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 nutritionally 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.

Low Fat
Containing no more than 3g of fat per 100g.

1/2/3 (of your 5-a-day)
Minimum 80g of fruit or vegetables, counting as one of your recommended 5-a-day.

Low Salt
Containing no more than 0.3g of salt per 100g.

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.

Vegetarian
Free from meat and fish, as well as meat and fish derivatives.

Low Sugars
Containing no more than 5g of sugars per 100g.

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.

Energy Dense
To provide at least 500 calories (kcals) from a main course and 300 calories from a complete individual dessert.

Contents

<table>
<thead>
<tr>
<th>Page</th>
<th>Section</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>Welcome</td>
</tr>
<tr>
<td>3</td>
<td>Our diet codes</td>
</tr>
<tr>
<td>4</td>
<td>‘How to’ guide</td>
</tr>
<tr>
<td>6</td>
<td>SOUP</td>
</tr>
<tr>
<td>8</td>
<td>Beef</td>
</tr>
<tr>
<td>12</td>
<td>Lamb</td>
</tr>
<tr>
<td>14</td>
<td>Pork</td>
</tr>
<tr>
<td>17</td>
<td>Chicken &amp; turkey</td>
</tr>
<tr>
<td>20</td>
<td>Fish</td>
</tr>
<tr>
<td>22</td>
<td>Vegetarian</td>
</tr>
<tr>
<td>25</td>
<td>Hot desserts</td>
</tr>
<tr>
<td>30</td>
<td>Reduced/low sugars hot desserts</td>
</tr>
<tr>
<td>33</td>
<td>Cold desserts</td>
</tr>
</tbody>
</table>
Our home meal 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.

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.

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.

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.

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.

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.

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.

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!
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

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

Corned Beef Hash
Tasty corned beef, onion and potato, served with peas and diced carrots.
360g

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

Beef with Roast Potatoes
201

Sliced Beef with Mashed Potato
202

Corned Beef Hash
203

Beef Hotpot
Tender chunks of beef in a rich sauce topped with sauté potatoes, served with carrots and green beans.
340g

Sliced Beef with Mashed Potato
209

Cottage Pie
Savoury minced beef topped with a layer of mashed potato, served with peas, diced carrot and swede.
340g

Savory Minced Beef
209

Beef Stew & Dumpling
205

Beef Hotpot
207

Cottage Pie
208

Tender chunks of beef and vegetables in a rich sauce topped with a dumpling, served with mashed potato, cauliflower and green beans.
390g

Savoury minced beef and onion in gravy, served with mashed potato, carrots and swede.
350g

Beef Hotpot
207

Cottage Pie
208

Beef Stew & Dumpling
205

Savory Minced Beef
209
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

<table>
<thead>
<tr>
<th>Dish</th>
<th>Code</th>
<th>Calories</th>
<th>Low Fat</th>
<th>1 of 5 a day</th>
<th>Low Salt</th>
<th>Gluten Free</th>
<th>Vegetarian</th>
<th>Low Sugars</th>
<th>Reduced Sugars</th>
<th>Energy Dense</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Lamb in Gravy</strong></td>
<td>237</td>
<td>340g</td>
<td>LΦ</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Two tender slices of formed lamb in gravy, served with roast potatoes, carrots and peas.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

| **Lamb & Vegetable Casserole**    | 239  | 330g     | LΦ       |              |          |             |            |            |                 |              |
| A tender lamb casserole with root vegetables, served with boiled potatoes, green beans and mashed carrot. |      |          |         |              |          |             |            |            |                 |              |

| **Lancashire Hotpot**             | 240  | 410g     | L             |              |          |             |            |            |                 |              |
| Tender chunks of lamb and vegetables in a rich sauce topped with sauté potatoes, served with carrots, green beans and cauliflower. |      |          | L             |              |          |             |            |            |                 |              |

