



WEEK 1

Meat Dishes (all £2.25)

Hoisin pork with rice

Shepherd's pie

Chicken tikka masala with rice

Sausage dinner with mash, mushy peas and gravy

Steamed hake with new potatoes, peas and dill sauce

Bolognese with pasta

Braised beef with carrot and swede hash & mushroom gravy

Chicken roast dinner with roast potatoes, carrots and gravy

Beef roast dinner with roast potatoes, carrots and gravy

Roast pork with cabbage, mash and gravy

Vegetarian Dishes (all £2.25)

Saag aloo squares with tikka sauce

Carrot flapjack roast dinner

Vegetarian bolognese with pasta

Hoisin mushrooms with rice

Vegetarian sausage dinner with mash, peas and gravy

Light Bites

Soup £1

Breakfast pot/Vegetarian breakfast pot £1.25



WEEK 2

Meat Dishes (all £2.25)

Fish pie

Caribbean chicken curry with rice and peas

Pork and leek sausage and mash, peas and gravy

Honey glazed belly pork with roast new potatoes and cabbage

Smoked paprika chicken with roasted pepper rice

Gammon with new potatoes, peas and parsley sauce

Pork roast dinner with roast potatoes, carrots and gravy

Beef roast dinner with roast potatoes, carrots and gravy

Chicken casserole

Chicken with BBQ sauce, rice and carrots

Vegetarian Dishes (all £2.25)

Lentil and oat roast dinner *New recipe*

Roasted sweet potato in a Caribbean curry sauce, with rice and peas

Smoked paprika cauliflower fritters with roasted pepper rice *New Recipe*

Vegetarian casserole

BBQ Mushrooms with rice and carrots

Light Bites

Soup £1

Breakfast pot/Vegetarian breakfast pot £1.25

EASY 

**READY MEALS
MENU**

WEEK 3



Meat Dishes (all £2.25)

Cottage pie

Chicken korma with rice

Sausage and mash with peas and gravy

Steamed hake with new potatoes, peas and parsley sauce

Creamy chicken and bacon pasta

Chilli con carne and rice

Gammon roast dinner with roast potatoes, carrots and gravy

Turkey and leek stew

Pork roast dinner with roast potatoes, carrots and gravy

Braised beef with mushroom gravy, bubble and squeak and peas

Vegetarian Dishes (all £2.25)

Butternut squash and tomato curry

Carrot flapjack roast dinner

Vegetarian cottage pie

Saag aloo squares with tikka sauce

Meatless meatloaf with mash, carrots and gravy

Light Bites

Soup **£1**

Breakfast pot/Vegetarian breakfast pot **£1.25**



WEEK 4

Meat Dishes (all £2.25)

Katsu chicken curry with rice and broccoli

Cumberland sausage, mash, peas and gravy

Steamed hake with new potatoes, peas and chive sauce

Lemon and thyme chicken with savoury rice

Liver and bacon with new potatoes and carrots in onion gravy

Pork belly dinner with new potatoes, broccoli and gravy

Braised beef, mash and green beans

Chicken roast dinner with roast potatoes, carrots and gravy

Gammon roast dinner with roast potatoes, carrots and gravy

Ham and mushroom pasta bake

Vegetarian Dishes (all £2.25)

Roasted pepper marinara with pasta

Five bean chilli and rice

Lemon and thyme broccoli fritters with savoury rice *New Recipe*

Lentil and oat roast dinner

Roasted butternut squash in a katsu curry sauce with rice

Light Bites

Soup £1

Breakfast pot/Vegetarian breakfast pot £1.25



COOK-AT-HOME
MENU



WEEK 1

Slow Cooker Dishes

Hearty ham and lentil soup **£4.50**

Chilli beef **£4.50**

Italian meatball stew **£4.50**

Sweet potato curry (V) **£4.50**

Moroccan cous cous (V) **£4.50**

Cook Easy Dishes

Honey glazed pork sausage traybake **£5.50**

Thai style chicken kebab with cooling coconut
chutney **£6.50**

One pot chicken biriyani **£6.50**

Italian pork sausage ragu **£5.50**

Beef kofta with mushroom pilau **£5.50**

Tomato, potato and lentil curry (V) **£5.50**



COOK-AT-HOME
MENU



WEEK 2

Slow Cooker Dishes

Sticky honey garlic chicken **£5.50**

Chicken jalfrezi **£4.50**

Beef hotpot **£4.50**

Vegetable and lentil stew (V) **£4.50**

Sweet potato chilli with corn cakes (V) **£5.50**

Cook Easy Dishes

Chicken chasseur **£6.50**

Thai red curry with aromatic rice **£6.50**

Cajun style one-pot beef meatballs with rice **£6.50**

Creamy chicken and mushroom pasta **£5.50**

Pork sausages with white beans in a
mustard and white wine sauce **£5.50**

Mushroom risotto (V) **£5.50**



COOK-AT-HOME
MENU



WEEK 3

Slow Cooker Dishes

Moroccan chicken stew **£4.50**

Beef massaman **£4.50**

Indian Chicken **£4.50**

Creamy mash topped vegetable pie (V) **£4.50**

Sweet potato curry (V) **£4.50**

Cook Easy Dishes

Honey glazed pork sausage traybake **£5.50**

Sausage and mash **£5.50**

One-pot Spanish rice **£5.50**

Italian meatballs in a rich tomato sauce **£6.50**

Hoi sin chicken rice **£5.50**

Potato and lentil curry (V) **£5.50**



COOK-AT-HOME
MENU



WEEK 4

Slow Cooker Dishes

Sausage and lentil stew **£4.50**

Sticky honey garlic chicken **£5.50**

Rich French onion soup **£4.50**

Creamy red lentil curry (V) **£4.50**

Butternut squash mac and cheese (V) **£4.50**

Cook Easy Dishes

Cottage pie **£5.50**

Cajun style homemade chicken nuggets **£6.50**

Creamy chicken fajitas **£5.50**

Roasted sausages with cajun creamed corn **£5.50**

Thai-style beef stir fry **£6.50**

Creamy mushroom pasta (V) **£5.50**

SOUPS £1

We offer a selection of delicious, homemade.
See our full range below.

Cream of Chicken and mushroom

Tomato (Ve)

Sweet potato and Ginger (Ve)

Cream of Mushroom (V)

Carrot and Coriander (Ve)

Cream of Chicken

Roasted Cauliflower (Ve)

Broccoli and Cheese (V)

Moroccan Squash (Ve)

SEE YOUR SERVER FOR NEXT WEEK'S SOUP!



Staples



We offer Well-fed at Home customers a selection of staple items. See our full range below.

Large Fruit Bags £3.00

Small Fruit Bags £1.50

Large Staple Bag £18

Small Staple Bag £9

1 Itr Blue Milk £1.45

1 Itr Green Milk £1.45

Brown Bread £1.40

White Bread £1.40

Butter 250g £1.90

Eggs pack of 6 £2.10

Cheese 180g £2.20

ASK OUT STAFF FOR MORE DETAILS