

21 meals for £20

Delivered to your door

Menu w/c 23.03.20

Monday - Porridge with nuts and seeds, Lasagna with salad, Tomato soup

Tuesday - Overnight oats with berries, Liver and onions with mashed swede and green beans, Tomato soup

Wednesday - Porridge with nuts and seeds, Cottage pie with carrots and peas, Sweet potato soup

Thursday - Sausage and scrambled egg, Braised chicken and leek pie, Tomato soup

Friday - Porridge with nuts and seeds, Sausage and mash with onion gravy, Carrot and coriander soup.

Saturday - Overnight oats with berries, Cottage pie with carrots and peas, Pea and ham soup.

Sunday - Bacon and egg frittata, Roast pork dinner, Oxtail soup

Menu w/c 30.03.20

Monday - Sausage and tomatoes, Liver and onions with mashed potato and green beans, Devilled eggs salad

Tuesday - Overnight oats with berries, Pork meatballs in tomato sauce, Pizza baguette

Wednesday - Muesli with dried fruit, Cottage pie with carrots and peas, Leek and potato soup

Thursday - Sausage and scrambled egg, Baked potato loaded with mince and onions, Pea and ham soup

Friday - Porridge with nuts and seeds, Sausage and mash with onion gravy, Roasted pork and vegetable broth

Saturday - Fruit and fibre cereal, Chicken chasseur with potatoes, Chocolate sponge with custard.

Sunday - Bacon and egg frittata, Roast beef dinner, Chicken noodle soup



Partnerships
with purpose



21 meals for £20

Delivered to your door

Menu w/c 06.04.20

Monday - Muesli with dried fruit, Hunter's chicken with rice and peas, Tomato soup

Tuesday - Fruit salad, Beef and onion pie with mashed potato and vegetables, Tomato soup

Wednesday - Porridge with nuts and seeds, Cottage pie with carrots and peas, Cauliflower and cheddar cheese soup

Thursday - Fruit and fibre cereal, Chicken korma with vegetables and rice, French onion soup

Friday - Fruit salad, Meatloaf with mashed potatoes and onion gravy, Carrot and coriander soup

Saturday - Bacon, tomato and egg frittata, Cottage pie with carrots and greens, Broccoli and blue cheese soup

Sunday - Bacon and egg frittata, Roast pork dinner, Scotch broth

Menu w/c 13.04.20

Monday - Porridge with nuts and seeds, Lasagna with salad, Tomato soup

Tuesday - Overnight oats with berries, Ham and cauliflower cheese with vegetables, Lamb broth with barley and vegetables

Wednesday - Fruit salad, Chicken with honey and mustard, new potatoes and beans, Sweet potato soup

Thursday - Sausage and scrambled egg, Spaghetti bolognese, Chocolate cake

Friday - Weetabix with milk, Sausage and mash with onion gravy, Carrot and coriander soup

Saturday - Cornflakes with milk, Cottage pie with carrots and peas, Pea and ham soup

Sunday - Fruit and fibre cereal, Roast turkey dinner, Oxtail soup



Partnerships
with purpose



21 meals for £20

Delivered to your door

Menu w/c 20.04.20

Monday - Porridge with nuts and seeds, Chicken kiev with chips, Onion soup

Tuesday - Overnight oats with berries, Beef stew with vegetables, Tomato soup

Wednesday - Muesli with dried fruit, Cottage pie with carrots and peas, Pork and vegetable broth

Thursday - Sausage and scrambled egg, Braised chicken and vegetable pie, Carrot cake

Friday - Porridge with nuts and seeds, Fishcake with peas and carrots, Vegetable soup

Saturday - Sausage and egg, Pasta carbonara, Chocolate cake

Sunday - Fruit salad, Roast beef dinner, Apple crumble

Menu w/c 27.04.20

Monday - Yoghurt with berries, Lasagna with salad, Vegetable soup

Tuesday - Weetabix with milk, Liver and onions with mashed swede and green beans, Cauliflower and cheese soup

Wednesday - Porridge with nuts and seeds, Hot pot with potatoes and vegetables, Leek and garlic soup

Thursday - Sausage and scrambled egg, Braised chicken and mushroom pie, Tomato soup

Friday - Porridge with nuts and seeds, Sausage and mash with onion gravy, Carrot and coriander soup

Saturday - Fruit salad, Pasta and meatballs, Chocolate cake

Sunday - Bacon sandwich, Meatloaf with mash and vegetables, Rice pudding with jam



