



Welcome

Thank you for choosing our home meals service and we hope you enjoy browsing our menu. There is something here for everyone; our team of chefs have put together a balanced range of wholesome main meals and tempting desserts.

The delivery service is easy, efficient and friendly. Our driver will deliver your meals frozen on a fortnightly basis, ready to place straight into your freezer. All meals can then be quickly heated and, in no time at all, you can enjoy a delicious, hot meal any time of the day.

As a specialist service meal provider, our chefs devise meals that are nutritiously balanced to give you everything you need. As you look through this menu you will see some meals have a colour code beside them which indicates the diets they are most suitable for. Our expertise also means we can cater for specific needs such as dysphagia diets (puréed, pre-mashed and fork mashable) or ethnic diets. Should you require these, please call the number on the back cover and we will send you the appropriate menu.

We look forward to you joining our many thousands of satisfied and regular customers and trust you will enjoy our meals and the service we provide.

Our diet codes

To ensure a healthy balanced diet all our meals are clearly marked so you can quickly choose the dishes that best suit your dietary needs.

Please note that ingredients may change from time to time, meaning more than one recipe could be in circulation. Whilst every effort has been made to ensure you are notified in advance of such changes, please refer to the product labels for the exact specification of any individual dish. If you have any concerns regarding ingredient changes, please ask when placing or receiving your order.

- LF**
Low Fat
 Containing no more than 3g of fat per 100g.
- 1**
1/2/3 (of your 5-a-day)
 Minimum 80g of fruit or vegetables, counting as one of your recommended 5-a-day.
- LS**
Low Salt
 Containing no more than 0.3g of salt per 100g.
- GF**
Gluten Free
 Some Customers need to avoid the gluten in wheat, rye, barley and oats, or the flours made from these cereals. Meals and desserts with this symbol meet the strict codex standard for gluten free.
- V**
Vegetarian
 Free from meat and fish, as well as meat and fish derivatives.
- L**
Low Sugars
 Containing no more than 5g of sugars per 100g.
- RS**
Reduced Sugars
 Containing at least 30% less sugars than our standard desserts and the amount of energy is equal to or less than the standard desserts.
- ED**
Energy Dense
 To provide at least 500 calories (kcal) from a main course and 300 calories from a complete individual dessert.

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1 How our service works

Our home meals delivery service has been created to ensure enjoying a delicious hot meal every day is as easy as possible. Once you have been registered for our service and it has been confirmed you have access to a freezer and method of heating your meals, our team will deliver them direct to your home. If necessary we can supply a freezer and microwave. For more information call the number on the reverse of this menu.

2 How to order

You are entitled to order as many meals as you have been assessed for and you will also be given a minimum number you need to order. With this in mind, simply select the meals of your choice from this menu and fill out the order form supplied. If you need to follow a specific diet just refer to the colour codes next to each picture. Hand the order form to your delivery driver. We then pack your selection and label the box with your name and address. On receipt of your box you will find a new order form for your next order. Alternatively you can place your order by phone allowing at least 5 working days' notice.



3 How to pay

Payments can be made by card over the phone or to your driver either by cash or cheque. The driver will wear an identity badge when making the delivery. Alternatively, you can pay via a friend or relative. Please call the number on the reverse of this brochure to arrange this method of payment.

4 How delivery works

The driver will deliver your meals fortnightly at around the same time of day. The driver is not allowed to leave the meals if you are not at home; so if you are going to be out, please phone the office preferably 3 days in advance so that we can arrange another delivery day.

5 How to store your meals

All our meals are delivered frozen to your home and should be placed directly into your freezer. All meals must be cooked directly from frozen and not allowed to thaw first. Once you have heated your meal they are not suitable to be re-frozen or re-heated. If you have any doubts please ask your delivery driver.

6 How to enjoy your meals

All our meals are easy to prepare. You will find instructions on each label. You can cook your meal by oven, microwave or MikroFix.

To heat by oven:

Pre-heat your oven to 160°C/325°F/Gas mark 3-4. Cook for 35-40 minutes until hot. If using a gas oven, keep the tray away from the flame. Refer to the product label for exact times.

