Meals on Wheels Menu

Frozen Kosher ready meals straight to your freezer

All meals are suitable for heating in a microwave or oven
<table>
<thead>
<tr>
<th>Mains</th>
<th></th>
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</thead>
<tbody>
<tr>
<td><strong>Poultry</strong></td>
<td></td>
</tr>
<tr>
<td>Roast Chicken &amp; gravy</td>
<td>£6.00</td>
</tr>
<tr>
<td>with roast potatoes &amp; mixed vegetables</td>
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</tr>
<tr>
<td>Chicken Chasseur</td>
<td>£6.00</td>
</tr>
<tr>
<td>with savoury rice, peppers, peas &amp; corn</td>
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<tr>
<td>Chicken Schnitzel, served with tomato sauce,</td>
<td>£6.00</td>
</tr>
<tr>
<td>sauté potatoes and seasonal vegetables</td>
<td></td>
</tr>
<tr>
<td>Sliced Turkey in gravy with stuffing,</td>
<td>£6.00</td>
</tr>
<tr>
<td>sauté potatoes and continental cabbage</td>
<td></td>
</tr>
<tr>
<td><strong>Meat</strong></td>
<td></td>
</tr>
<tr>
<td>Braised steak with gravy,</td>
<td>£6.00</td>
</tr>
<tr>
<td>Mashed potato, carrot and broccoli</td>
<td></td>
</tr>
<tr>
<td>Cottage Pie (Beef), served with gravy and seasonal vegetables</td>
<td>£6.00</td>
</tr>
<tr>
<td>Meat Balls in tomato sauce</td>
<td>£6.00</td>
</tr>
<tr>
<td>with macaroni &amp; gravy, peas &amp; sweet corn</td>
<td></td>
</tr>
<tr>
<td>Spaghetti Bolognese</td>
<td>£6.00</td>
</tr>
<tr>
<td>with mixed vegetables &amp; spinach</td>
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</tr>
</tbody>
</table>

**Allergen Key**

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

### Fish
- **Grilled Salmon** £6.00
  - with egg fried rice, peas and carrots
- **Fisherman's Pie** with glazed carrots and peas £6.00
- **Fried Cod**, served with parisienne potatoes & continental cabbage £6.00
- **Fried Haddock** £6.00
  - with mash potatoes and spinach

### Vegetarian
- **Vegetarian Casserole** £6.00
  - served with seasonal vegetables
- **Vegetarian Lasagne** £6.00
  - with spinach, peas & carrots
- **Vegetarian Schnitzel**, served with parisienne potatoes & continental cabbage £6.00
- **Vegetable Cottage Pie** £6.00
  - served with Seasonal Vegetables

### Soups
- **Chicken Soup with Lockshen** £2.50
- **Tomato & Rice Soup** £2.50
- **Leek & Potato Soup** £2.50
- **Vegetable Soup** £2.50

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