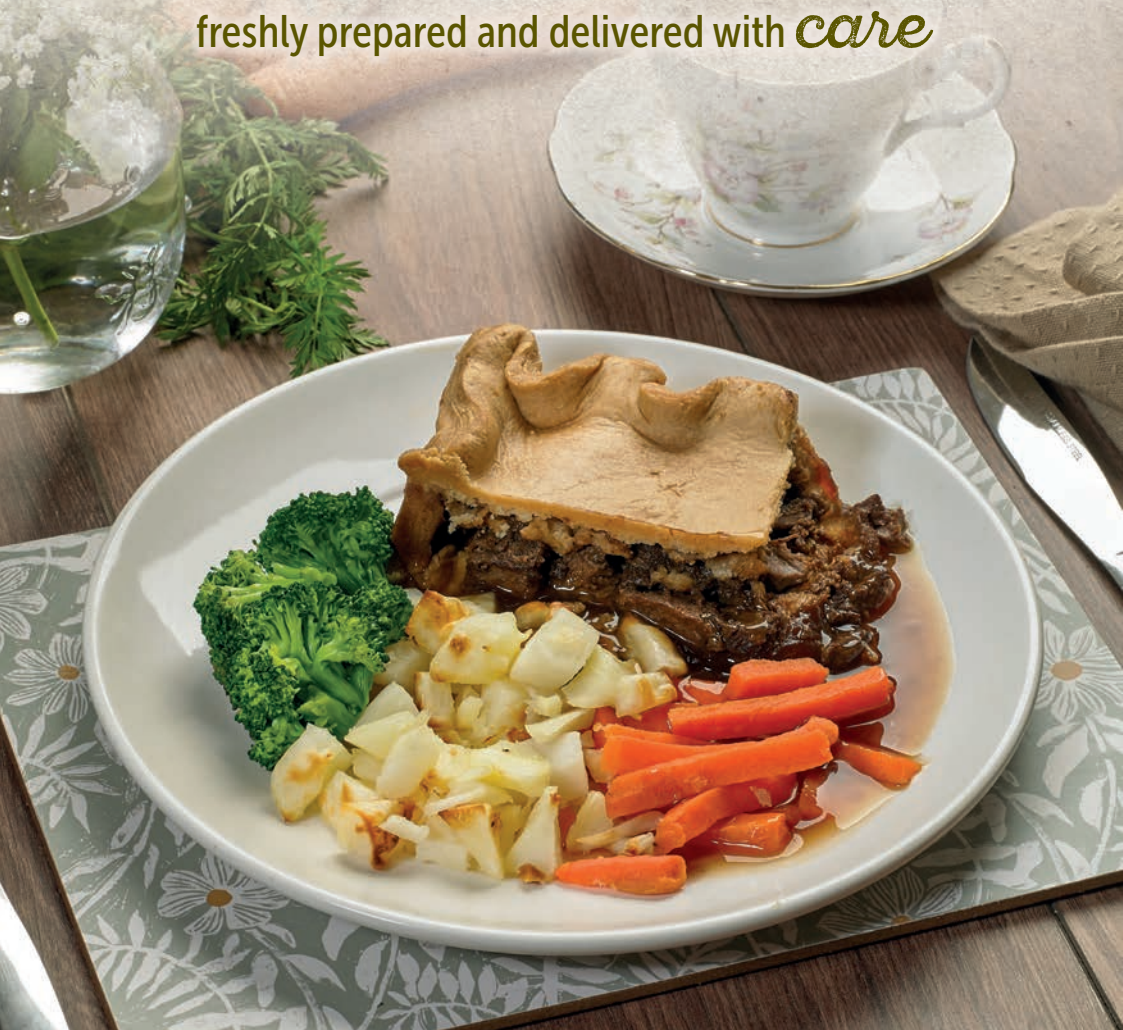




# County Kitchen

Our quality meals at home service

freshly prepared and delivered with *care*



Nottinghamshire  
County Council

# Welcome to County Kitchen

At County Kitchen we pride ourselves on delivering a range of delicious, nutritionally balanced meals, using responsibly and locally sourced ingredients, helping to protect our planet's natural resources. We use seasonal fruit and vegetables and quality produce sourced from local farmers and suppliers.