To heat by microwave:

Position the container in the centre away from the sides and heat according to the product label. Allow to stand for the time shown, before consuming. Ensure the product is piping hot.

To heat by MikroFix:

Each *apetito* meal and dessert has an *apetito* MikroFix programme number on the label. Enter the programme number for your meal and press the START button. You will hear a beep when the meal is ready.

All there is left to do is relax and enjoy your meal!

Simply place your meal in the microwave or oven, **straight from the freezer** (no need to defrost). Most meals take just **8-12 minutes** in the microwave or 35 minutes in the oven.

It's so

Easy





Soup

MENU

1012

Lentil Soup



A thick, textured lentil soup.

170g

LF V

1013

Scotch Broth Soup



A thin textured broth.

170g

LF V

1014

Potato & Leek Soup



A creamy textured potato and leek soup.

170g

V

1015

Pea & Ham Soup



A smooth soup with ham pieces.

170g

LF

1016

Tomato & Vegetable Soup



A thick textured tomato and vegetable soup.

170g

LF GF V

1018

Chicken Broth Soup



A thin textured chicken broth.

170g

LF GF

1020

Chunky Vegetable Soup



A smooth soup with chunky mixed vegetables.

170g

LF GF V

1021

Creamy Mushroom Soup



A creamy textured mushroom soup with visible mushroom pieces.

170g

GF V

022

Porridge



Sweet and creamy porridge.

200g

LS V



Beef MENU

201

Beef with Roast Potatoes



Two slices of steam roasted beef in a rich gravy, served with a Yorkshire pudding, roast potatoes, carrots and green beans.

360g

LF 1

202

Sliced Beef with Mashed Potato



Two slices of steam roasted beef in a rich gravy, served with a Yorkshire pudding, mashed potato, peas and swede.

360g

1

203

Corned Beef Hash



Tasty corned beef, onion and potato, served with peas and diced carrots.

360g

1 GF

205

Beef Stew & Dumpling



Tender chunks of beef and vegetables in a rich sauce topped with a dumpling, served with mashed potato, cauliflower and green beans.

390g

1

207

Beef Hotpot



Tender chunks of beef in a rich sauce topped with sauté potatoes, served with carrots and green beans.

340g

1 LS GF

208

Cottage Pie



Savoury minced beef topped with a layer of mashed potato, served with peas, diced carrot and swede.

340g

LF 1 LS GF

209

Savoury Minced Beef



Savoury minced beef and onion in gravy, served with mashed potato, carrots and swede.

350g

1 LS GF



211

Steak & Kidney Pie



Steak and kidney in a rich gravy with a short-crust pastry top, served with mashed potato, carrots and swede.

370g

1 LS ED



214

Steak & Mushroom Casserole



Tender chunks of steak and mushrooms in a rich sauce, served with mashed potato, broccoli and mashed carrot.

360g

2 LS GF

215

Beef Bourguignon



Tender beef chunks with red wine, mushrooms and onions, served with diced fried potatoes, broccoli and red cabbage with onion.

390g

2 LS GF

227

Minced Beef & Onion Pie



Minced beef and onion in gravy topped with a shortcrust pastry, served with diced carrots, green beans, and boiled potatoes.

390g

1 LS ED

234

Beef & Winter Vegetable Casserole



Tender chunks of beef with pearl barley and winter root vegetables in a rich sauce topped with a dumpling, served with mashed potato, green beans and carrots.

405g

1

316

Chilli Con Carne



Minced beef simmered in a tomato, red kidney bean and chilli sauce, served with vegetable rice.

350g

LF 1 GF

The meals are easy to open and can be put straight into the microwave or oven – on most of them there's no need to pierce or remove the film.



Lamb MENU

241

Irish Stew



Tender chunks of lamb with pearl barley in a rich sauce, served with mashed potato, savoy cabbage and mashed root vegetables.

360g
1

242

Savoury Minted Lamb & Dumpling



Minted minced lamb in gravy topped with a dumpling, served with mashed potato, and carrot and swede mash.

379g
1

245

Shepherd's Pie



Savoury minced mutton topped with mashed potato, served with carrots and peas.

340g
1 GF

237

Lamb in Gravy



Two tender slices of formed lamb in gravy, served with roast potatoes, carrots and peas.

