





Weekly Menu: 28th to 30th August 2020

Storage: Keep dishes refrigerated and consume by the date given. **All dishes are NOT suitable for home freezing.**
Cooking: For OVEN cooking, please remove the lid before reheating dishes in their containers.
 For MICROWAVE cooking, please leave the lids on loose on the containers, before reheating. Food will be hot, please take care when removing from the microwave or oven. Ensure food is hot throughout and do not reheat more than once.
 Please check use by date on packaging.

Dish	Cooking / Serving: Recommended for best results, re-heating your ready to cook meals in the oven.	Microwave 700w 	Preheat Oven 160°C Fan 180°C Conventional 
Tapas & bread			
Lusmanns sourdough loaf	Oven cooked – make sure bread has a crunchy outer crust	-	10-15 mins
Starters			
Gazpacho (ve)	(Best served chilled – do not heat)	-	-
MSC smoked mackerel pâté	Remove from fridge 10 mins before eating	-	-
Beetroot & Wobbly Bottom goat's cheese salad	Remove from fridge 10 mins before eating	-	-
Free range chicken liver parfait	Remove from fridge 10 mins before eating	-	-
Chargrilled nectarine, broad bean & goat's cheese (v)	Remove from fridge 10 mins before eating	-	-
Wild rabbit & chorizo croquettes	(Best placed in oven) (cannot be microwaved)	-	8-10 mins
Mains			
Farmed sea bass en papillote	Leave in parchment paper, place on baking tray, cook in oven	-	20-25 mins
Woodland-reared pork stroganoff	(Best placed in oven – * stir halfway through)	3 ½ mins *	20-25 mins*
Free-range Tuscan chicken	(Best placed in oven – * stir halfway through)	3 ½ mins*	20-25 mins*
Organic Highland lasagne(same process for Junior's)	(Best placed in oven)	3 ½ mins	20-25 mins
MSC house fishcake (same process for Junior's)	(Best placed in oven) (do not microwave fishcake)	Sauce & spinach 30 secs	20 mins (fishcake & spinach) (Sauce 5 mins)
Organic moussaka	(Best placed in oven)	3 ½ mins	20-25 mins
Roasted vegetable & local halloumi paella (v)	(Best placed in oven) Before cooking, remove halloumi on parchment paper (* stir halfway through & add in halloumi off parchment paper)	3 - 3½ mins*	18-23mins *
Sides			
Gratin dauphinoise (v)	(Best placed in oven)	3 mins	15-20 mins
Hispi cabbage, dill & roasted onions (ve)	(* stir halfway through)	2 mins *	7-10 mins *
Apricot & chickpea cous cous (ve)	(* stir halfway through)	2 mins *	7-10 mins *
Braised peas, caramelised shallot & mint (ve)	(* stir halfway through)	2 mins *	7-10 mins *
Puddings			
Mini banoffee pie pot (ve)	Remove from fridge 5 mins before eating	-	-
Orange & almond pudding (gf) (n)	Remove from fridge 5 mins before eating	-	-
Mini St. Clements cheesecake (v)	Remove from fridge 5 mins before eating	-	-
Mini single origin chocolate jaffa cake mousse (v)	Remove from fridge 5 mins before eating	-	-