



(M) denotes microwaveable

## SAMPLE SESSION SELECTION

Select 3 mains, soups or snacks, but only one of these may be marked with an asterisk (\*).

Alternatively, If you would like sides, choose 2 sides and 2 mains, soups or snacks.

### MAINS

#### chicken with tarragon and mushrooms (M)

*a creamy dish lightened by a hint of chilli*

chicken thigh fillets, pancetta, tarragon, garlic, chilli, mushrooms, sherry, cream

#### coq au vin (M)

*chicken in red wine with onions, mushrooms and pancetta*

bone-in chicken thighs & drumsticks, onions, carrots, celery, garlic, red wine, cognac, thyme, bay leaves, shallots, mushrooms, pancetta

#### chicken leek and pancetta pie

*a lightly creamy pie wrapped in homemade pastry – delicious hot or cold*

chicken thigh fillets, pancetta, leeks, garlic, thyme, parsley, white wine, chicken stock, crème fraîche, homemade pastry

#### butter chicken (M)

*a mild Indian favourite with a fragrant creamy tomato sauce*

chicken breasts, tomatoes, yoghurt, cream, lemon juice, cardamom, cinnamon, cloves, ginger, garlic, fenugreek, garam masala, paprika, coriander, chilli powder

#### chicken & cider stew (M)

*a hearty stew, jam-packed with veggies*

bone-in chicken thighs & drumsticks, onions, garlic, cider, marjoram, potatoes, carrots, parsnips, turnips, chicken stock

#### chicken Provencale (M)


*a rustic French dish of chicken with tomatoes, olives, zucchini and peppers*

bone-in chicken thighs & drumsticks, peppers, tomatoes, zucchini, olives, anchovies, parsley, onions, garlic, white wine, bay leaves, thyme

#### chicken with preserved lemons and olives (M)

*a fragrant Moroccan-style dish with a tomato base*

bone-in chicken thighs & drumsticks, tomatoes, olives, preserved lemon, saffron, chicken stock, onions, garlic, cumin, ginger, cinnamon, cayenne pepper, coriander



**pork, snake bean and peppercorn curry (M)**

*a fragrant, Thai-style coconut-based curry with a decent whack of heat*

pork, snake beans, peppercorn sprigs, coconut cream, coconut milk, kaffir lime leaves, coriander seeds, cumin seeds, peppercorns, dried chillies, lemongrass, shallots, garlic, shrimp paste, galangal, coriander roots, palm sugar, fish sauce

**sweet and sour pork (M)**

*pan-fried pork in a tangy sauce*

pork, capsicum, pineapple, onions, spring onions, vinegar, tomato sauce, sugar, eggs, cornflour

**\*aromatic pork & ginger hot pot (M)**

*an Asian-style dish packed with flavour*

pork belly, sprig onions, chicken stock, ginger, garlic, soy sauce, Chinese rice wine, brown sugar, star anise, dried chilli flakes, coriander

**\*braised pork belly with chorizo and haricot beans (M)**

*melt in your mouth pork with spicy chorizo sausage, smoky paprika and haricot bean stew*

pork belly, chorizo, haricot beans, passata, onions, carrots, celery, garlic, stock

**pork stroganoff (M)**

*thinly sliced pork in a delicate, creamy sauce with mushrooms, onion and capsicum*

pork, mushrooms, onions, capsicums, cayenne pepper, paprika, brandy, mustard, sour cream

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**\*braised pumpkin and lamb (M)**

*a Moroccan tagine-style dish of meltingly tender lamb cooked on the bone*

lamb, pumpkin, onions, garlic, cardamom, fennel seeds, cumin, coriander seeds, ginger, cinnamon, stock, tomatoes

**shepherd's pie**

*the perfect winter warmer, minced lamb and veges with a mashed potato topping*

minced lamb, onion, carrot, garlic, potatoes, bay leaves, tomato paste, stock, red wine, Worcestershire sauce, peas, parsley, cream, butter