340g
LF 1 GF

239

Lamb & Vegetable Casserole



A tender lamb casserole with root vegetables, served with boiled potatoes, green beans and mashed carrot.

330g
1 GF

240

Lancashire Hotpot



Tender chunks of lamb and vegetables in a rich sauce topped with sauté potatoes, served with carrots, green beans and cauliflower.

410g
1 GF

324

Liver & Bacon Casserole



Lamb's liver with sliced onions and bacon with added water in a rich casserole sauce, served with mashed potato, carrots and green beans.

365g
1 LS GF





Pork MENU

225

Pork Loin & Stuffing



Sliced pork loin with added water, stuffing ball and gravy, served with mashed potato, savoy cabbage and carrots.

350g

1

231

Pork, Leek & Mustard Casserole



Tender pieces of pork cooked in a leek and mustard sauce, served with broccoli florets, carrots and parsley potatoes.

370g

1 GF

232

Meatballs, Chips & Mushy Peas



Three pork meatballs in an onion gravy, served with chips and mushy peas.

354g

1

235

Bangers & Mash



Two pork sausages in a rich gravy, served with peas and mashed potato.

380g

1

321

Sausages in Onion Gravy



Two sausages in onion gravy, served with baked beans and mashed potato.

355g

1

322

Cumberland Sausages



Two Cumberland sausages made with a mix of herbs and spices in gravy, served with spring onion mashed potato, carrot, swede and peas.

384g

1

326

Paprika Pork



Tender chunks of pork in a paprika sauce with tomato and peppers, served with yellow rice, green beans, peas and broccoli.

410g

LF 1 LS GF

329

Sausage Casserole



Sliced sausage and vegetables in a rich casserole sauce, served with mashed potato.

420g

1

Our expertise means we can cater for **specific needs** such as **dysphagia** diets (puréed, pre-mashed and fork mashable) or **ethnic** diets. Should you require these please call the number on the back cover.



339

Macaroni Cheese with Smoked Ham



Cheesy macaroni with smoke flavoured formed ham, served with cauliflower and broccoli.

360g

1

355

Pork in Gravy



Three slices of pork shoulder in gravy, served with roast potatoes, diced carrots and peas.

405g

LF 1 GF



Chicken & Turkey MENU

250

Chicken Chasseur



Chicken pieces and mushrooms in a rich white wine and herb sauce, served with diced fried potatoes and a medley of vegetables.

340g

LF 1 LS GF

252

Chicken & Vegetable Pie



Chicken and mixed vegetables in a rich gravy topped with a shortcrust pastry top, served with mashed potato, cauliflower, carrots and green beans.

440g

1 LS

256

Chicken in Gravy



Chicken pieces in a rich gravy, served with mashed potato, green beans, peas, carrots and sweetcorn.

350g

1 GF

257

Roast Chicken Breast



Steam roasted chicken breast in gravy, served with parsley boiled potatoes, diced swede, carrots and green beans.

350g
 LF 1 LS GF

259

Chicken & Vegetable Casserole



Chunks of chicken and vegetables in a rich sauce, served with herby diced potatoes, carrots and green beans.

350g
 LF 1 LS GF

260

Chicken & Mushroom Pie



Chicken and mushroom in a creamy sauce topped with a shortcrust pastry top, served with mashed potato, swede, carrots and green beans.

400g
 1 ED

264

Chicken Curry with Rice



Chicken pieces in a mild curry sauce, served with long grain white rice.

360g
 LF GF

273

Turkey with Stuffing



Formed turkey in gravy, served with roast and boiled potatoes, carrot, swede, and a sage and onion stuffing ball.

365g
 LF 1

279

Chicken Breast with Cheese & Bacon



Chicken breast in a cheese and formed bacon sauce, served with boiled potatoes, peas and mashed carrot.

415g
 1 GF



263

Honey & Mustard Chicken



Chicken breast in a honey and mustard sauce, served with mashed potato, peas, carrots, sweetcorn and green beans.

395g
 1 GF

340

Chicken, Bacon & Thyme Hotpot



Chicken and formed bacon in a thyme hotpot, topped with sauté potatoes, served with broccoli, peas, green beans and mashed carrot & swede.

