

Delivery of COOK Brand Meals (Frozen), Example Menus

Breakfast

Baguette/ Croissant/ Pain au Chocolat

Adults menu, Standard 6-day, 3-courses

Wild Mushroom Pate & Crackers/ Boeuf Mondeuse and Basmati Rice with Garden Peas/ Citrus Cheesecake
 Charcuterie & Cornichons/ Tartiflette and Green Salad/ Poached Pears
 Roasted Red Pepper & Tomato Soup/ Chicken Savoyard and Roast Potatoes/ Apple & Berry Crumble
 Garlic Ciabatta/ Lasagne Al Forno and Green Salad/ Chocolate & Salted Caramel Mousse
 Butternut Squash & Spinach Tartlets/ Coq au Vin and Creamy Mash/ Sticky Toffee Pudding
 Moroccan Dip and Crispbreads/ Lamb Tagine and Minted Couscous/ Individual Lemon Tarts

Adults menu, Vegetarian 6-day, 3-courses

Wild Mushroom Pate & Crackers/ Vegetable Mondeuse and Basmati Rice with Garden Peas/ Citrus Cheesecake
 Antipasto/ Courgettflette and Green Salad/ Poached Pears
 Roasted Red Pepper & Tomato Soup/ Artichoke Savoyard and Roast Potatoes/ Apple & Berry Crumble
 Garlic Ciabatta/ Roasted Vegetable Lasagne and Green Salad/ Chocolate & Salted Caramel Mousse
 Butternut Squash & Spinach Tartlets/ Spanish Bean Stew and Basmati Rice/ Sticky Toffee Pudding
 Moroccan Dip and Crispbreads/ Chickpea and Vegetable Tagine and Minted Couscous/ Individual Lemon Tarts

Children's menu

Mains	Dessert
Sausage Casserole	Belgian Chocolate Brownie
Macaroni Cheese	Gluten Free Chocolate Brownie
Chicken Casserole	Billionaire's Shortbread
Beef Lasagne	Raspberry & Coconut Small Tray
Cottage Pie	Lemon Drizzle
Fish Pie	

Christmas Menu

Traditional

Stuffed Turkey Breast
Turkey Gravy
Pigs in Blankets
Roast Parsnips, Roast Carrots, Roast Potatoes
Brussels Sprouts with Sage and Red Onion

Mince Pies

Vegetarian

Portobello Mushroom Wellington
Winter Vegetable Gravy
Roast Parsnips, Roast Carrots, Roast Potatoes
Brussels Sprouts with Sage and Red Onion

Mince Pies

Adults menu, **Vegan** 6-day, Main Course

Spiced Cauliflower & Aubergine Shakshuka with with Roast Potatoes (or Basmati Rice if less than 6day)
Green Thai Vegetable Curry with Minted Couscous
Spanish Bean Stew with Basmati Rice
Roasted Vegetable & Chickpea Curry with Basmati Rice
Beetroot Bourguignon with Roast Potatoes (or Basmati Rice if less than 6day)
Red Lentil & Mixed Bean Casserole with Minted Couscous

Adults menu, **Gluten-Free** 6-day, Main Course

Spiced Cauliflower & Aubergine Shakshuka with Roast Potatoes (or Mash if less than 6day)
Green Thai Chicken Curry with Coconut and Lime Leaf Rice
Spanish Bean Stew with Basmati Rice
Vegetable & Chickpea Tagine with Basmati Rice
Beetroot Bourguignon with Roast Potatoes (or Mash if less than 6day)
Portobello Mushroom Risotto with Peas & Leeks with a Lemon and Herb Butter

Adults menu, **Dairy-Free** 6-day, Main Course

Spiced Cauliflower & Aubergine Shakshuka with Roast Potatoes (or Basmati Rice if less than 6day)
Green Thai Chicken Curry with Coconut and Lime Leaf Rice
Spanish Bean Stew with Basmati Rice
Vegetable & Chickpea Tagine with Minted Couscous
Beetroot Bourguignon with Roast Potatoes (or Basmati Rice if less than 6day)
Yellow Vegetable Curry with Plain Naan