

to give you everything you

have a colour code beside

need. As you look through this menu you will see some meals

and tempting desserts.

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.



1/2/3 (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.

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34 Cold desserts

Z

satisfied and regular customers

and trust you will enjoy our

meals and the service we

provide.

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.

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.

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, seep 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 ides and heat according to the product label. Allow o stand for the time shown, before consuming. Insure 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!

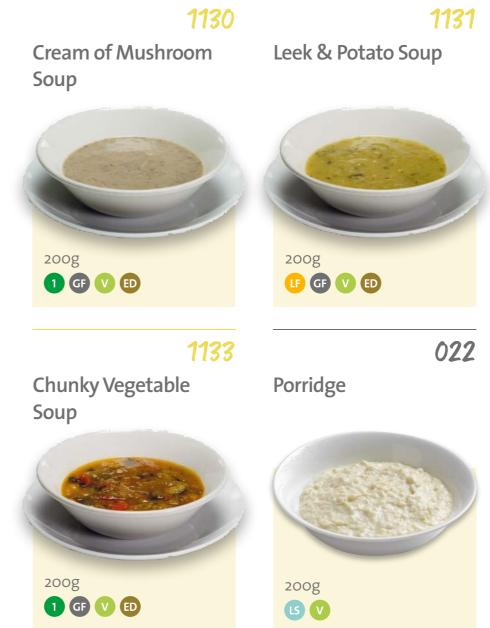
Chicken & Vegetable

Soup

200g GF ED











214



Beef menu.

201

Beef with Roast Potatoes Sliced Beef with **Mashed Potato**

202

Corned Beef Hash



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

360g



360g



203

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

360g



207

Beef Hotpot

Cottage Pie

208

Savoury Minced Beef



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

350g





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

380g





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

350g



211

Steak & Kidney Pie

8191

Steak & Mushroom Casserole



Chilli Con Carne

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

350g









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

370g





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























Beef Bourguignon

Minced Beef & Onion Pie

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.



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

390g



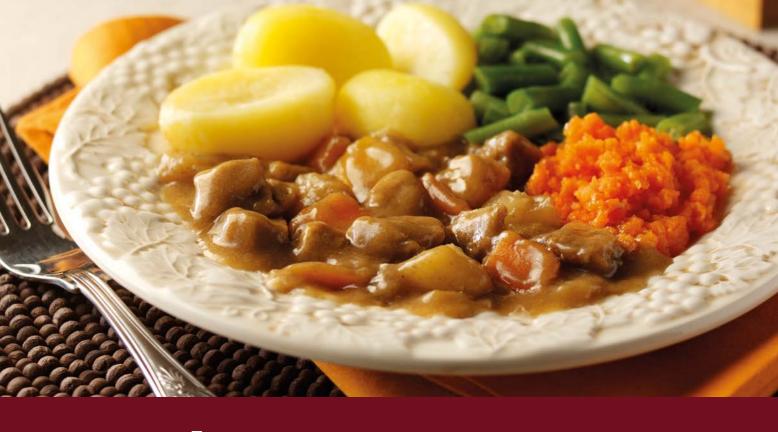


227

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

390g





Lamb menu.

237

Lamb in Gravy

8148 Lamb & Vegetable Casserole

Lancashire Hotpot

240



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

340g







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

350g





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











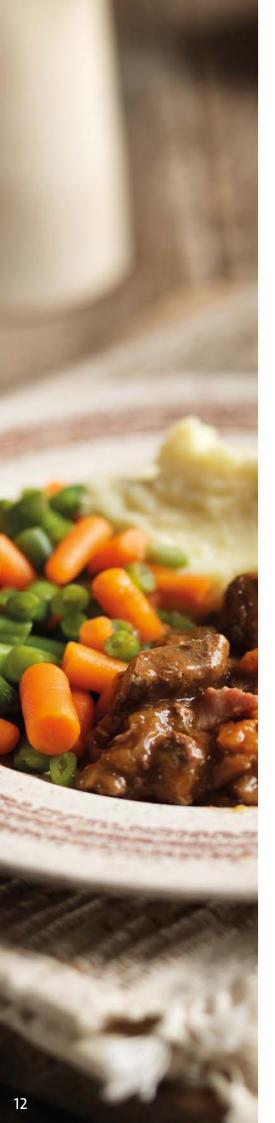












Irish Stew

245

4236

Shepherd's Pie



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

360g



Liver & Bacon

Casserole



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

380g



324

Minted Lamb Pie



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

365g





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

390g





Pork menu.