360g
 1 LS GF

346

Sweet & Sour Chicken



Tender chicken pieces in a tangy sweet and sour sauce made with pineapple and peppers, served with rice peas and red pepper.

415g
 LF 2 GF

662

Chicken in Red Wine Gravy



Chicken breast in red wine gravy with onions and mushrooms, served with roast potatoes, cauliflower and broccoli.

385g
 LF 1 LS GF



Fish MENU

318

Salmon & Broccoli Supreme



Flaked salmon with broccoli florets in a tasty sauce, served with mashed potato, carrots and peas.

370g

1 LS GF

577

Fisherman's Pie



Smoked haddock and white fish, topped with mashed potato, served with carrots and peas.

405g

1 GF

If you do have dietary needs we offer a **range of choices** for you. To help you find what you're looking for, we've placed **dietary codes** on the applicable meals.

304

Breaded Fish & Chips



Breaded white fish, served with chips and peas.

305g

1 LS

314

Fish in Parsley Sauce



Fish in parsley sauce, served with mashed potato, peas and sweetcorn.

380g

1 LS GF

315

Fish Fingers



Two white fish fingers in golden breadcrumbs, served with diced potatoes and peas.

280g

1 LS



LF Low fat 1 1 of 5 a day LS Low salt GF Gluten free V Vegetarian L Low sugars RS Reduced sugars ED Energy dense



Vegetarian MENU

342

Cheesy Vegetable Bake



Mixed vegetables in a vegetarian Cheddar cheese sauce, topped with sauté potatoes, served with peas, swede and mashed potato.

400g

1 GF V

343

Omelette, Chips & Beans



A fluffy omelette served with chips and baked beans.

370g

1 GF V

344

Spanish Omelette



A fluffy omelette filled with peppers, peas, potato and spring onion, served with chips and peas.

390g

1 LS GF V ED

350

Provençale Vegetable Bake



Courgette, haricot beans and peppers in tomato sauce topped with sauté potatoes, with green beans, peas and broccoli.

435g

LF 3 LS GF V

353

Spicy Bean Casserole



A three bean casserole in a fruity tomato sauce with peppers, served with potato wedges, broccoli, peas and sweetcorn.

395g

LF 3 LS GF V

All our meals are **easy to prepare** and you will find instructions on each label. You can cook your meal by **oven, microwave or MikroFix.**

551

West Country Cheddar Macaroni Cheese



Penne pasta in a three cheese sauce topped with vegetarian Regato cheese served with carrots, green beans, peas and sweetcorn.

370g

1 V ED

554

Cheese, Onion, Leek & Potato Bake



Herby diced potatoes in a vegetarian cheese sauce with leeks and onions topped with vegetarian cheese served with green beans, mashed carrot and swede.

400g

2 LS GF V

588

Cauliflower Cheese & Broccoli Bake



Cauliflower and broccoli in a West Country cheese sauce, served with parsley boiled potatoes.

420g

1 GF V

LF Low fat 1 1 of 5 a day LS Low salt GF Gluten free V Vegetarian L Low sugars RS Reduced sugars ED Energy dense

We don't use **outer wrapping** or cardboard sleeves, which as well as making life simpler, means **less waste** and a **greener environment**.

609

Vegetable Lasagne



Vegetable and tomato sauce layered between sheets of pasta and topped with a cheese sauce and vegetarian Cheddar, served with green beans and carrot tips.

465g

3 LS V

696

Vegetarian Spaghetti Bolognese



Spaghetti topped with a rich bolognese sauce, made with vegetarian mince, tomato, carrot and leek and finished with a dash of pesto.

320g

LF 1 LS V



Hot Desserts

MENU

800

Apple Pie with Custard



Apple filling topped with a shortcrust pastry top, served with custard.

156g

LS V

803

Summer Fruit Crumble with Custard



Apple, blackcurrant and raspberry filling topped with crumble, served with custard.

155g

LS V ED

810

Rhubarb Crumble with Custard



Rhubarb filling topped with crumble, served with custard.

155g

LS V ED



Just because you prefer a **little less sugar** doesn't mean you should miss out. We have Reduced and Low Sugars options to ensure pudding time is enjoyable for **everybody**.