**All meals are £5.82 including a dessert or soup. Delivery is free.**

We hope you enjoy browsing through our mouth watering menu and planning your future meals. Whatever your tastes or needs we have something for you. Whether it is hot, oven cooked food delivered straight to your door, frozen meals for you to heat at your convenience, or specialist meals for specific dietary needs, we provide a tailored service.

In addition to your lunch time meals, breakfasts and tea time snacks are also available for you to order and they are delivered with your main meal. These can be found on page 38 of this brochure.

## Why us?

With over 35 years experience, we are an award winning and BSI 9001 accredited service you can depend on.

To ensure your meals are fresh and piping hot, many of our vans have ovens on board that cook the meals en route. We also provide:

- ✔ Flexible seven days per week service to suit and support your lifestyle
- ✔ Highly trained, caring, and friendly drivers, delivering peace of mind
- ✔ A new and exciting menu using locally sourced fruit, vegetables and meat
- ✔ Our safe and well checks give peace of mind, to make sure you have everything you need. If there is a problem, we will contact someone to help you.

**For more information, or to make an order, call us on 01623 490 015**

## Deliveries

We deliver both hot and frozen meals across Nottinghamshire.



### **Frozen deliveries: Monday to Friday from 9am.**

Bulk delivery of frozen meals has several advantages:

- ✓ you can choose which meal you want to eat on which day, at a time to suit you
- ✓ you can order the number of meals you want to suit your storage capacity (minimum of five meals)
- ✓ you don't have to wait in for a delivery each day
- ✓ If you need to rearrange or discuss, please call the office on **01623 490 015**

### **Hot deliveries: Monday to Friday 11am to 2pm.**

Hot meal deliveries may be more suitable for you if you have difficulty using an oven or microwave to heat your meals.

## Changing your delivery



**Please contact us with 24 hours' notice if you need to change your delivery day.**

To place or amend an order, or for any further information, there is just one number to remember: **01623 490 015**.

**To add or cancel on the same day**, calls must be **before 9.30am** on the day of delivery. Cancelled meals will still be charged if notification is not received before this time. If you are unsure about telephoning, a member of your family, friend or carer can do this for you.

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“My mum is getting a balanced healthy diet since having these meals.

I wish I had done this sooner.”

To place or amend an order, or for any further information, there is just one number to remember:

**01623 490 015.**

If you are unsure about telephoning, a member of your family, friend or carer can do this for you.

## Food allergies

When choosing from our tasty, great value range, meal descriptions list the food allergens present. Contact us for advice if you have food allergies before placing an order.

## Cooking/Reheating Instructions

All our frozen meals are suitable to reheat in a microwave or conventional oven. Please refer to the label on the meal for instructions for each meal as they may vary.

# Beef

The beef we use comes from a Red Tractor accredited farm in Nottinghamshire, meaning fresher meat with a low carbon footprint. Our range gives you a great choice to select your favourite dishes from.



FAMILY FARM FRESH



## BEEF LASAGNE

**Allergens:** Gluten Egg Fish Milk Mustard Soya

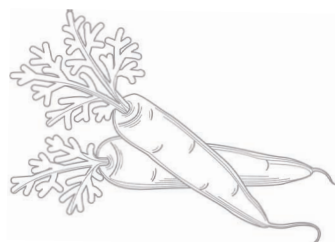
Slow cooked beef Bolognese layered with creamy bechamel sauce and lasagne sheets topped with cheese. Served with mediterranean roast vegetables.



## BEEF STEW AND DUMPLING

**Allergens:** Gluten Sulphur dioxide

Beef stew and dumpling served with fresh mashed potatoes, fresh carrots, swede mash and gravy.





## BEEF STEW AND YORKSHIRE PUDDING

**Allergens:** Gluten Egg Milk Sulphur dioxide

Slow cooked beef stew, fresh mashed potatoes, broccoli and carrots, served with a large Yorkshire pudding.

## CHEESY COTTAGE PIE

**Allergens:** Gluten Fish Milk

Minced beef and vegetables in a rich gravy topped with fresh mashed potatoes and cheese. Served with sauté potatoes and a carrot, Romano bean and broccoli medley.



## CORNED BEEF HASH

**No allergens**

A combination of corned beef, potatoes and onions served with a thyme roasted tomato and baked beans.

## HEARTY BEEF COBBLER

**Allergens:** Gluten Milk Sulphur dioxide

This hearty beef stew is topped with a flaky cheese scone and served with fresh mashed potatoes, shredded green cabbage and baton carrots.