**\*greek lamb fricassee**

*melt in your mouth lamb with a light, lemony dill sauce*

lamb, onions, cos lettuce, garlic, spring onions, dill, greek yoghurt, eggs, lemon juice

**moussaka**

*layers of eggplant & lamb mince topped with a cheesy béchamel*

minced lamb, eggplant, tomatoes, onion, garlic, white wine, cinnamon, oregano, butter, flour, milk, parmesan, eggs

**\*lamb navarin (M)**

*a ragout of lamb with root vegetables and rosemary*

lamb, turnips, swedes, carrots, shallots, garlic, tomatoes, rosemary, bay leaves, white wine, stock, peas, parsley

**\*nigel's lamb and barley stew (M)**

*like your Gran's thick and hearty soup... but thicker and heartier with the lamb cooked on the bone*

lamb chops, potatoes, carrots, parsnips, celery, onions, barley, thyme, bay leaves, parsley, stock

**\*boeuf bourguignon (M)**

*beef slow-cooked in red wine with pancetta, shallots and mushrooms*

beef, pancetta, shallots, mushrooms, brandy, red wine, bay leaves, thyme, parsley, orange zest, garlic, beef stock

**cottage pie**

*quintessential comfort food, minced beef and veges with a mashed potato topping*

minced beef, onions, carrots, celery, garlic, thyme, tomato puree, red wine, Worcestershire sauce, chicken stock, potatoes, egg yolks

**\*beef and veg pie**

*meat and veg for all the family*

beef, onions, swede, celery, carrot, tomatoes, garlic, stock, flour, thyme, bay leaves, eggs, flour

**\*gordon's beef casserole (M)**

*a rich red wine stew with loads of veg*

beef, pancetta, carrots, celery, swede, mushrooms, onions, thyme, bay leaves, tomato puree, red wine, beef stock, parsley

**chilli con carne (M)**

*heartly & tomatoey – all you need with it is crusty bread*

beef, borlotti beans, kidney beans, tomatoes, onions, garlic, bay leaves, black pepper, cayenne pepper, paprika, cumin, polenta

**\*beef goulash (M)**

*a traditional, tomato based Hungarian stew*

beef, onions, tomatoes, garlic, paprika, caraway seeds, cayenne pepper, cloves, bay leaves, chicken stock

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**Bolognese (M)**

*delicious served with pasta or on a baked potato with sour cream & grated colby*

minced beef, carrots, celery, tomatoes, mushrooms, onion, garlic, red wine, stock, nutmeg, bay leaves, milk

**lasagne**

*the eternal crowd-pleaser, never fails to satisfy*

minced veal, minced pork, pancetta, celery, onions, carrots, garlic, tomatoes, tomato paste, white wine, stock, balsamic vinegar, parmesan, milk, cloves, bay leaves, nutmeg, butter, flour, pasta sheets

**meat loaf with prosciutto and redcurrant jus**

*a pork and veal meatloaf with hazelnuts and apple wrapped in pancetta and balanced by a light & tangy sauce*

minced pork, minced veal, hazelnuts, apples, onions, garlic, sage, parsley, wholemeal breadcrumbs, eggs, milk, prosciutto, verjuice, redcurrant jelly, port, mustard

**meatballs Napolitana (M)**

*great for the kids, light pork meatballs in a simple fresh tomato sauce*

minced pork, tomatoes, garlic, onions, anchovies, breadcrumbs, milk, parsley, thyme, tomato paste, parmesan



**catalan summer fish stew**

*fish fillets in a fragrant tomato sauce with fennel, potatoes and chorizo*

fresh fish fillets, chorizo, fennel, potatoes, tomatoes, onions, chilli, fennel seeds, garlic, paprika, thyme, saffron, bay leaves, fish stock, white wine

**fishermans pie**

*creamy fresh and smoked fish with a mashed potato topping*

fresh fish, smoked trout, milk, onions, carrots, celery, bay leaf, parsley, potatoes, butter

