

This menu will be served from 1st June 2018 to 30th September 2018
Allergen information is available on our website and is supplied with your order
Full Ts & Cs on our website



BOXED
by eden

Our boxed meals provide great tasting and nutritious food designed to provide a convenient hot meal quickly for staff, students or guests. We cook a daily selection of three different boxes.

Boxes are delivered to you **cold**, ready to be heated in a microwave when required. There is a minimum order of three cases. If you'd like to know more about how it works, please email or give us a call.

DAILY SELECTION

cases of six boxes, minimum order three cases

This selection will be served on the 1st, 10th, 19th and 26th of the month

Smoked Fisherman's Pie

smoked haddock, salmon, mackerel and prawns with double cream and mash, served with seasonal vegetables

Spaghetti Carbonara with Chicken

mushrooms and chicken breast pan fried with garlic, onion and cream then stirred through spaghetti with bella lodi cheese

Vegetarian Rogan Josh with Rice (v, g)

an aubergine, squash, peppers and lentils version of this wonderful Kashmiri curry. Served with pilaf rice.

This selection will be served on the 2th, 11th, 20th and 27th of the month

Lasagne Bolognese

traditional lasagne with minced steak, celery, carrot, oregano and bella lodi

Tarragon Chicken & Rice

tarragon, cream, lemon and chicken breast. Served with long grain rice.

Vegetarian Paella (vegan, g)

with mushrooms, peppers, artichoke hearts and fresh parsley

This selection will be served on the 3rd, 12th, 21st and 28th of the month

Shepherd's Pie

minced lamb with carrot, swede and parsley topped with light mash

Macaroni Cauliflower Cheese Bake (v)

the wonderful classic everyone's Mum made but lovelier with bella lodi, crème fraiche and chopped parsley

Mushroom Stroganoff with Rice (v,g)

crème fraiche, parsley, paprika and red wine flavour the rice, button and field mushrooms

This selection will be served on the 4th, 13th, 22nd and 29th of the month

Beef in Red Wine with Mash

beef slowly braised in red wine with bouquet garni, celery, onion, carrot & button mushrooms, served with whole grain mash

Chicken Korma & Rice (n)

chicken thigh gently cooked in our own garam masala, coconut, garlic and natural yogurt, served with a pilaf rice and herb garnish

Fusilli with Mushroom (v)

oyster, chestnut & button mushrooms pan fried and tossed with fresh tarragon, bella lodi and cream, served with fusilli pasta

DAILY SELECTION

cases of six boxes, minimum order three cases

This selection will be served on the 5th, 14th, 23rd and 30th of the month
Moroccan Chicken with Turmeric Rice (g, d)

free range chicken breast with caraway, cumin, paprika, cinnamon, fresh chilli, dried fruit and tomato, served with turmeric rice

Penne Arrabiata with Chicken

the classic spicy tomato sauce and chicken filets with penne pasta

Roasted Vegetable Lasagne (v)

peppers, aubergine, courgettes and cheese in a rich tomato and béchamel topped with a basil pesto

This selection will be served on the 6th, 15th, 24nd and 31st of the month

Lamb Rogan Josh & Rice

toasted cumin and coriander seeds give depth to the classic curry, served with rice

Meat Balls with Spaghetti

beef meatballs cooked in rich tomato sauce with spaghetti and shaved bella lodi

Cannelloni (v)

Spinach & ricotta cannelloni with Neapolitan sauce and smooth béchamel cream

This selection will be served on the 7th, 16th and 25th of the month

Chilli Con Carne & Rice (g)

chilli, cumin, oregano, thyme and chocolate flavour the minced beef for this classic and delicious Mexican, served with rice

Sausage & Mash

pork & leek sausages with mustard mash and caramelised onion gravy

Teriyaki Noodles with Cashews (v, d, n)

Chinese egg noodles with teriyaki, sesame seeds, cashew nuts and peppers

This selection will be served on the 8th and 17th of the month

Spanish Style Lamb with Turmeric Rice (g, d)

slow cooked lamb with olives, tomato & paprika served with turmeric rice

Moroccan Vegetable Tagine & Rice (vegan, g, d)

pumpkin, sultanas, courgettes and chickpea flavoured with cinnamon, ginger and cumin, Served with minted couscous