## ROAST BEEF

**Allergens:** Gluten Celery Egg Milk Mustard Soya  
Traditional roast beef in gravy served with Yorkshire pudding, roast and mashed potatoes, fresh baton carrots and cauliflower in a cheese sauce.



## SPAGHETTI BOLOGNESE

**Allergens:** Gluten Fish Mustard Soya  
Slow cooked beef in a vegetable and tomato ragu sauce, served with spaghetti, baton carrots and garden peas.



## STEAK PIE

**Allergens:** Gluten Soya  
Tender pieces of diced steak in a rich gravy and encased in our rich shortcrust pastry. Served with fresh diced potatoes, broccoli and baton carrots.

“The meals are lovely quality and good size portions.”



# Pork

All of our pork is free range, born and reared outdoors locally to the highest welfare standards. Recognised by butchers and RSPCA Freedom Foods, gaining a Good Pig award from Compassion in World Farming.



AWARD WINNING



## FREE RANGE BACON CHOP

**No allergens:**

Free range locally sourced bacon chop, served with hash browns, baked beans and thyme roasted tomato.



## BRUNCH

**Allergens:** Gluten Egg Milk  
Sulphur dioxide

2 Nottinghamshire sausages and an omelette, served with baked beans and sauté potatoes.







## PORK FAGGOT IN GRAVY

**Allergens:** Gluten Sulphur dioxide

Butchers pork faggot in gravy served with creamy mashed potatoes, broccoli and braised red cabbage.



## ROAST PORK

**Allergens:** Sulphur dioxide

Free range pork with a gluten free sage and onion stuffing. Served with fresh mashed and roast potatoes, baton carrots, braised red cabbage and apple sauce.



## LIVER AND ONIONS

**No allergens**

A tasty dish of liver and onions cooked in a rich sauce. Served with fresh mashed potatoes, fresh baton carrots and green shredded cabbage.



## NOTTINGHAMSHIRE SAUSAGES CASSEROLE

**Allergens:** Gluten Fish Sulphur dioxide

Our Nottinghamshire premium pork and venison sausages in a rich tomato, bean and vegetable sauce. Served with baby roast potatoes, cauliflower and broccoli.



## NOTTINGHAMSHIRE SAUSAGES IN ONION GRAVY

**Allergens:** Gluten Sulphur dioxide

Our Nottinghamshire premium pork and venison sausages in a rich onion gravy. Served with fresh mashed potato, carrot and swede mash, and shredded green cabbage.



## PORK LOIN STEAK IN APPLE CIDER GRAVY

**Allergens:** Sulphur dioxide

Free range pork with an apple cider gravy, served with fresh mashed potatoes and roasted root vegetables.



## PORK MEATBALLS IN GRAVY

**Allergens:** Gluten Soya Sulphur dioxide

Fresh butchers pork meatballs in a rich gravy, served with fresh mashed potatoes, sweetcorn and garden peas.

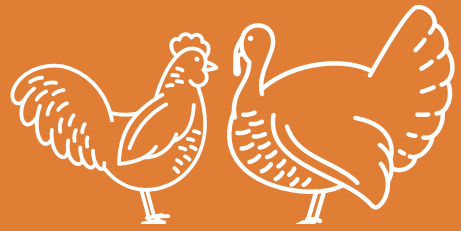


## ROAST GAMMON

**Allergens:** Gluten Celery Egg Milk Mustard Soya

Roast Gammon in gravy served with fresh mashed potatoes, cauliflower cheese, carrot and swede mash, and gravy.

# Chicken and Turkey



PREMIUM PRODUCT

We use only fresh Chicken and Turkey from Red Tractor accredited farms and suppliers.



## CHICKEN, HAM AND LEEK PIE

**Allergens:** Gluten Milk Soya

Made with Alderton ham, tender chicken and leeks and encased in a shortcrust pastry. Served with mashed potatoes, carrots, Romano beans, broccoli medley and gravy.



## CHICKEN IN WHITE WINE SAUCE

**Allergens:** Gluten Milk Celery Egg Mustard Sulphur dioxide

Tender chicken slices in a creamy white wine sauce, served with seasoned diced potatoes, greens beans and baton carrots.





## CHICKEN SUPREME

**Allergens:** Gluten Milk Celery Egg Mustard Soya

Tender chunks of chicken in a creamy mushroom sauce, served with mixed rice, carrots, Romano beans and broccoli medley.



