

*Call Julie with your first order or any questions on*

**01822 618870**

Thereafter:

Choose the meal(s)

Tick the box on the sheet

I will collect your order when the first meal is delivered.

Delivery times are between

11.30 – 1.30 for lunch or

4.00 - 6.15 for dinner.

Payment on delivery

Meal prices include free delivery in Tavistock

All meals will be served in microwavable packaging.

We would be delighted to cook for you, no order is too small  
Leave the rest to us  
Enjoy your meal

## *Blue Skies Catering*

Fresh meals cooked daily and delivered hot to your home

**£5.00 Main meal**

**£2.50 Dessert**

Julie Credicott

Lanac House, 33 Plymouth Road  
Tavistock Devon PL19 8BS

**Contact Julie on:**

**01822 618870 / 07523 054530**

**julie@blueskies.catering**

**www.blueskies.catering**

Creating food for every occasion:

- Wholesome meals for the elderly
  - Weddings
  - Birthdays
- Funerals
- Family suppers
- Outdoor events, including BBQ
  - Lunches



# *Blue Skies Catering*



**HOME DELIVERED**

## **Lunch & Dinner Menu**

*Lovingly created for you and your family*

# Week 1

## Monday:

Roast beef with Yorkshire pudding served with roast potatoes, cabbage, carrots & mashed swede

or  
Pork Goulash with herby dumplings served with new potatoes & cabbage

*pudding: Jam roly poly served with custard*

## Tuesday:

Sweet & sour chicken served with rice

or  
Steak mince cottage pie served with red cabbage & green beans

*pudding: Salted caramel cheesecake*

## Wednesday:

Gammon & pineapple served with sautéed potatoes & cheesy broccoli

or  
Beef stew with horseradish dumplings served with mashed swede & buttered mashed potato

*pudding: Apple & rhubarb crumble served with double cream*

## Thursday:

Moroccan fruity lamb tagine served with rice

or  
Sausage casserole served with buttered mash potato, cabbage & sweetcorn

*pudding: Spotted dick served with custard*

## Friday:

Beef stroganoff with crème fraîche & parsley served with basmati rice

or  
Cod in parsley sauce served with wilted spinach & buttered boiled potatoes

*pudding: Apple & rhubarb crumble served with double cream*

**Daily alternative:** Jacket potato with one of the following toppings: Tuna mayonnaise/cheese & beans/chilli con carne/ coronation chicken or prawns in a lemon mayonnaise

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# Week 2

## Monday:

Pork & apple casserole served with herby dumplings, carrot & swede mash & broccoli

or  
Salmon fishcakes served with parsley mash & peas with a mature cheddar cheesy sauce  *pudding: Baked lemon & vanilla rice pudding*

## Tuesday:

Cumberland pie topped with parmesan & mature cheddar potatoes served with broccoli & red cabbage

or  
Chicken & rosemary casserole served with rosemary roast potatoes, peas & sweetcorn  *pudding: Bakewell tart served with custard*

## Wednesday:

Salmon, shallot & parsley cheese sauce crumble served with buttered new potatoes, carrots & sweetcorn

or  
Irish stew with lamb & pearl barley served with cabbage  *pudding: Sticky toffee pudding served with custard*

## Thursday:

Mediterranean vegetable casserole served with roast potatoes & topped with mozzarella cheese

or  
Roast lamb served with roast parsnips, baked beetroot, rosemary roast potatoes & mint gravy

*pudding: Fruity strudel served with custard*

## Friday:

Beef & mushroom pie served with buttered mashed potato, carrots & peas

or  
Cauliflower, ham, cherry tomato & mushroom bake in a mature cheddar cheesy sauce served with boiled potatoes & green beans  *pudding: Apple & blackberry crumble served with clotted cream*

**Daily alternative:** Jacket potato with one of the following toppings: Tuna mayonnaise/cheese & beans/chilli con carne/ coronation chicken or prawns in a lemon mayonnaise

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# Week 3

## Monday:

Roast chicken with bread sauce, roast potatoes, sprouts, roasted parsnips & carrots

Cheesy ham & leek bake served with new potatoes & carrots  *pudding: Strawberry trifle*

## Tuesday:

Shepherd's pie served with peas & sweetcorn

Chicken breast in white wine & mushroom sauce served with mashed swede & green beans

*pudding: fresh fruit salad served with clotted cream*

## Wednesday:

Pork sausage casserole served with buttered mash & cabbage

Beef hotpot served with carrots & mashed swede  *pudding: Apple & rhubarb crumble served with double cream*

## Thursday:

Cod mornay served with cauliflower & new potatoes

Hunters chicken with BBQ sauce, smoked bacon & mature cheddar served with potato wedges & peas

*pudding: Fruity strudel served with custard*

## Friday:

Sweet & sour pork served with basmati rice & pineapple

Cod in parsley sauce served with wilted spinach & buttered boiled potatoes

*pudding: Chocolate orange cheesecake*

**Daily alternative:** Sweet or white jacket potatoes with one of the following fillings: Cheese & beans, tuna & sweetcorn, chilli con carne, prawns in lemon mayonnaise or coronation chicken

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# Week 4

## Monday:

Roast pork, served with roast potatoes, broccoli, cabbage, carrots & apple sauce

Chicken & broccoli lasagne served with buttered new potatoes

*pudding: Creamy rice pudding & raspberry jam*

## Tuesday:

Cottage pie topped with mature cheddar cheese & served with carrots, peas & sweetcorn

Beef bourguignon served with buttered new potatoes & green beans

*pudding: Sticky toffee pudding served with clotted cream*

## Wednesday:

Sweet & sour pork served with basmati rice & pineapple

Irish stew with lamb & pearl barley served with cabbage

*pudding: white chocolate & raspberry cheesecake*

## Thursday:

Vegetable gratin topped parsley & mature cheddar cheese served with roasted potatoes

Herby lamb cobbler served with boiled potatoes & cauliflower

*pudding: Apple & blackberry crumble served with clotted cream*

## Friday:

Chicken & mushroom pie served with buttered mashed potato, carrots & peas

Fisherman's pie served with broccoli & cauliflower

*pudding: Apple & blackberry crumble served with clotted cream*

**Daily alternative:** Sweet or white jacket potatoes with one of the following fillings: Cheese & beans, tuna & sweetcorn, chilli con carne, prawns in lemon mayonnaise or coronation chicken