



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.

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 to order

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.

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.

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 or microwave.

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

Please follow the instructions below

- Press the 'manual' button (topmost button).
- Enter the desired cooking time by using the numbers on the right hand side of your MikroFix. e.g. for 9 minutes, please enter 900; for 7 minutes, 30 seconds, please enter 730. (please use timing for 900W microwave as indicated on your meal)
- Press the 'Microwave button' once (this will set the microwave power to 900W)
- Press the 'Start' button. You will hear a beep, when your meal is ready.

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





Soup menu.

1130

Cream of Mushroom Soup



200g

1 GF V ED

1131

Leek & Potato Soup



200g

LF GF V ED

1132

Chicken & Vegetable Soup



200g

GF ED

1133

Chunky Vegetable Soup



200g

1 GF V ED

022

Porridge



200g

LS V

1013

Scotch Broth Soup



170g

LF V

1029

Lentil Soup



170g

LF GF V

1129

Tomato Soup



200g

LF 1 GF V ED



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



Beef menu.

207

Beef Hotpot



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

350g

1 GF

208

Cottage Pie



Savoury minced beef topped with a layer of mashed potato, served with carrots and peas.

380g

1 GF

209

Savoury Minced Beef



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

350g

1 GF

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, green beans and peas.

360g

1

203

Corned Beef Hash



Tasty corned beef, onion and potatoes, served with peas and carrots.

360g

1 GF

8191

Chilli Con Carne



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

350g

LF 1 GF

211

Steak & Kidney Pie



Steak and kidney in a rich gravy with a shortcrust pastry top, served with mashed potato, carrots and peas.

370g

1 ED

214

Steak & Mushroom Casserole



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

360g

2 LS 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.

8142

Beef Bourguignon



Beef, mushrooms, smoked bacon and onions in a red wine stew, served with mashed potato and red cabbage with apple.

390g

1 GF

227

Minced Beef & Onion Pie



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

390g

1 ED



Lamb menu.

237

Lamb in Gravy



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

340g

LF 1 GF

8148

Lamb & Vegetable Casserole



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

350g

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



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



241

Irish Stew



Lamb stew with pearl barley, carrots, leeks and potatoes served with mashed potato, savoy cabbage and mashed root vegetables.

360g

1

245

Shepherd's Pie



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

380g

1 GF



Pork menu.

324

Liver & Bacon Casserole



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

365g

1 GF

4236

Minted Lamb Pie



Diced lamb, leeks and onion in a minty gravy topped with shortcrust pastry, served with mashed potato, carrots and green beans.

390g

1 ED

225

Pork Loin & Stuffing



Sliced pork loin with a 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

7335

Faggots in Gravy



Three seasoned pork faggots in a rich onion gravy, served with mashed potatoes and peas.

435g

1

235

Bangers & Mash



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

380g

1

8150

Sausage, Chips & Beans



Two pork sausages in a rich onion gravy, served with chips and baked beans.

335g

1

322

Cumberland Sausages



Two cumberland sausages made with a mix of herbs and spices in gravy, served with mashed potato, carrots and peas.

384g

1



Chicken & Turkey menu.

7360

Pork in Gravy



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

405g

LF 1 GF

520

Gammon with Pineapple



Sliced gammon in pineapple sauce, served with diced fried potatoes and peas.

380g

LF 1 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

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, carrots and peas.

350g

LF 1 LS GF



8138

Chicken & Vegetable Casserole



Chunks of chicken and vegetables in a rich sauce, served with mashed potato, carrots and green beans.

410g

LF 2 GF

7260

Chicken & Mushroom Pie



Chicken and mushrooms in a creamy sauce topped with a puff pastry top, served with mashed potato, carrots and green beans.

428g

1

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



264

Chicken Curry with Rice



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

360g

LF GF

4242

Turkey with Stuffing



Formed turkey in gravy, served with roast potatoes, mashed carrot and swede, cabbage and stuffing.

375g

LF 1

8139

Chicken Breast with Cheese & Bacon Sauce



Chicken breast in a cheese and bacon sauce, served with diced fried potatoes and peas.

375g

1 GF

8193

Chicken, Bacon & Thyme Hotpot



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

360g

1 LS GF

8194

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

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.



Fish menu.

304

Breaded Fish & Chips



Breaded white fish, served with chips and peas.

305g

1

314

Fish in Parsley Sauce



Fish in parsley sauce, served with mashed potato, carrots and green beans.

380g

1

GF

318

Salmon & Broccoli Supreme



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

370g

1

LS

GF

4223

Fisherman's Pie



Smoked haddock and white fish in a creamy dill sauce, topped with mashed potato, served with carrots and peas.

445g

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.



Mini meals extra menu.

Mini Meals Extra are *ideal for those with reduced appetites.*

Mini Meals Extra dishes may be *small but are energy dense,* containing 500 calories and at least *20g of essential protein.*

579 Chicken Biryani



Tender pieces of chicken cooked with fragrant spices, coriander and coconut. Served with fruity sultana rice.