## CHICKEN TIKKA MASALA

**Allergens:** Milk

Tender pieces of chicken in a creamy tikka masala sauce. Served with wholegrain brown and white rice, and onion bhaji.



## ROAST CHICKEN

**Allergens:** Sulphur dioxide

Succulent sliced chicken breast, with a gluten free sage and onion stuffing ball. Served with roast and fresh mashed potatoes, baton carrots, green shredded cabbage and gravy.



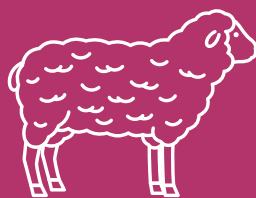
## ROAST TURKEY

**Allergens:** Sulphur dioxide

Traditional roast turkey with gluten free sage and onion stuffing ball. Served with fresh roast and mashed potatoes, broccoli, baton carrots and gravy.

# Lamb

Our classic lamb dishes are made using succulent, fresh meat from Red Tractor accredited local suppliers.



HEARTY DISHES



## MINTY LAMB CASSEROLE

**No allergens**

A delicious lamb casserole combining the classic flavours of lamb and mint, served with fresh mashed potato, carrots, Romano beans and broccoli medley.



## LAMB AND MINT PIE

**Allergens:** Gluten Soya

Rich and tender lamb with a minted gravy, encased in shortcrust pastry. Served with fresh mashed potatoes, carrots, Romano beans and broccoli medley.



## SHEPHERDS PIE

**Allergens:** Gluten Fish

A classic comfort food favourite, this shepherds pie contains lamb mince and vegetables in gravy topped with fresh mashed potato. Served with crispy diced potatoes, fresh broccoli and baton carrots.

# Fish

We use only MSC accredited fish in all of our fish range. Our seafood comes from fisheries that are certified as fishing sustainably.



## BREADED MSC FISH

**Allergens:** Gluten Fish

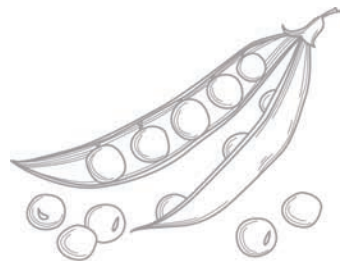
MSC breaded fish fillet served with chips and mushy peas.



## MSC FISH FILLET IN PARSLEY SAUCE

**Allergens:** Fish Celery Gluten Egg Milk Mustard Soya

MSC fish fillet in a tasty parsley sauce served with fresh baby roast potatoes, garden peas and cauliflower.



Quorn vegan fishless fingers are a delicious alternative to fish. You can find these in our tasty vegetarian section!



## MSC FISH CAKE IN PARSLEY SAUCE

**Allergens:** Gluten Celery Egg Fish Milk Mustard Soya

MSC fish cake with a tasty parsley sauce, served with fresh mashed potatoes and garden peas.



## MSC FISHERMAN'S PIE

**Allergens:** Gluten Egg Fish Milk Mustard Soya

Flakes of MSC salmon and Alaskan pollock smothered in a creamy white sauce and topped with fresh mashed potatoes. Served with baby roast potatoes and garden peas.



# Vegetarian

This whole range is suitable for a vegetarian diet. It is also very popular with our customers who fancy a change from meat dishes.



GARDEN FRESH



## CAULIFLOWER AND BROCCOLI BAKE

**Allergens:** Gluten Celery Egg Milk Mustard Soya

Fresh pieces of cauliflower and broccoli in a tasty cheesy sauce, served with sliced green beans and pomme noisettes.



## CHEESE AND VEGETABLE BAKE

**Allergens:** Gluten Milk

Vegetables mixed with potato, cheeses and coated in crisp breadcrumbs. Served with diced potatoes and roast root vegetables.

## CHEESE AND TOMATO QUICHE

**Allergens:** Gluten Egg Milk

Cheese and tomato quiche, a classic combination of cheese, tomatoes and basil served with crispy diced potatoes, carrots, Romano beans and broccoli medley.





## CHEESY VEGETABLE BAKE

**Allergens:** Gluten Egg Milk Mustard Soya  
Celery

A variety of fresh vegetables baked in a cheese sauce, served with pomme noisettes and carrots.