Thai Green Vegetable Curry & Rice (vegan, d, n)

peppers, babycorn and cashew nut in a lime and coriander chilli coconut sauce, served with rice

This selection will be served on the 9th and 18th of the month

Paella with Peppers, Mushroom & Chorizo (g)

arborio rice with chorizo, peppers, mushrooms, peas, artichoke hearts, sunblush toma- toes and onion pan fried with paprika, parsley and lemon

Javanese Chicken & Rice

chicken breast with coconut, peanuts & cumin, served with rice

Roasted Vegetable Lasagne (v)

peppers, aubergine, courgettes and cheese in a rich tomato and béchamel topped with a basil pesto

£ PER
CASE OF 6

£49.20

£34.50

£34.50

£36.00

£40.50

£28.50

£33.30

£27.00

£27.00

£37.50

£32.70

£27.00

£ PER
CASE OF 6

£35.70

£23.70

£29.70

£44.10

£37.50

£30.00

£28.50

£28.50

£35.70

£32.70

£27.00

£28.50

£27.90

£34.20

£29.70

For orders greater than 50 cases any item can be selected for any day of the week

Our boxed meals provide great tasting and nutritious food designed to provide a convenient hot meal quickly for staff, students or guests. We cook a daily selection of three different boxes.

Boxes are delivered to you **hot**, ready to be served immediately. There is a minimum order of five of any one case (30 boxes). If you'd like to know more about how it works, please email or give us a call.

DAILY SELECTION

cases of six boxes, minimum order five cases

This selection will be served on the 1st, 10th, 19th and 26th of the month

Smoked Fisherman's Pie (sold in multiples of 6)

smoked haddock, salmon, mackerel and prawns with double cream and mash, served with seasonal vegetables

Spaghetti Carbonara with Chicken

mushrooms and chicken breast pan fried with garlic, onion and cream then stirred through spaghetti with bella lodi cheese

Vegetarian Rogan Josh with Rice (v, g)

an aubergine, squash, peppers and lentils version of this wonderful Kashmiri curry. Served with pilaf rice.

This selection will be served on the 2th, 11th, 20th and 27th of the month

Lasagne Bolognese (sold in multiples of 6)

traditional lasagne with minced steak, celery, carrot, oregano and bella lodi

Tarragon Chicken & Rice

tarragon, cream, lemon and chicken breast. Served with long grain rice.

Vegetarian Paella (vegan, g)

with mushrooms, peppers, artichoke hearts and fresh parsley

This selection will be served on the 3rd, 12th, 21st and 28th of the month

Shepherd's Pie (sold in multiples of 6)

minced lamb with carrot, swede and parsley topped with light mash

Macaroni Cauliflower Cheese Bake (v) (sold in multiples of 6)

the wonderful classic everyone's Mum made but lovelier with bella lodi, crème fraiche and chopped parsley

Mushroom Stroganoff with Rice (v,g)

crème fraiche, parsley, paprika and red wine flavour the rice, button and field mushrooms

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£ PER BOX

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Moroccan Chicken with Turmeric Rice (g, d)

free range chicken breast with caraway, cumin, paprika, cinnamon, fresh chilli, dried fruit and tomato, served with turmeric rice **£7.25**

Penne Arrabiata with Chicken

the classic spicy tomato sauce and chicken filets with penne pasta

Roasted Vegetable Lasagne (v) (served in multiples of 6) **£6.50**

peppers, aubergine, courgettes and cheese in a rich tomato and béchamel topped with a basil pesto

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Lamb Rogan Josh & Rice

toasted cumin and coriander seeds give depth to the classic curry, served with rice

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Cannelloni (v) (sold in multiples of 6)

Spinach & ricotta cannelloni with Neapolitan sauce and smooth béchamel cream **£6.50**

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Sausage & Mash

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Chinese egg noodles with teriyaki, sesame seeds, cashew nuts and peppers **£6.50**

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