| **Liver & Bacon Casserole**       | 324  | 365g     | L             |              |          |             |            |            |                 |              |
| Lambs liver with sliced onions and bacon with added water in a rich casserole sauce, served with mashed potato, carrots and green beans. |      |          | L             |              |          |             |            |            |                 |              |

| **Irish Stew**                    | 241  | 360g     |               |              |          |             |            |            |                 |              |
| Minted minced lamb with pearl barley in a rich sauce, served with mashed potato, savoy cabbage and mashed root vegetables. |      |          |               |              |          |             |            |            |                 |              |

| **Savoury Minted Lamb & Dumpling**| 242  | 379g     |               |              |          |             |            |            |                 |              |
| Minted minced lamb in gravy topped with a dumpling, served with mashed potato, and carrot and swede mash. |      |          |               |              |          |             |            |            |                 |              |

| **Shepherd's Pie**                | 245  | 340g     |               |              |          |             |            |            |                 |              |
| Savoury minced mutton topped with mashed potato, served with carrots and peas. |      |          |               |              |          |             |            |            |                 |              |
Our expertise means we can cater for specific needs such as dysphagia diets (pureed, pre-mashed and fork mashable) or ethnic diets. Should you require these please call the number on the back cover.

**Pork Menu**

- **Pork Loin & Stuffing**
  - Sliced pork loin with added water, stuffing ball and gravy, served with mashed potato, savoy cabbage and carrots.
  - 350g

- **Pork, Leek & Mustard Casserole**
  - Tender pieces of pork cooked in a leek and mustard sauce, served with broccoli florets, carrots and parsley potatoes.
  - 370g

- **Meatballs, Chips & Mushy Peas**
  - Three pork meatballs in an onion gravy, served with chips and mushy peas.
  - 354g

- **Paprika Pork**
  - Tender chunks of pork in a paprika sauce with tomato and peppers, served with yellow rice, green beans, peas and broccoli.
  - 410g

- **Bangers & Mash**
  - Two pork sausages in a rich gravy, served with peas and mashed potato.
  - 380g

- **Sausages in Onion Gravy**
  - Two sausages in onion gravy, served with baked beans and mashed potato.
  - 355g

- **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

- **Meatballs, Chips & Mushy Peas**
  - Three pork meatballs in an onion gravy, served with chips and mushy peas.
  - 354g

- **Sausage Casserole**
  - Sliced sausage and vegetables in a rich casserole sauce, served with mashed potato.
  - 420g
Macaroni Cheese with Smoked Ham

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

360g

339

Pork in Gravy

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

405g

355

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

250

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

252

Chicken in Gravy

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

350g

256

Low fat  1 of 5 a day  Low salt  Gluten free  Vegetarian  Low sugars  Reduced sugars  Energy dense
CHICKEN & TURKEY MENU

257
Roast Chicken Breast
Steam roasted chicken breast in gravy, served with parsley boiled potatoes, diced swede, carrots and green beans.
350g

259
Chicken & Vegetable Casserole
Chunks of chicken and vegetables in a rich sauce, served with herby diced potatoes, carrots and green beans.
350g

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

264
Chicken Curry with Rice
Chicken pieces in a mild curry sauce, served with long grain white rice.
360g

273
Turkey with Stuffing
Formed turkey in gravy, served with roast and boiled potatoes, carrot, swede, and a sage and onion stuffing ball.
365g

279
Chicken Breast with Cheese & Bacon
Chicken breast in a cheese and formed bacon sauce, served with boiled potatoes, peas and mashed carrot.
415g

263
Honey & Mustard Chicken
Chicken breast in a honey and mustard sauce, served with mashed potato, peas, carrots, sweetcorn and green beans.
395g

260
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

340
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

346
Chicken in Red Wine Gravy
Chicken breast in red wine gravy with onions and mushrooms, served with roast potatoes, cauliflower and broccoli.
385g
Fish Menu

