

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

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Tangy Glaze | Bell Peppers | Carrots | Rice / Noodles

### Roast Chicken Pieces

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Honey Mustard / Lemon & Rosemary / Sherry & Garlic | Choice of Side

### Chicken & Aubergine Parmigiana

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

### Pesto Mushroom Chicken Pasta

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Basil Pesto | Mushroom | Cream | Parmesan

### Lemon & Asparagus Chicken Pasta

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Lemon Zest | Asparagus | Lemon Garlic Cream | Parmesan | Chilli

### Chicken Cashew Stir-Fry

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

### Chicken Korma

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Cashew Cream | Spices | Cream | Tomato

### Chicken Pie

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Flaky Pastry | Cream | White Wine | Mushrooms | Carrots | Mini Pork Sausage Meatballs

### Tomato & Feta Chicken Pasta

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Roasted Tomato | White Wine | Creamy Feta | Garlic

### Chicken Couscous

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Zucchini | Pepper | Carrots | Feta | Middle Eastern Spices

### Tuscan Chicken

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Tomato | Spinach | Parmesan | Cream



# BEEF

## Chilli Con Carne

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Spiced Beef | Beans | Corn | Tomato | Chilli | Rice

## Classic Beef Lasagna

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Layers of Pasta | Beef Ragù | Béchamel | Golden Cheese Crust

## Bobotie

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Curried Beef | Fruit Chutney | Egg Topping | Yellow Rice

## Beef & Broccoli Teriyaki Stir-Fry

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

## Beef Stroganoff

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Sautéed Beef | Mushroom | White Wine | Cream

## Steak Pie

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Tomato | Herbs | Red Wine | Tender Beef

# FISH & SEAFOOD

## Baked Salmon / Trout / Hake

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Baked fillet | Lemon & Herbs | Seasonal Sides

## Creamy White Wine Prawn & Zucchini Pasta

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Prawns | Zucchini | White Wine Cream | Chilli | Parmesan

## Portuguese Prawn Rissoles

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Half-moon Shaped Golden Pastry | Creamy Chilli Prawn Filling

## Thai Coconut Fish Curry

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Hake | Coconut Milk | Lemongrass | Spices | Rice | Red Curry Paste

## Fish Pie

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Creamy Mash | Prawns | Cream | Salmon / Trout | Dill



# LAMB

## Lamb Korma Curry

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Slow-cooked Lamb | Cashew Nut Cream | Yoghurt | Aromatic Spices | Rice

## Orange, Rosemary & Garlic Lamb Chops

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Citrus Glaze | Rosemary | Garlic Herb Rub | Seasonal Sides

## Shepherd's Pie

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Lamb Mince | Tomato Base | Mashed Potato | Cheese Crust

## Date & Apricot Lamb Tagine

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Tender Lamb | Sweet Date | Apricot | Warm Spices | Rice / Cous Cous

## Moussaka

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

## Pulled Lamb

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Roasted Leg of Lamb | Salad | Pita | Tzakiki | Middle Eastern Spices

## Rosemary Lamb Sausage Pasta

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Tomato | Red Wine | Cinnamon

# PORK

## Thai Green Curry

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Tender Pork | Coconut Milk | Green Curry Paste | Aubergine | Rice

## Pork Steaks in Mustard Cream Sauce

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Pork Steak | Mustard Cream | Mushroom | Spinach | Seasonal Sides

## Honey Garlic Pork Steaks

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Pork Steaks | Honey Glaze | Garlic | Herbs | Seasonal Sides

## Bacon Quiche

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Egg Custard | Bacon | Broccoli | Cheddar



# SALADS

## Chicken Tabouleh Salad

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Grilled Chicken | Bulgur Wheat | Parsley | Mint | Tomato | Lemon |  
Cucumber

## Asian Beef Salad

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Seared Beef | Crisp Greens | Cucumber | Tomato | Sweet Chilli Soy

## Chopped Chicken Salad

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

## Coronation Chicken Salad

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Curried Chicken | Mango Chutney | Mayonnaise | Crisp Greens

## Prawn Cocktail Salad

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

## Poke Bowl (Salmon / Prawns)

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Black Rice | Avocado | Cucumber | Edamame | Tomato | Soy Sauce

## Seared Tuna / Salmon Salad

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Lettuce | Cucumber | Tomato | Egg

## Chicken Caesar Salad

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Bacon | Lettuce | Parmesan | Cucumber | Tomato | Croutons | Egg |  
Yoghurt Anchovy Dressing

# SOUP

## Chicken Sweetcorn Soup

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Tender Chicken | Sweetcorn | Egg Ribbons | Ginger | Carrot

## Butternut Soup

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Butternut | Garlic | Nutmeg | Cream

## Chicken, Broccoli & Cheddar Soup

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Chicken | Broccoli | Sharp Cheddar | Creamy Broth



## French Onion Soup

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Caramelised Onions | Beef Broth | Garlic & Herbs

## Roasted Pepper & Tomato Soup

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Red Pepper | Tomato | Carrot | Herbs | Garlic

# VEGETARIAN

## Spinach, Mushroom & Feta Pancakes

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Spinach | Mushroom | Feta | Béchamel Sauce | Cheddar

## Pumpkin, Spinach & Ricotta Lasagna

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Layers of Pasta | Roasted Pumpkin | Fresh Spinach | Ricotta |  
Light Béchamel | Golden Cheddar Topping | Tomato

## Mixed Vegetable Curry

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Cauliflower | Peas | Carrots | Beans | Tomato Gravy

## Corn & Chickpea Patties

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Chickpeas | Sweet Corn | Herbs | Spices

## Aubergine Parmigiana

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Aubergine | Marinara | Mozzarella | Parmesan | Basil

## Lentil & Chickpea Salad with Halloumi

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Lentils | Chickpeas | Halloumi | Herbs | Lemon Dressing

*Don't see what you're looking for?  
Custom meals can be prepared on request.*