225

Pork Loin & Stuffing

Pork, Leek & Mustard Casserole

231

Faggots in Gravy



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

350g





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

370g





7335

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











Bangers & Mash

8150

Cumberland Sausages

322



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

380g





Sausage, Chips

& Beans

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

335g



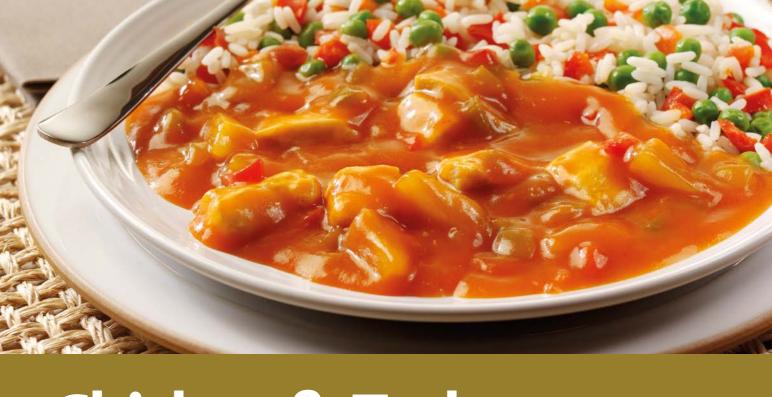


Two cumberland sausages made with a mix of herbs and spices in gravy, served with mashed potato, carrots and peas.

384g



7360



Chicken & Turkey menu.

Pork in Gravy

520

Gammon with Pineapple



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

405g







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

380g





Chicken & Vegetable Pie

Chicken in Gravy

256

Roast Chicken Breast

257



252

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

440g





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

350g





Steam roasted chicken breast in gravy, served with parsley boiled potatoes, carrots and peas.











Chicken & Vegetable Casserole 7260

Chicken & Mushroom Pie Chicken 263

Honey Mustard



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

410g





Chicken pieces in a mild

curry sauce, served with

long grain white rice.

360g

IF GF



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

428g





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

395g





264

Chicken Curry with Rice Turkey with Stuffing

4242

Chicken Breast with Cheese & Bacon Sauce

8139



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

375g



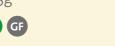




Chicken breast in a cheese and bacon sauce, served with diced fried potatoes and peas.

375g







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









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

415g



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.

CHICKEN & TURKEY MENU

















17



Fish menu.

304

Breaded Fish & Chips

314

Fish in Parsley Sauce

318

Salmon & Broccoli Supreme



Breaded white fish, served with chips and peas.

305g





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

380g





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

370g







4223

Fisherman's Pie

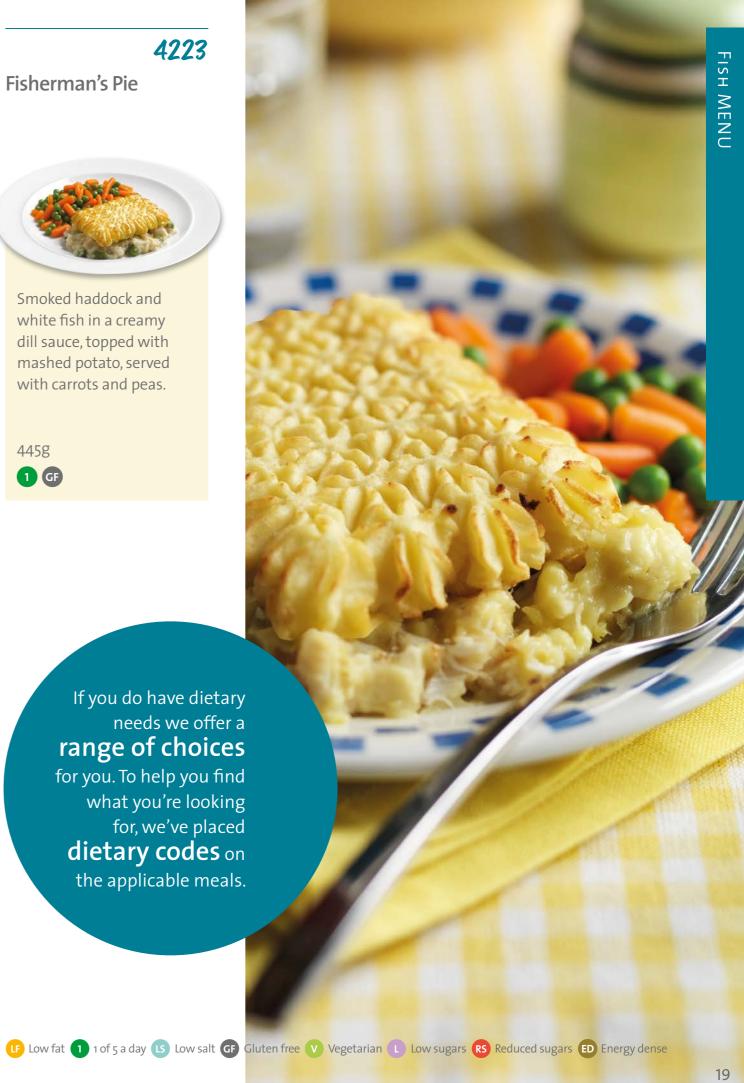


Smoked haddock and white fish in a creamy dill sauce, topped with mashed potato, served with carrots and peas.