**Fish in Parsley Sauce**
Fish in parsley sauce, served with mashed potato, peas and sweetcorn. 380g

**Breaded Fish & Chips**
Breaded white fish, served with chips and peas. 305g

**Fish Fingers**
Two white fish fingers in golden breadcrumbs, served with diced potatoes and peas. 280g

**Salmon & Broccoli Supreme**
Flaked salmon with broccoli florets in a tasty sauce, served with mashed potato, carrots and peas. 370g

**Fisherman’s Pie**
Smoked haddock and white fish, topped with mashed potato, served with carrots and peas. 405g

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.
Vegetarian MENU

Provençale Vegetable Bake
Courgette, haricot beans and peppers in tomato sauce topped with sauté potatoes, with green beans, peas and broccoli.
435g
Low fat, Low salt, Gluten free, Vegetarian, Low sugars

Spicy Bean Casserole
A three bean casserole in a fruity tomato sauce with peppers, served with potato wedges, broccoli, peas and sweetcorn.
395g
Low fat, Low salt, Gluten free, Vegetarian, Low sugars

Cheesy Vegetable Bake
Mixed vegetables in a vegetarian Cheddar cheese sauce, topped with sauté potatoes, served with peas, swede and mashed potato.
400g
Low fat, 1 of 5 a day, Low salt, Gluten free, Vegetarian, Low sugars, Reduced sugars

Omelette, Chips & Beans
A fluffy omelette served with chips and baked beans.
370g
Low fat, Low salt, Vegetarian, Low sugars

Spanish Omelette
A fluffy omelette filled with peppers, peas, potato and spring onion, served with chips and peas.
390g
Low fat, Low salt, Gluten free, Vegetarian, Low sugars

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
Low fat, Low salt, Gluten free, Vegetarian, Reduced sugars

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
Low fat, 1 of 5 a day, Low salt, Gluten free, Vegetarian, Low sugars

Cauliflower Cheese & Broccoli Bake
Cauliflower and broccoli in a West Country cheese sauce, served with parsley boiled potatoes.
420g
Low fat, 1 of 5 a day, Low salt, Gluten free, Vegetarian, Low sugars, Reduced sugars

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

**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

**Vegetarian Spaghetti Bolognaise**
Spaghetti topped with a rich bolognese sauce, made with vegetarian mince, tomato, carrot and leek and finished with a dash of pesto.
320g

---

**Apple Pie with Custard**
Apple filling topped with a shortcrust pastry top, served with custard.
156g

**Summer Fruit Crumble with Custard**
Apple, blackcurrant and raspberry filling topped with crumble, served with custard.
155g

**Rhubarb Crumble with Custard**
Rhubarb filling topped with crumble, served with custard.
155g
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.

<table>
<thead>
<tr>
<th>Number</th>
<th>Name</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>811</td>
<td>Apple Crumble with Custard</td>
<td>Apricot filling topped with crumble, served with custard.</td>
</tr>
<tr>
<td>155g</td>
<td>814</td>
<td>Apricot Crumble with Custard</td>
</tr>
<tr>
<td>170g</td>
<td>818</td>
<td>Plum &amp; Cherry Crumble with Custard</td>
</tr>
<tr>
<td>169g</td>
<td>819</td>
<td>Syrup Sponge with Custard</td>
</tr>
<tr>
<td>130g</td>
<td>822</td>
<td>Jam Sponge with Custard</td>
</tr>
<tr>
<td>149g</td>
<td>824</td>
<td>Lemon Sponge with Custard</td>
</tr>
<tr>
<td>135g</td>
<td></td>
<td>A light sponge on top of lemon sauce, served with custard.</td>
</tr>
</tbody>
</table>

**Nutritional Information**

- **Low fat**
- **Low sugars**
- **Reduced sugars**
- **Energy dense**
Sticky toffee pudding with dates, served with a sweet toffee sauce and custard.

