



— Home-cooked —  
**MEALS**  
**DELIVERED**  
— Locally —

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## HOW IT WORKS

- 1 **Choose Your Meals:** Select your favorites from our weekly menu (on the back). Meals come in light or standard portions, with optional desserts.
- 2 **We Cook & Deliver:** Angela prepares your meals fresh, ready for you to enjoy. Just heat in a microwave.
- 3 **Plan Ahead:** Each week, we'll drop off a new order form for you to fill out, keeping it simple and seamless.

## WHY SILVER PLATE

**Flexible Plans:** Start with just three meals per week.

**Delicious Variety:** A rotating four-week menu to keep things fresh.

**Made with Care:** Every meal is prepared with Angela's signature attention to detail and love for good food.

## PRICES

MAINS (Light) - £7 (Regular) - £8 | DESSERTS - £4  
ICE CREAM - £3 | SNACK BOX - £5

# WEEK 01

## MONDAY:

Sweet Chilli Halloumi & Pineapple Burger – Served with spicy wedges and zingy ‘slaw’

Beef Burger – Served with mature cheddar cheese, sweet potato wedges and corn

Dessert – Strawberry Mousse

## TUESDAY:

Crab and Ricotta Ravioli – Served with lemon butter

OR

Jacket Potato – Served with a range of fillings and salad

Dessert – Lemon Drizzle Traybake

## WEDNESDAY:

Harrisa lamb – Served with chickpea couscous

OR

Ginger & Honey Glazed Gammon – Served with bouchon potatoes

Dessert – Apricot & Almond Tart

## THURSDAY:

Spinach & Feta Filo Pie – Served with greek salad

OR

Chicken – Served with roasted mediterranean vegetables

Dessert – Eton Mess

## FRIDAY:

Fragrant Salmon – Served with prawn rice noodles

OR

Scotch Egg Ploughmans

Dessert – Summer Pudding

# WEEK 02

## MONDAY:

Sausage Plait – Served with three bean salad and rainbow ‘slaw’

OR

Basil & Lemon Chicken Meatballs – Served with spaghetti

Dessert – Chocolate Mousse

## TUESDAY:

Chicken Kebabs – Served with salad tzatziki and rice

OR

Egg Potato & Ham Salad

Dessert – Scone Jam Clotted Cream

## WEDNESDAY:

Cornish Pasty – Served with seasonal vegetables

OR

Bacon Wrapped Chicken Breast – Served with charred red pepper and broccoli

Dessert – Plum Tart Tatin

## THURSDAY:

Spring Lamb Skewers – Served with allotment salad

OR

Sausages – Served with spicy tomato pasta salad

Dessert – Strawberry Cheesecake

## FRIDAY:

Tuna Nicoise

OR

Crispy Chicken Thighs – Served with dauphinoise potatoes

Dessert – Profiteroles

# WEEK 03

## MONDAY:

Carbonara

OR

Salmon – Served with seasonal vegetables and saute new potatoes

Dessert – Lemon & Lime Mousse

## TUESDAY:

Griddled Steak Strips – Served with spicy noodles

OR

Sticky Pork Skewers – Served with sesame ginger rice and pineapple salsa

Dessert – Chocolate Brownie

## WEDNESDAY:

Chicken Pesto Bake

OR

Pasta Prawn Egg & Avocado Salad

Dessert – Summer Fruit Tart

## THURSDAY:

Lamb Burger – Served with chipotle hasselback potatoes

OR

Jacket Potato – Served with a range of fillings and salad

Dessert – Raspberry & Lemon Curd Trifle

## FRIDAY:

Herby Roasted Chicken – Served with new potatoes and seasonal vegetables

OR

Smoked Trout & Potato Salad – Served with radish ‘slaw’

Dessert – Seasonal Fruit Fool

# WEEK 04

## MONDAY:

Chicken Fajitas – Served with salsa and lime coriander rice

OR

Smoked Haddock & Pea Risotto

Dessert – Coconut Panna Cotta

## TUESDAY:

Lamb – Served with mint and pea tabbouleh

OR

Sausage – Served with oasted balsamic vegetable traybake

Dessert – Bakewell Tart

## WEDNESDAY:

Warm Lentil Salad – Served with steak horseradish cream and beetroot

OR

Chicken & Ham Pie – Served with seasonal vegetables

Dessert – Chocolate Tart

## THURSDAY:

BBQ Chicken – Served with orzo salad

OR

Pork Chop – Served with roasted apple and vegetables

Dessert – Mango & passion fruit cheesecake

## FRIDAY:

Puttanesca Hake Traybake – Served with gnocci

OR

Quiche – Served with garden salad

Dessert – Summer Crumble

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## EXTRAS:

**Snack Box** – Contains an item of fruit, small drink, chocolate bar and savoury snack  
**Ice Cream** – Handmade ice cream