.50

Pea & ham soup (DF, GF) - £1.50

Sweet treats:

Choc chip cookies x 2 (V) - £1.00

Salted caramel chocolate brownie (V, GF) - £1.00

Banoffee sundae (V) - £2.00

Homemade white bread:

700g loaf - £1.50

450g loaf - £1.25

4 x bread rolls - £1.25

Extras:

2 x Large Homemade Sausage Rolls – £1.50

6 x Cooks Eggs - £1.00

500g Caster Sugar - £1.25

1Kg Self-Raising Flour - £1.00

1 Kg Plain Flour - £1.00

V = Vegetarian

Vegan = Vegan

DF = Dairy Free

GF = Gluten Free

Week Two Menu

NEW!

Main courses:

Beef Nihari – Pakistani beef & lentil curry (DF, GF) - £6.50

Sicilian caponata – A rich Mediterranean vegetable ragout, great served with pasta (V, Vegan, DF, GF) £4.50

Spanish style chicken with chorizo and peppers (DF, GF) - £5.50

Cottage pie – (GF) £4.50

Sussex Smokie – Smoked haddock, cod and leeks in a creamy sauce topped with cheddar and breadcrumbs - £6.50

Sides:

Basmati rice (uncooked) 75g - £1.00

New potatoes (uncooked) 100g - £1.00

Vegetables (uncooked) – three different vegetables - £1.00

Soups:

Tomato & basil soup (V, Vegan, DF, GF) - £1.50

Chicken & broccoli soup (DF, GF) - £1.50

Sweet treats:

Granola flapjack – (V) £1.00

Chocolate orange brownie (V, GF) - £1.00

Strawberry cheesecake sundae (V) - £2.00

Homemade white bread:

700g loaf - £1.50

450g loaf - £1.25

4 x bread rolls - £1.25

Extras:

2 x Large Homemade Sausage Rolls – £1.50

6 x Cooks Eggs - £1.00

500g Caster Sugar - £1.25

1Kg Self-Raising Flour - £1.00

1 Kg Plain Flour - £1.00

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Week Three Menu

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Main courses:

Thai chicken Penang curry (DF, GF) - £6.50

Smokey ham hock & bean stew (DF, GF) - £5.50

Lamb koftas with a tomato, chilli and coriander sauce (DF, GF) - £5.50

Macaroni cheese – (V) £4.50

Steak, ale and winter veg stew (GF, DF) - £5.50

Sides:

Basmati rice (uncooked) 75g - £1.00

New potatoes (uncooked) 100g - £1.00

Vegetables (uncooked) – three different vegetables - £1.00

Soups:

Spiced lentil & bacon soup (GF, DF) - £1.50

Cauliflower & cheddar soup (V, GF) - £1.50

Sweet treats:

Chocolate chip shortbread (V) - £1.00

After Eight chocolate brownie (V, GF) - £1.00

Chocolate brownie sundae (V) - £2.00

Homemade white bread:

700g loaf - £1.50

450g loaf - £1.25

4 x bread rolls - £1.25

Extras:

2 x Large Homemade Sausage Rolls – £1.50

6 x Cooks Eggs - £1.00

500g Caster Sugar - £1.25

1Kg Self-Raising Flour - £1.00

1 Kg Plain Flour - £1.00

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Week Four Menu

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Main courses:

Chicken tikka masala curry (mild spice) (GF) - £5.50

Minced beef chilli (GF, DF) - £4.50

Root vegetable and chestnut mushroom stew (V, Vegan, DF, GF) - £4.50

Lamb & apricot tagine (GF, DF) - £6.50

Pork & Herb Meatballs in a Tomato Sauce (GF, DF) - £4.50

Sides:

Basmati rice (uncooked) 75g - £1.00

New potatoes (uncooked) 100g - £1.00

Vegetables (uncooked) – three different vegetables - £1.00

Soups:

Broccoli & Stilton soup (V, GF) - £1.50

Chicken & leek soup (GF) - £1.50

Sweet treats:

Rocky road - £1.00

Oreo chocolate brownie (V) - £1.00

Lemon & ginger cheesecake sundae - £2.00

Homemade white bread:

700g loaf - £1.50

450g loaf - £1.25

4 x bread rolls - £1.25

Extras:

2 x Large Homemade Sausage Rolls – £1.50

6 x Cooks Eggs - £1.00

500g Caster Sugar - £1.25

1Kg Self-Raising Flour - £1.00

1 Kg Plain Flour - £1.00

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