## FISHLESS FINGERS AND CHIPS

**Allergens:** Gluten

Fish free savoury flavoured fingers coated in a crispy crumb, served with chips and garden peas.



## MACARONI CHEESE

**Allergens:** Gluten Celery Egg Milk Mustard  
Soya

Macaroni pasta in a rich creamy cheese sauce served with mediterranean roast vegetables.



## MEAT FREE COTTAGE PIE

**Allergens:** Gluten Soya

A hearty rich and comforting meat free cottage pie made using seasoned soya mince. Served with crispy diced potatoes, carrots, Romano beans and broccoli medley.



## VEGAN MEATBALLS IN BBQ SAUCE

**Allergens:** Gluten Celery Soya

Lightly seasoned juicy vegan meatballs made with soya protein in a richly flavoured BBQ sauce, served with fresh mashed potatoes, sweetcorn and garden peas.



## MEDITERRANEAN LASAGNE

**Allergens:** Gluten Egg Milk Mustard Soya

This hearty roasted vegetable lasagne made with mushroom, onion, peppers, courgettes and garlic, in a rich tomato sauce layered between pasta and topped with a cheesy bechamel sauce. Served with green beans.



## MUSHROOM STROGANOFF

**Allergens:** Milk

This mushroom stroganoff is made with fresh mushrooms in a savoury creamy sauce, served with wholegrain brown and white rice and roasted root vegetables.



## PASTA AMERICANA

**Allergens:** Gluten Mustard Soya

Lightly seasoned juicy vegan meatballs made with soya protein in a rich tomato sauce in penne pasta served with mediterranean roasted vegetables.



## PLANT BASED SAUSAGE CASSEROLE

**Allergens:** Sulphur dioxide Soya

Plant based Cumberland sausage made from soya protein and pea fibre, with a sage and black pepper seasoning, in a rich bean and tomato sauce. Served with mashed potatoes, broccoli and cauliflower.



## PLANT BASED SAUSAGES IN GRAVY

**Allergens:** Sulphur dioxide Soya

Plant based Cumberland sausage made from soya protein and pea fibre, with a sage and black pepper seasoning in a rich gravy. Served with roasted potatoes, cauliflower and broccoli.



## POTATO PATCH PIE

**Allergens:** Gluten Milk

A blend of vegetables in a savoury white sauce, topped with fresh mashed potato. Served with fresh roast potatoes, baton carrots and shredded green cabbage.



## QUORN VEGAN FILLET

**Allergens:** Gluten Sulphur dioxide

Vegan savoury flavoured fillet made with mycoprotein, served with fresh diced potatoes, baton carrots, braised green cabbage and gravy.



## TORTELLONI FORMAGGIO

**Allergens:** Gluten Egg Milk

A delicious egg pasta with a five cheese filling, in a rich tomato sauce. Served with mediterranean roasted vegetables.



## VEGETARIAN ROLL AND GRAVY

**Allergens:** Gluten Soya Milk

A vegetarian sausage roll with seasoned soya filling, encased in a puff pastry. Served with fresh mashed potatoes, baton carrots and broccoli.



## VEGETABLE PIE

**Allergens:** Gluten Celery Milk

A creamy vegetable pie filled with leeks, onions, courgettes, aubergines and spinach, coated in a creamy sauce with a shortcrust pastry bottom and lattice pastry top. Served with fresh diced potatoes, green beans and baton carrots.



## VEGETABLE AND BUTTER BEAN COBBLER

**Allergens:** Gluten Milk Sulphur dioxide

A vegetable and butter bean cobbler with a red wine gravy, topped with a cheese scone. Served with baton carrots and shredded green cabbage.



## VEGETABLE HOT POT

### No allergens:

A base of vegetables including leeks, onions, carrots, sliced green beans and thyme in gravy, topped with fresh sliced potatoes. Served with carrot and swede mash and shredded green cabbage.

## VEGETABLE AND LENTIL CURRY

### No allergens:

A lightly spiced curry with courgettes, red and green peppers, mushrooms, onions, sliced green beans and red lentils. Served with wholegrain brown and white rice, and onion bhaji.

*“The staff and meals are fabulous- such a brilliant service that supports people”*

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If you are unsure about telephoning, a member of your family, friend or carer can do this for you.



