

Freshly prepared in your home, customisable to suit dietary preferences or allergies. E.g Low-carb, low-fat, gluten-free, dairy-free, diabetic-friendly, and vegan. If there is something not listed, I will happily make it for you.

CHICKEN

Sweet & Sour Chicken

Tangy glaze | Bell peppers | Rice / Noodles

Roast Chicken Pieces

Seasonal sides | Herb-roasted | Honey mustard | Lemon & Rosemary

Chicken & Aubergine Parmigiana

Chicken schnitzel | Aubergine | Marinara Sauce | Mozzarella | Basil | Parmesan

Pesto Mushroom Chicken Pasta

Basil Pesto | Mushroom | Cream | Parmesan

Lemon & Asparagus Chicken Pasta

Lemon Zest | Asparagus | Lemon garlic cream | Parmesan | Chilli

Chicken Cashew Stir-Fry

Cashew | Broccoli | Carrot | Soy-ginger sauce | Rice / Noodles

Chicken Korma

Cashew Cream | Spices | Cream | Tomato

PORK

Thai Green Curry

Tender pork | Coconut Milk | Green curry paste | Aubergine | Rice

Pork Steaks in Mustard Cream Sauce

Pork steak | Mustard Cream | Mushroom | Spinach | Seasonal sides

Honey Garlic Pork Chops

Pork chops | Honey glaze | Garlic | Herbs | Seasonal sides



BEEF

Chilli Con Carne

Spiced beef | Beans | Corn | Tomato | Chilli | Rice

Classic Beef Lasagna

Layers of pasta | Beef ragu | Béchamel | Golden cheese crust

Bobotie

Curried beef | Fruit chutney | Egg topping | Yellow rice

Beef & Broccoli Teriyaki Stir-Fry

Tender Beef | Broccoli | Sesame | Soy glaze | Rice / Noodles

Beef Stroganoff

Sautéed beef | Mushroom | White wine | Cream

FISH & SEAFOOD

Baked Salmon / Trout / Hake

Baked fillet | Lemon & herbs | Seasonal sides

Creamy White Wine Prawn & Zucchini Pasta

Prawns | Zucchini | White wine cream | Chilli | Parmesan

Portuguese Prawn Rissoles

Half-moon shaped golden pastry | Creamy chilli prawn filling

Thai Coconut Fish Curry

Hake | Coconut milk | Lemongrass | Spices | Rice | Red curry paste



LAMB

Lamb Korma Curry

Slow-cooked lamb | Cashew nut cream | Yoghurt
Aromatic Spices | Rice

Orange, Rosemary & Garlic Lamb Chops

Seasonal sides | Citrus glaze | Rosemary | Garlic herb rub

Date & Apricot Lamb Tagine

Tender lamb | Sweet date | Apricot | Warm spices | Rice / Cous Cous

Shepherd's Pie

Lamb mince | Tomato base | Mashed potato | Cheese crust

Moussaka

Lamb mince | Cinnamon | Herbs | Tomato | Aubergine | Potato |
Parmesan | Bechamel

SALADS

Chicken Tabouleh Salad

Grilled chicken | Bulgur wheat | Parsley | Mint | Tomato | Lemon |
Cucumber

Asian Beef Salad

Seared beef | Crisp greens | Cucumber | Tomato | Sweet chilli soy

Chopped Chicken Salad

Chicken | Lettuce | Corn | Cucumber | Tomato | Apple | Peppers |
Feta / Blue cheese

Coronation Chicken Salad

Curried chicken | Mango chutney | Mayonnaise | Crisp greens

Prawn Cocktail Salad

Prawns | Lettuce | Cucumber | Cocktail Sauce | Tomato | Avocado

Poke Bowl (Salmon / Prawns)

Black rice | Avocado | Cucumber | Edamame | Tomato | Soy sauce



SOUP

Chicken Sweetcorn Soup

Tender chicken | Sweetcorn | Egg ribbons | Ginger | Carrot

Butternut Soup

Butternut | Garlic | Nutmeg | Cream

Chicken, Broccoli & Cheddar Soup

Chicken | Broccoli | Sharp cheddar | Creamy broth

VEGETARIAN

Spinach, Mushroom & Feta Pancakes

Spinach | Mushroom | Feta | Béchamel sauce | Cheddar

Pumpkin, Spinach & Ricotta Lasagna

Layers of pasta | Roasted pumpkin | Fresh Spinach | Ricotta |
Light Béchamel | Golden cheddar topping | Tomato

Mixed Vegetable Curry

Cauliflower | Peas | Carrots | Beans | Tomato gravy

Corn & Chickpea Patties

Chickpeas | Sweet corn | Herbs | Spices

Aubergine Parmigiana

Aubergine | Marinara | Mozzarella | Parmesan | Basil

Lentil & Chickpea Salad with Halloumi

Lentils | Chickpeas | Halloumi | Herbs | Lemon dressing