**tuna meatballs (M)**

*fresh fish with subtle spices in a zingy tomato sauce*

tuna, tinned tomatoes, pinenuts, onion, breadcrumbs, parmesan, garlic, oregano, parsley, cinnamon, eggs, lemon, red wine vinegar

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**ratatouille (M)**

*eggplant, zucchini and capsicum in a tomato sauce*

eggplant, zucchini, capsicum, onions, garlic, coriander seeds, parsley

**moroccan chickpea and pumpkin stew (M)**

*a fragrant stock-based dish*

chickpeas, pumpkin, capsicum, onions, ginger, garlic, cumin, coriander seeds, coriander, paprika, tomato paste, vegetable stock

**roasted vegetable lasagne**

*roasted peppers and eggplant layered with a homemade tomato sauce, béchamel and fresh pasta sheets*

capsicum, eggplant, fresh pasta, onions, garlic, carrots, tomatoes, white wine, basil, flour, milk, parmesan

**wild mushroom pie**

*a rich, creamy indulgence with buttery, homemade pastry*

fresh mushrooms, dried mushrooms, stock, cream, nutmeg, butter, flour, eggs

**cauliflower macaroni cheese**

*creamy & cheesy, a good way to get veggies into the kids*

macaroni, cauliflower, milk, Dijon mustard, cheddar cheese, parmesan, butter, flour

**stuffed butternut pumpkin**

*a healthful combination of nuts, spices, millet & veggies in sweet roasted pumpkin*

butternut pumpkin, millet, celery, onion, carrots, corn, thyme, coriander, curry powder, currants, pinenuts, tamari, pumpkin seeds

**SOUPS (M)**

**creamy corn**

corn, celery, carrots, potatoes, onions, garlic, stock, cream, parsley

**pea and ham**

ham hocks, split green peas, frozen peas, onions, garlic

### **potato and leek**

leeks, potatoes, onions, celery, garlic, bay leaves, thyme, parsley

### **roast carrot and cumin**

carrots, cumin, onion, garlic, ground coriander, chicken stock, lemon juice, lemon rind, greek yoghurt, parsley

### **pea and fennel**

peas, fennel, garlic, stock, spinach, lemon juice, lemon rind

### **mushroom and pearl barley**

dried & fresh mushrooms, ham hock, leeks, onions, garlic, pearl barley, thyme, parsley



## **SNACKS**

### **zucchini slice (M)**

zucchini, eggs, SR flour, onions, bacon, cheese, vegetable oil

### **quiche Lorraine (M)**

eggs, cream, bacon, homemade pastry, nutmeg

### **goats cheese, potato and onion tart (M)**

homemade pastry, goats cheese, potatoes, onions, eggs, crème fraiche, garlic, thyme

### **spanakopita (M)**

filo pastry, spinach leaves, ricotta, feta, eggs, butter, nutmeg, parsley

### **creamed spinach (M)**

spinach, onions, carrots, milk, flour, butter, bay leaves, nutmeg

## **SIDES (M)**

### **mashed potatoes**

potatoes, butter, milk

### **mushy minted peas**

peas, butter, mint

**mustard mash**

potatoes, cream, butter, Dijon mustard, wholegrain mustard

**pumpkin, basil and parmesan mash**

pumpkin, basil, parmesan, olive oil

**root vegetable mash**

swede, parsnips, celeriac, butter, milk

**celeriac puree**

celeriac, milk, butter

**parsnip puree**

parsnip, milk, cream, garlic

**chickpea mash**

chickpeas, onion, olive oil, paprika

**broad beans braised with pancetta**

broad beans, pancetta, onions, stock, butter

**fennel and tomato ragu**

fennel, garlic, tomatoes, thyme

**spiced red cabbage with apple**

red cabbage, brown sugar, apples, cider vinegar, butter, nutmeg, cinnamon, cloves

**cauliflower cheese**

cauliflower, milk, flour, butter, nutmeg, cheese

**braised fennel**

fennel, stock, butter, olive oil, lemon juice, parsley

**creamed leeks**

leeks, garlic, white wine, butter, cream, thyme