160g

Sticky Toffee Pudding with Custard

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

155g

Bread & Butter Pudding with Custard

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

142g

Bakewell Tart with Custard

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

140g

Spotted Dick with Custard

Rice pudding with a hint of nutmeg.

160g

Rice Pudding

A lightly spiced ginger sponge, served with custard.

130g

Ginger Sponge with Custard
## Reduced / Low Sugars Desserts

### Apple Pie with Custard
- Apple filling topped with a shortcrust pastry top, served with custard.
- Weight: 150g
- Energy: 31
- Vegetarian: Y
- Reduced sugars: Y
- Energy dense: ED

### Blackcurrant Pie with Custard
- Blackcurrant filling topped with a shortcrust pastry top, served with custard.
- Weight: 150g
- Energy: 31
- Vegetarian: Y
- Reduced sugars: Y
- Energy dense: ED

### Apple Crumble with Custard
- Apple filling topped with crumble, served with custard.
- Weight: 155g
- Energy: 31
- Vegetarian: Y
- Reduced sugars: Y
- Energy dense: ED

### Rhubarb Crumble with Custard
- Rhubarb filling topped with crumble, served with custard.
- Weight: 155g
- Energy: 31
- Vegetarian: Y
- Reduced sugars: Y
- Energy dense: ED

### Apple & Blackberry Crumble with Custard
- Apple and blackberry filling topped with crumble, served with custard.
- Weight: 160g
- Energy: 31
- Vegetarian: Y
- Reduced sugars: Y
- Energy dense: ED

### Syrup Sponge with Custard
- A light sponge on top of syrup sauce, served with custard.
- Weight: 130g
- Energy: 31
- Vegetarian: Y
- Reduced sugars: Y

### Lemon Sponge with Custard
- A light sponge on top of lemon sauce, served with custard.
- Weight: 130g
- Energy: 31
- Vegetarian: Y
- Reduced sugars: Y

### Sultana Sponge with Custard
- A light sponge filled with sultanas, served with custard.
- Weight: 130g
- Energy: 31
- Vegetarian: Y
- Reduced sugars: Y

### Jam Roly Poly with Custard
- Suet pudding spread with apple, plum and raspberry jam, served with raspberry sauce and custard.
- Weight: 150g
- Energy: 31
- Vegetarian: Y
- Reduced sugars: Y
- Energy dense: ED

- Low fat
- 1 of 5 a day
- Low salt
- Gluten free
- Vegetarian
- Low sugars
- Reduced sugars
- Energy dense
Cold Desserts

Rice pudding topped with stewed apple.

155g

Stewed Apple & Rice

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

140g

Summer Fruits with Custard

Apple and blackberry fruits served with custard.

140g

Apple & Blackberry with Custard

Vanilla flavoured ice cream with caramel sauce.

106g

Caramel Sundae

Cheesecake on a biscuit crumb base topped with blackcurrant sauce.

94g

Blackcurrant Cheesecake

Smooth coffee dessert.

77g

Coffee Dessert

MENU
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.

**COLD DESSERTS MENU**

- **Fruit Cocktail**: A mix of pineapple, papaya, mango, melon and grapes in apple juice. 140g
- **Strawberry Trifle**: Layers of strawberry filling, sponge and custard, topped with cream. 105g
- **Raspberry Trifle**: Layers of raspberry filling, sponge and custard, topped with cream. 105g
- **Chocolate Mousse**: Smooth chocolate flavoured mousse with sugar and sweetener. 65g
- **Strawberry Mousse**: Smooth strawberry flavoured mousse with sugar and sweetener. 65g
- **Vanilla Flavoured Dessert with Strawberry Sauce**: A vanilla flavour iced dessert with strawberry sauce swirls. 85g

**Nutritional Information**

- Low fat
- 1 of 5 a day
- Low salt
- Gluten free
- Vegetarian
- Low sugars
- Reduced sugars
- Energy dense