



**Weekly rotating meal boxes**, two of each meal (14 dinners) in each delivery. Safe to freeze, super-easy to defrost and prepare\*.

**£55 per box of 14 meals.** Delivery by volunteers or collected from Ashfield House by arrangement. If not possible a £5.00 delivery charge may apply.

\* follow manufacturers' guidelines to freeze and heat - as a rough guide 3 minutes with the lid slightly open in the microwave should be perfect.

### WEEK 1

**Meal 1**  
**Steak and ale pie with new potatoes**

**Meal 2**  
**Bangers and mash with onion gravy**

**Meal 3**  
**Country cottage pie**

**Meal 4**  
**Chicken and leak pie, herby mash**

**Meal 5**  
**Roast pork lion, stuffing, roast potatoes, gravy**

**Meal 6**  
**Chicken and mushroom stroganoff, basmati rice**

**Meal 7**  
**Mixed fish and potato pie with fresh herbs**

### WEEK 2

**Meal 1**  
**Roast chicken and gravy, new potatoes**

**Meal 2**  
**Salmon and herb potato cake, parsley sauce**

**Meal 3**  
**Chicken and bacon, creamy tarragon sauce, herb mash**

**Meal 4**  
**Honey roasted ham chunks,gravy, sautéed potatoes**

**Meal 5**  
**Stout and beef casserole, roasted potatoes**

**Meal 6**  
**Beef bolognese , herb basmati rice**

**Meal 7**  
**Chicken and ham pie, creamy mash, gravy, herbs**

All meals served with a mix of seasonal vegetables.

To order please contact **Alex** on **07813 555 945** or  
email **[alex@masonickitchen.co.uk](mailto:alex@masonickitchen.co.uk)**

Order by Friday 1pm and your meals will be ready for collection or delivery on Tuesday.