# Venison and Rabbit

Our venison and rabbit products are supplied by our local award winning butchers



## VENISON HOT POT

**Allergens:** Fish

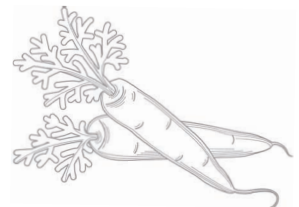
Tender minced venison and turkey mix in a rich sauce with carrot, onion, leek and thyme, topped with fresh sliced potatoes. Served with carrot and swede mash and a carrot, Romano bean and broccoli medley.



## RABBIT PIE

**Allergens:** Gluten Milk Mustard  
Soya Sulphur dioxide

Rabbit, with a leek and cider sauce, all encased in our delicious shortcrust pastry. Served with fresh mashed potatoes, broccoli, baton carrots and gravy.



# Soup

Our new range of soups include classic minestrone and vibrant red pepper and tomato, to the winter warm flavours of carrot and ginger.



FLAVOUR  
EXPLOSION



## CARROT AND GINGER SOUP

**No allergens:**

Creamy carrot and ginger soup, full of warm winter flavours that boasts many nutritional benefits!



## HEARTY VEGETABLE SOUP

**No allergens:**

A satisfying tasty soup packed full of fresh vegetables. Ideal for a lighter lunch.



## LEEK AND POTATO SOUP

**No allergens:**

This classic, hearty and warming soup is thick and creamy and is made using fresh locally sourced vegetables.





## LENTIL SOUP

**No allergens:**

This filling vegetarian soup is made with carrots, red lentils and leeks.



## MINISTRONE SOUP

**Allergens:** Gluten Mustard Soya

A hearty, classic Italian vegetable soup made with a rich tomato base and packed with vegetables and pasta.



## RED PEPPER AND TOMATO SOUP

**No allergens:**

Roasted red pepper, tomatoes, onion and herbs go into our rich and warming full of flavour soup.



## TOMATO SOUP

**No allergens:**

A comforting classic soup, made with tomatoes, onion, garlic and basil.





# Desserts

To compliment your main meal we have a wide selection of delicious hot and cold sweet courses to tempt you. These are included in the price of a meal, but if you wish to order additional quantities, this facility is available.



## APPLE AND APRICOT CRUMBLE WITH CUSTARD

**Allergens:** Gluten Milk

Apple and apricots with an oat crumble topping, served with custard.



## APPLE AND DATE SLICE WITH CUSTARD

**Allergens:** Milk Gluten

An old favourite, crust pastry base with a date and apple filling, topped with oat crumble mix, served with custard.



## APPLE PIE AND CUSTARD

**Allergens:** Gluten Milk

Classic apple pie encased in short crust pastry, served with custard.





## BAKEWELL TART AND CUSTARD

**Allergens:** Gluten Egg Milk Sulphur dioxide

A short crust pastry base topped with fruit jam and a baked almond flavoured frangipane, served with custard.



## BLACK CHERRY CHEESECAKE

**Allergens:** Gluten Soya Milk

Biscuit crumb base layered with a cheese cake filling and topped with a black cherry sauce.



## BUTTERSCOTCH TART

**Allergens:** Gluten Egg Milk

A sweet pastry tart filled with a rich sticky old school butterscotch filling.



## CHOCOLATE SPONGE WITH CHOCOLATE SAUCE

**Allergens:** Gluten Egg Milk

A moist sponge pudding served with glossy chocolate sauce.



## COCONUT AND MANGO RICE PUDDING

**Allergens:** Milk

Tropical chilled dessert that combines creamy coconut rice pudding and sweet tangy mango coulis.



## COCONUT TART WITH CUSTARD

**Allergens:** Gluten Egg Milk Sulphur dioxide

A classic pudding shortcrust pastry, jam and a scrumptious coconut topping, served with custard.



## CORNFLAKE TART

**Allergens:** Gluten Egg Milk Sulphur dioxide

A rich sweet pastry base, with a layer of jam and an irresistible syrupy cornflake topping, served with custard.



## CRISPY JAM TART AND CUSTARD

**Allergens:** Gluten Milk Sulphur dioxide

A crispy jam tart, shortcrust pastry base, layered with jam and topped with a crumble. Served with custard.



## HONEY CAKE AND CUSTARD

**Allergens:** Gluten Egg Milk

This honey cake is a sweet and moist dessert, rich in flavour and served with a creamy custard sauce.



