

Southwold Golf Club's

"Meals on Wheels" - Direct to your door

Week 15

Monday 29th June – Fish Pie, Herb Mash, Asparagus & Minted Peas

Wednesday 1st July – Summer Salad – Quiche, Smoked Salmon and Sausage Roll with Potato Salad, Coleslaw and Mixed Leaf

Friday 3rd July – Fish and Chips with Mushy Peas
(served Lunch 12-2 or Supper 5-7 *collection only in the evening*)

Saturday 4th July – Beef Lasagne, Rocket Salad with Parmesan Cheese

Sunday 5th July – Roast Chicken, Stuffing, Pig in Blanket, Roasted New Potatoes and Vegetables

Week 16

Monday 6th July – Pan Fried Hake, Roasted Potatoes with Chorizo and Cherry Tomatoes served with Green Beans and Salsa Verdi

Wednesday 8th July – Pork Tenderloin, Honey and Garlic Sauce, Sautéed Potatoes with Pak Choi, Sugar Snaps and Corn

Friday 10th July -- Fish and Chips with Mushy Peas
(served Lunch 12-2 or Supper 5-7 *collection only in the evening*)

Saturday 11th July – Beef and Vegetable Curry, Braised Rice and Naan Bread

Sunday 12th July – Roast Loin of Pork, Roast New Potatoes, Apple Sauce and Vegetables

For bookings please call Lucy on 07754 096008 (*between 2 and 5 pm please*)
5 Meals delivered for £27.50 per week or £6.50 for individual orders.

Homemade, Freshly Frozen Meals

We are pleased to now offer a selection of homemade frozen meals. These meals can be ideal to supplement your weekly 5 day food offering.

They all require full defrosting with a 30- 45 minute oven cook at 180* to reheat! *(Ensure they are piping hot prior to eating)* Simple 😊

Priced at just £3.95 each and delivered to your door!

Please enquire with Lucy when booking.