

Meals on Wheels Menu

**Frozen Kosher ready meals
straight to your freezer**

All meals are suitable for heating in a microwave or oven

JEWISH CARE

Mains



Poultry

Roast Chicken & gravy £6.00 C
with roast potatoes & mixed vegetables

Chicken Chasseur £6.00
with savoury rice, peppers, peas & corn

Chicken Schnitzel, served with tomato sauce, £6.00 G E
sauté potatoes and seasonal vegetables

Sliced Turkey in gravy with stuffing, £6.00 G E
sauté potatoes and continental cabbage

Meat

Braised steak with gravy, £6.00
Mashed potato, carrot and broccoli

Cottage Pie (Beef), served with gravy £6.00 E
and seasonal vegetables

Meat Balls in tomato sauce £6.00 G E
with macaroni & gravy, peas & sweet corn

Spaghetti Bolognese £6.00 G
with mixed vegetables & spinach

Allergen Key

- | | | | |
|-----------------------|-----------------------|----------------------------|------------------------------|
| B Barley | F Fish | Mm Matza meal | Ss Sesame seeds |
| C Celery | G Gluten | N Nuts | S Soya |
| E Eggs | M Milk | P Peanuts | W Wheat |

Mains



Fish

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|--|-------|---------|
| Grilled Salmon with egg fried rice, peas and carrots | £6.00 | F S E G |
| Fisherman's Pie with glazed carrots and peas | £6.00 | F G S |
| Fried Cod , served with parisienne potatoes & continental cabbage | £6.00 | F E G |
| Fried Haddock with mash potatoes and spinach | £6.00 | F G E |

Vegetarian

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| Vegetarian Casserole served with seasonal vegetables | £6.00 | |
| Vegetarian Lasagne with spinach, peas & carrots | £6.00 | G S |
| Vegetarian Schnitzel , served with parisienne potatoes & continental cabbage | £6.00 | G E S |
| Vegetable Cottage Pie served with Seasonal Vegetables | £6.00 | E |

Soups

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|-----------------------------------|-------|-------|
| Chicken Soup with Lockshen | £2.50 | G C S |
| Tomato & Rice Soup | £2.50 | S |
| Leek & Potato Soup | £2.50 | S |
| Vegetable Soup | £2.50 | S |

Allergen Key

| | | | |
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| E Eggs | M Milk | P Peanuts | W Wheat |