811

Apple Crumble with Custard



Apple filling topped with crumble, served with custard.

155g

LS V ED

814

Apricot Crumble with Custard



Apricot filling topped with crumble, served with custard.

170g

LS V

818

Plum & Cherry Crumble with Custard



Plums and cherries topped with crumble, served with custard.

169g

LS V ED

819

Syrup Sponge with Custard



A light sponge on top of syrup sauce, served with custard.

130g

V

822

Jam Sponge with Custard



A light sponge on top of an apple, plum and raspberry jam sauce, served with custard.

149g

V

824

Lemon Sponge with Custard



A light sponge on top of lemon sauce, served with custard.

135g

V



825

Ginger Sponge with Custard



A lightly spiced ginger sponge, served with custard.

130g

V

830

Rice Pudding



Rice pudding with a hint of nutmeg.

160g

LS GF V

838

Bakewell Tart with Custard



A pastry base topped with apple, plum and raspberry jam and a light sponge top, served with custard.

142g

V

852

Spotted Dick with Custard



Suet pudding made with sultanas and currants, served with custard.

140g

V

858

Bread & Butter Pudding with Custard



Layers of bread and butter, scattered with sultanas and currants, served with custard.

155g

V

866

Sticky Toffee Pudding with Custard



Sticky toffee pudding with dates, served with a sweet toffee sauce and custard.

160g

V



Reduced / Low Sugars Desserts

MENU

900

Apple Pie with Custard



Apple filling topped with a shortcrust pastry top, served with custard.

150g
LS V RS

906

Blackcurrant Pie with Custard



Blackcurrant filling topped with a shortcrust pastry top, served with custard.

150g
LS V RS

911

Apple Crumble with Custard



Apple filling topped with crumble, served with custard.

155g
LS V RS ED

912

Rhubarb Crumble with Custard



Rhubarb filling topped with crumble, served with custard.

155g
LS V RS ED

913

Apple & Blackberry Crumble with Custard



Apple and blackberry filling topped with crumble, served with custard.

160g
LS V RS ED

924

Syrup Sponge with Custard



A light sponge on top of syrup sauce, served with custard.

130g
V RS

925

Lemon Sponge with Custard



A light sponge on top of lemon sauce, served with custard.

130g
V RS

926

Sultana Sponge with Custard



A light sponge filled with sultanas, served with custard.

130g
V RS

928

Jam Roly Poly with Custard



Suet pudding spread with apple, plum and raspberry jam, served with raspberry sauce and custard.

150g
V RS

990

Stewed Apple & Rice



Rice pudding topped with stewed apple.

155g

LF LS GF V RS

991

Summer Fruits with Custard



A mix of apple, blackcurrants and raspberries, served with custard.

140g

LF LS GF V L

992

Apple & Blackberry with Custard



Apple and blackberry fruits served with custard.

140g

LF LS GF V L



Cold Desserts MENU

411

Caramel Sundae



Vanilla flavoured ice cream with caramel sauce.

106g

LS GF V

412

Blackcurrant Cheesecake



Cheesecake on a biscuit crumb base topped with blackcurrant sauce.

94g

V

414

Coffee Dessert



Smooth coffee dessert.

77g

LS GF V



We are always looking for ways to **reduce waste**. That's why all of our meals come in specially designed packaging, which is **widely recyclable**.

416

Chocolate Mousse



Smooth chocolate flavoured mousse with sugar and sweetener.

65g

LS GF V

418

Strawberry Mousse



Smooth strawberry flavoured mousse with sugar and sweetener.

65g

LS GF V

419

Fruit Cocktail



A mix of pineapple, papaya, mango, melon and grapes in apple juice.

140g

LF LS GF V

425

Vanilla Flavoured Dessert with Strawberry Sauce



A vanilla flavour iced dessert with strawberry sauce swirls.

85g

LF LS GF RS

467

Strawberry Trifle



Layers of strawberry filling, sponge and custard, topped with cream.

105g

LS V

471

Raspberry Trifle



Layers of raspberry filling, sponge and custard, topped with cream.

105g

LS V

LF Low fat 1 1 of 5 a day LS Low salt GF Gluten free V Vegetarian L Low sugars RS Reduced sugars ED Energy dense