445g



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, 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



Fish Hotpot

580



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

290g



583

Salmon Bake



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

290g



Pasta Carbonara

584



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

290g



587

Don't forget going to be out, please phone the office in advance so that

Ham & Leek Bake



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

285g



589

Corned Beef Hash



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















Beef Stroganoff

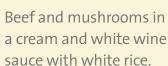
1577

597 Cheese & Potato Bake

Macaroni Cheese



Beef and mushrooms in a cream and white wine



300g







Macaroni pasta in a creamy cheese sauce.

290g





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

300g





Vegetarian menu.

Texture modified meals.



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

343

Omelette, Chips & Beans

Spanish Omelette

344



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

415g







A fluffy omelette served with chips and baked beans.

370g





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





















Provençale Vegetable Bake



West Country Cheddar Macaroni Cheese



Vegetable Lasagne

Vegetable and tomato

sauce layered between

with green beans and

carrots.

465g

Ouorn, Leek

& Mushroom Pie

sheets of pasta and topped

with a cheese sauce, served

609

4241



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

435g





Vegetable, Lentil

& Chianti Hotpot





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

370g





Root Vegetable



Cheese, Onion,

Leek & Potato Bake

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

400g



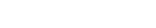






588

Cauliflower Cheese & Broccoli Bake





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

4254

330g









Spaghetti Bolognaise

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

330g

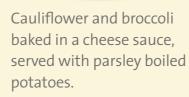












420g









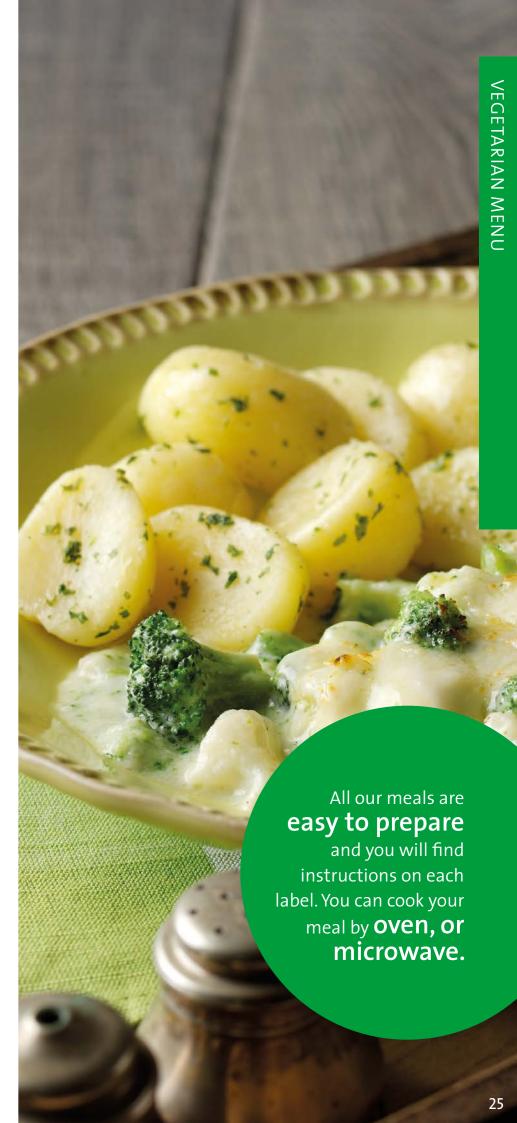
(mycoprotein), chestnut mushroom and leek in a creamy sauce topped with shortcrust pastry, served with mashed potato, carrots and peas.