300g

LS ED

580 Fish Hotpot



Pieces of white fish and smoked haddock in a white sauce topped with sliced sauté potatoes.

290g

LS GF ED

587 Ham & Leek Bake



Delicious chunks of formed ham in a leek sauce topped with diced potatoes.

285g

GF ED

589 Corned Beef Hash



A tasty dish made with corned beef, onions, peas and potatoes.

280g

GF ED

583 Salmon Bake



Flaked salmon and peas in a cheesy white sauce topped with diced potatoes.

290g

GF ED

584 Pasta Carbonara



Penne pasta with succulent pieces of chicken and smoke flavoured formed ham in a creamy carbonara sauce with mushrooms.

290g

ED

Don't forget the driver is not allowed to leave your meals if you are not going to be at home so if you are going to be out, **please phone the office in advance** so that we can arrange another delivery day.



592
Beef Stroganoff



Beef and mushrooms in a cream and white wine sauce with white rice.

300g

GF ED LS

1577
Macaroni Cheese



Macaroni pasta in a creamy cheese sauce.

290g

V ED

597
Cheese & Potato Bake



Broccoli in a cheese sauce with onion, topped with fried diced potatoes.

300g

GF ED V



Vegetarian menu.

Texture modified meals.

To find out more, please ask your driver for our textured modified range order form.



At apetito, we believe that everyone should look forward to a great meal, no matter what.

Our multiple award-winning, specialist texture-modified range of meals, created especially for those with dysphagia (swallowing difficulties), provide visually appealing, great tasting food, all in line with the National Descriptor Guidelines.

364
Mushroom, Leek & Cheddar Bake



A mushroom, leek and Cheddar bake topped with sauté potatoes, served with broccoli and red cabbage with apple and port.

415g

2 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

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

8196

Provençale Vegetable Bake



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

435g

LF 3 LS GF V

4222

West Country Cheddar Macaroni Cheese



Macaroni in a creamy West Country Cheddar cheese sauce topped with Regato crumb, served with green beans and carrots.

370g

1 V ED

554

Cheese, Onion, Leek & Potato Bake



Diced potatoes in a cheese sauce with leeks and onions, served with green beans, mashed carrot and swede.

400g

2 LS GF V

609

Vegetable Lasagne



Vegetable and tomato sauce layered between sheets of pasta and topped with a cheese sauce, served with green beans and carrots.

465g

3 V

4254

Vegetable, Lentil & Chianti Hotpot



Carrot, peas, haricot beans, leek, lentils, celery and swede in Chianti wine gravy, topped with sauté potatoes.

330g

LF 2 V

4255

Root Vegetable Spaghetti Bolognaise



Lentils, swede, carrot, onion, celeriac and celery in a tomato and herb sauce with spaghetti.

330g

LF 1 LS V

588

Cauliflower Cheese & Broccoli Bake



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

420g

1 GF V

4241

Quorn, Leek & Mushroom Pie



Pieces of Quorn (mycoprotein), chestnut mushroom and leek in a creamy sauce topped with shortcrust pastry, served with mashed potato, carrots and peas.

425g

1 LS V ED

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



Hot desserts menu.

803

Summer Fruit Crumble
with Custard



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

155g

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 ED

800

Apple Pie
with Custard



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

156g

LS V

810

Rhubarb Crumble
with Custard



Rhubarb filling topped with crumble, served with custard.

155g

LS V ED

811

Apple Crumble
with Custard



Apple filling topped with crumble, served with custard.

155g

LS V ED

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.

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 ED

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 ED

3119

Chocolate & Cherry
Brownie with Vanilla
Cream Sauce

Chocolate and glacé cherry brownie with a vanilla cream sauce.

135g

LS GF V ED

3121

Date Pudding with
Coconut & Date Sauce

A sticky date pudding served in a coconut and date sauce.

132g

LS V ED





Reduced sugar desserts menu.

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

Golden Syrup Sponge with Custard



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

130g

LS V RS

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

925

Lemon Sponge with Custard



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

130g

LS V RS

926

Sultana Sponge with Custard



A light sponge filled with sultanas, served with custard.

130g

LS V RS

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

928

Jam Roly Poly with Custard



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

150g



990

Stewed Apple & Rice



Rice pudding topped with stewed apple.

155g





Cold desserts menu.

414
Coffee Dessert



Smooth coffee dessert.

77g
LS GF V

419
Fruit Cocktail



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

140g
LF LS GF V

2148
Strawberry Trifle



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

105g
LS V

410
Strawberry Sundae



Vanilla flavoured ice cream with strawberry sauce.

106g
LS GF V

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 a blackcurrant sauce.

94g
V

2149
Raspberry Trifle



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

105g
LS V

416
Chocolate Mousse



Smooth chocolate mousse with sugar and sweetener.

65g
LS GF V

418
Strawberry Mousse



Smooth strawberry mousse with sugar and sweetener.

65g
LS GF V