## FLAPJACK

**Allergens:** Gluten

A fruity flapjack made with a base of oats and apples, a delicious treat.

“*Tomato and Pepper soup was superb*”

Check out our **TEATIME PACKS** on page 37. Our range includes, soups, sandwiches or even jacket potatoes, not forgetting a delicious choice of sweet treats for dessert!

Order now and they will be delivered with your main meal.



## *More than a Meal*

Our ethos at County Kitchen is to support people to be healthy and independent. Our award winning staff will deliver the meals to your door and carry out an automatic check to make sure you're safe and well, if there is any concern your next of kin will be notified.



## FRUIT AND CUSTARD CHOOSE FROM:

### APPLES IN CUSTARD

**Allergens:** Milk

Dutch apples flavoured with cinnamon and sultanas served in a creamy custard sauce.

### APRICOTS IN CUSTARD

**Allergens:** Milk

Apricots served in a creamy custard sauce.

### PEACHES IN CUSTARD

**Allergens:** Milk

Peaches served in a creamy custard sauce.

### RHUBARB AND CUSTARD

**Allergens:** Milk

Rhubarb served in a creamy custard sauce.



## FRUITY POTS CHOOSE FROM:

### FRUITY POT MANDARIN

**No allergens:**

Mandarin pieces in a fruit juice.

### FRUITY POT PEACH AND PEAR

**No allergens:**

Peaches and pears in a fruit juice.

### FRUITY POT PEACH JELLY

**No allergens:**

Fruit pieces in a fruit flavoured jelly.

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## GINGER SPONGE AND CUSTARD

**Allergens:** Gluten Egg Milk

Traditional baked ginger sponge, served with creamy custard sauce.



## JAM SPONGE AND CUSTARD

**Allergens:** Gluten Egg Milk Sulphur dioxide

A traditional jam sponge served with a creamy custard sauce.



## LEMON MERINGUE MUFFIN

**Allergens:** Gluten Egg Milk Sulphur dioxide  
Soya

Lemon flavoured muffin filled with lemon curd, topped with icing and meringue pieces.



## MARBLE SLICE

**Allergens:** Gluten

A light vanilla and chocolate sponge.



## MINCE MEAT TART AND CUSTARD

**Allergens:** Gluten Milk

A thick layer of mince meat covered in shortcrust pastry, served with creamy custard sauce.



## OATY APPLE CRUMBLE AND CUSTARD

**Allergens:** Gluten Milk

Apples with an oatly crumble topping, served with creamy custard sauce.



## PROFITEROLES

**Allergens:** Gluten Egg Milk

Choux pastry profiteroles, with a cream filling and topped with a thick rich chocolate sauce.



## RHUBARB PIE AND CUSTARD

**Allergens:** Gluten Milk

Tangy rhubarb encased in a shortcrust pastry, served with a creamy custard sauce.



## RICE PUDDING AND JAM

**Allergens:** Milk Sulphur dioxide

Traditional creamy rice pudding made with rice, milk and sugar, topped with jam.



## SEMOLINA

**Allergens:** Gluten Milk Sulphur dioxide

A traditional milk pudding, served with jam.



## SPICED CARROT CAKE AND CUSTARD

**Allergens:** Egg Gluten Sulphur dioxide

Sweet and moist spiced carrot cake and custard.



## STICKY TOFFEE PUDDING AND CUSTARD

**Allergens:** Gluten Egg Milk

A classic British dessert consisting of a dark dense sponge cake made with chopped dates, topped with a sweet toffee sauce and served with creamy custard sauce.





## STRAWBERRY MOUSSE

**Allergens:** Milk Soya

A light whipped strawberry cold dessert topped with a cream swirl.



## SYRUP SPONGE AND CUSTARD

**Allergens:** Gluten Milk Egg

A truly indulgent syrup sponge with golden syrup sauce, served with creamy custard sauce.



## FRUIT YOGURT

**Allergens:** Milk

Organic whole milk creamy yogurt blended with fruit.



## CHOCOLATE MOUSSE

**Allergens:** Milk Soya

A light whipped chocolate cold dessert topped with a cream swirl.

# Pureed Desserts

Our range of pureed desserts are tasty and easy to eat. These are suitable for anyone who has difficulty swallowing, but still likes a classic sweet dessert.