Partnerships
with purpose



21 meals for £20

Delivered to your door

Menu w/c 04.05.20

Monday - Porridge with milk and honey, Fish pie, Carrot and cumin soup

Tuesday - Hash browns with tomatoes, Liver and onions with mashed swede and green beans, Tomato soup

Wednesday - Cornflakes with milk, Cottage pie with carrots and peas, Beetroot soup

Thursday - Sausage and scrambled egg, Chicken chasseur with rice and peas, Chocolate cake

Friday - Porridge with nuts and seeds, Sausage casserole with vegetables, Broccoli and blue cheese soup

Saturday - Porridge with nuts and seeds, Spaghetti bolognese, Pea and ham soup

Sunday - Fruit salad, Meatloaf with gravy and mash, Chicken noodle soup

Menu w/c 11.05.20

Monday - Scrambled egg and chives, Chicken casserole with rice and peas, Tomato soup

Tuesday - Hash browns with tomato, Lamb casserole with dumplings, Chicken noodle soup

Wednesday - Cornflakes with milk, Pulled pork with sweetcorn, gravy and 'biscuits', Sweet potato soup

Thursday - Yoghurt and berries, Turkey pie with mash and veg, Treacle sponge and custard

Friday - Porridge with nuts and seeds, Sausage and bean jambalaya, Pea soup

Saturday - Weetabix with milk, Mince and onion with puff pastry, mash and vegetable, Rice pudding

Sunday - Bacon sandwich, Roast turkey dinner, Vegetable soup



Partnerships
with purpose



21 meals for £20

Delivered to your door

Menu w/c 18.05.20

Monday - Yoghurt and berries, Lasagna with salad, Chocolate cake

Tuesday - Overnight oats with berries, Liver and onions with mashed swede and green beans, Tomato soup

Wednesday - Porridge with nuts and seeds, Cottage pie with carrots and peas, Sweet potato soup

Thursday - Sausage and scrambled egg, Braised chicken and leek pie, Mushroom soup

Friday - Porridge with nuts and seeds, Sausage and mash with onion gravy, Carrot and coriander soup

Saturday - Cornflakes with milk, Shepherd's pie with mash and vegetables, Chicken noodle soup

Sunday - Sausage, egg and potato frittata, Roast beef dinner, Treacle sponge and custard

Menu w/c 25.05.20

Monday - Porridge with nuts and seeds, Honey and mustard pork with potatoes and veg, Tomato soup

Tuesday - Cornflakes with milk, Meatloaf with roast potatoes, vegetables and onion gravy, Leek and potato soup

Wednesday - Boiled eggs and ham, Hot pot with potatoes and vegetables, Sweet potato soup

Thursday - Sausage and scrambled egg, Jacket potato with ham, cheese and baked beans, Pork and veg broth

Friday - Cornflakes with milk, Sausage and mash with onion gravy, Onion soup

Saturday - Porridge with nuts and seeds, Chicken chasseur with rice and peas, Carrot and cumin soup

Sunday - Fruit salad, Roast gammon with parsley sauce, Bread and butter pudding



Partnerships
with purpose



21 meals for £20

Delivered to your door

Menu w/c 01.06.20

Monday - Weetabix with milk, Lasagna with salad, Cauliflower cheese soup

Tuesday - Yoghurt with berries, Sausage and mash with onion gravy, Pea soup

Wednesday - Porridge with nuts and seeds, Hunter's chicken with rice, Tomato soup

Thursday - Sausage and scrambled egg, Fishcake with parsley sauce, Leek and potato soup

Friday - Cornflakes with milk, Meat-loaf and mash with onion gravy, Chocolate cake

Saturday - Overnight oats with berries, Cottage pie with carrots and peas, Chicken and sweetcorn soup

Sunday - Fruit salad, Roast pork dinner, Treacle sponge and custard

Menu w/c 07.06.20

Monday - Hash browns with tomatoes, Jacket potato with ham, cheese and baked beans, Chicken noodle soup

Tuesday - Cornflakes with milk, Chicken curry with vegetables and rice, Pea soup

Wednesday - Porridge with nuts and seeds, Beef and onion pie, Sweet potato soup

Thursday - Fruit salad, Braised chicken and leek pie, Tomato soup

Friday - Bacon sandwich, Sausage and mash with onion gravy, Carrot and coriander soup

Saturday - Omelette, Lasagna with salad, Pea and ham soup

Sunday - Yoghurt and fruit, Roast turkey dinner, Oxtail soup



Partnerships
with purpose