Pieces of Quorn

425g

























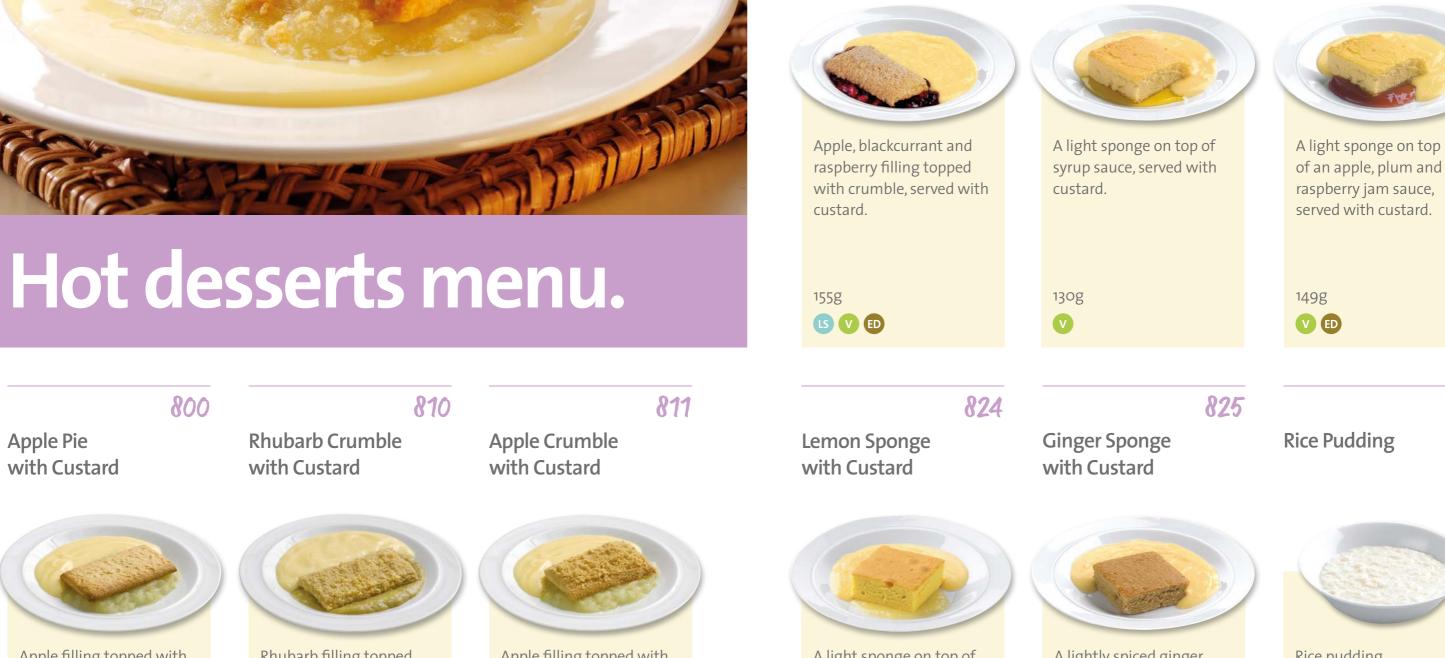






















838 852 858 **Bakewell Tart Spotted Dick Bread & Butter Pudding** with Custard with Custard with Custard A pastry base topped with Suet pudding made with Layers of bread and butter, sultanas and currants, apple, plum and raspberry scattered with sultanas jam and a light sponge served with custard. and currants, served with top, served with custard. custard. 140g 142g 155g V ED 866 3121 3119 Date Pudding with Sticky Toffee Pudding Chocolate & Cherry with Custard Brownie with Vanilla Coconut & Date Sauce **Cream Sauce** Sticky toffee pudding with Chocolate and glacé A sticky date pudding cherry brownie with dates, served with a sweet served in a coconut and toffee sauce and custard. a vanilla cream sauce. date sauce. 160g 135g 132g LS V ED V ED LS GF V ED Low fat 1 1 of 5 a day Low salt GF Gluten free V Vegetarian L Low sugars RS Reduced sugars ED Energy dense

HOT DESSERTS MENU



Apple & Blackberry Crumble with Custard

913

Golden Syrup Sponge with Custard



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



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

with crumble, served with custard.

Rhubarb filling topped







926



Reduced sugar desserts menu.

900

Apple Pie with Custard **Blackcurrant Pie**

Blackcurrant filling topped

with a shortcrust pastry

top, served with custard.

with Custard

Apple Crumble with Custard

906



155g

Sultana Sponge with Custard



925

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



A light sponge filled with sultanas, served with custard.

prefer a little less sugar doesn't miss out. We have everybody.



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

150g



150g











custard.

155g



Apple filling topped with

crumble, served with





























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.



















Vanilla flavoured ice cream with strawberry sauce.

106g



Caramel Sundae



Vanilla flavoured ice cream with caramel sauce.

106g LS GF V Blackcurrant Cheesecake



412

Cheesecake on a biscuit crumb base topped with a blackcurrant sauce.

94g

414 Coffee Dessert

2149

Fruit Cocktail

419

Strawberry Trifle



Smooth coffee dessert.





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



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

77g



140g



105g

416



Raspberry Trifle



Strawberry Mousse

418



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



Smooth chocolate mousse with sugar and sweetener.



Smooth strawberry mousse with sugar and sweetener.

105g



65g



65g

