**Level 4** Pureed extremely thick

## RICE PUDDING

**Allergens:** Milk

## CHOCOLATE SPONGE AND CUSTARD

**Allergens:** Gluten Milk Egg Soya

## JAM SPONGE AND CUSTARD

**Allergens:** Gluten Egg Milk

## SPICED APPLES AND CUSTARD

**Allergens:** Gluten Milk Egg Soya

## STICKY TOFFEE PUDDING

**Allergens:** Gluten Milk Egg Soya Sulphur dioxide



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# Pureed Meals

We offer a range of meals made from prime cuts of meat and fish complimented by potatoes and vegetables with the ingredients being individually pureed, portioned and shaped, and easy to eat. These are suitable for anyone who has difficulty swallowing, but appreciates good food.



## CHICKEN AND STUFFING

**Level 4** Pureed extremely thick

**Allergens:** Gluten Milk Egg Soya

Chicken and stuffing in rich gravy with mashed potatoes, carrots and broccoli



## ROAST LAMB WITH MINT

**Level 4** Pureed extremely thick

**Allergens:** Milk Egg Soya

Traditional roast lamb with mint, in rich gravy with mashed potatoes, peas, swede and parsnip.



## BEEF STEW AND DUMPLING

**Level 4** Pureed extremely thick

**Allergens:** Gluten Milk Egg Soya Sulphur dioxide

Beef stew and dumpling in rich gravy, with mashed potatoes, carrots and peas.





## BEEF BOLOGNESE

**Level 4** Pureed extremely thick

**Allergens:** Gluten Milk Egg Soya

Beef Bolognese with pasta in rich tomato sauce, with mashed potatoes, carrots and broccoli.



## FISHERMAN'S PIE

**Level 4** Pureed extremely thick

**Allergens:** Milk Egg Soya Fish

Fisherman's pie in a rich white sauce with mashed potatoes, peas and carrots.



## MACARONI CHEESE

**Level 4** Pureed extremely thick

**Allergens:** Gluten Milk Egg Soya Mustard

Really cheesy macaroni in a rich cheesy sauce with mashed potatoes, carrots and broccoli.



## COTTAGE PIE

**Level 4** Pureed extremely thick

**Allergens:** Milk Egg Soya

Cottage pie in a rich gravy, with mashed potatoes, carrots and broccoli.

## Level 5 minced and moist

### CHOOSE FROM:

#### SAVOURY BEEF

Level 5 minced and moist

**Allergens:** Milk Egg Soya Mustard

Savoury beef with mashed potato and carrots.

#### LAMB CASSEROLE

Level 5 minced and moist

**Allergens:** Milk Egg Soya Mustard

Lamb casserole with minted potato mash and swede.

#### CHICKEN AND STUFFING

Level 5 minced and moist

**Allergens:** Gluten Egg Soya Milk

Chicken and stuffing rich in gravy with mashed potatoes, carrots & broccoli.

To place or amend an order, or for any further information, there is just one number to remember:

**01623 490 015.**

If you are unsure about telephoning, a member of your family, friend or carer can do this for you.



# Teatime packs

Place your order and it will be delivered with your main meal.



## Jacket potato meal

A jacket potato topped with either cheese (Milk), baked beans or chilli.

Accompanied by soup or cake or a fruit pot (See pages 23 – 24 for our range of soups, see fruit pots on page 29).



## Afternoon tea

### CHOICE OF SANDWICHES OR SALADS

(allergens on packet) accompanied by two other items from our own range of cakes, crisps, fruit, fruit pot, cheese and biscuits or yoghurt

### ICED BAKEWELL TART

**Allergens:** Gluten Egg Sulphur dioxide

### FRUIT CAKE

**Allergens:** Gluten Egg Milk

### FRUIT SCONE

**Allergens:** Gluten Milk

### CHEESE & BISCUITS

**Allergens:** Gluten Milk



# *Ethnic and specialist diets*

We supply a range of appetising meals which suit religious and cultural diets, these include Afro Caribbean, Halal, Asian Vegetarian and Kosher meals. We source all of our ethnic meals from accredited suppliers.



Examples of meals include:

**Kosher lamb casserole**

**Afro – Caribbean brown chicken stew with rice and peas**

**Halal chicken madras**

**Chickpea Daal**

For more information about the full menu

please call **01623 490 015**

or visit **[www.countyenterprisefoods.co.uk](http://www.countyenterprisefoods.co.uk)**





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