

ARROWDALE READY MEALS MENU AND PRICE LIST

2023

Main Courses

* Chicken Korma (gluten free)

Not too spicy, with cashew nuts and fresh root ginger £5.25 pp

* Vegetable Korma (vegan, gluten free)

As above, but with roasted cauliflower, butternut squash and chickpeas £3.40 pp

* Cottage Pie (gluten free)

As it should be, with no bells or whistles £4.25 pp

* Gardener’s Pie (gluten free, vegan)

With porcini, fresh mushrooms, lentils and carrots, and celeriac mash £4.00 pp

* Macaroni Cheese

Pasta and a smooth cheesy sauce with a crunchy cheesy topping £2.75 pp

* Fish pie (gluten free)

Smoked fish, salmon/prawns, and white fish in a creamy sauce £8.50 pp

* Tomato and pepper soup (gluten free, vegan) £2.50 pp

Fresh and summery, with herbs from the garden

* Root vegetable soup (gluten free, vegan) £2.00 pp

Silky smooth with a touch of warming cumin

*I can supply you with rice and/or petit pois for any of the above (see order form)*

Puddings

* Fruit Crumble (can be made gluten free and/or vegan)

Apple, berry, or anything of your choosing £3.00 pp

* Sticky Toffee Pudding (vegan and/or dairy free option available)

With lots of lovely toffee sauce to pour over £3.75 pp

* No Bake White Chocolate Cheesecake (GF option available) £20 (serves 8)
* Baked Vanilla Cheesecake (GF option available) £24 (serves 8)
* Honey and Pecan tart £24 (serves 8)

*I can also prepare home made custard for you (see order form)*



**A BIT ABOUT THE FOOD AND ABOUT ME**

Hopefully some of the above will appeal to you. The dishes are purposely crowd-pleasing family standards, tried and tested over the years. If you have something else that you’d particularly me to make for you I would be happy to discuss this with you. In addition to the years that I have spent cooking for family and friends I have completed the 12 week Ballymaloe Cookery Certificate. I love to cook and it would be a pleasure to take some of the domestic pressure off you on your precious holiday.

If you are able please to place your order at least two weeks before your arrival I would be very grateful so that I can plan my time and food shopping around your requirements. I use local, free range and organic wherever possible.

**HOW YOUR FOOD WILL BE DELIVERED TO YOU**

I can have a meal waiting for you in the fridge when you arrive if you like. Everything apart from the chicken korma will happily sit around in your fridge for at least a couple of days from the day that they are delivered to you. The last thing that you want to do is be rigid and inflexible on your holiday and I have designed the menu with this in mind. Everything can be prepared by you with a minimum of fuss/labour, just thirty minutes or so on the hob or in the oven and your food will be ready.

I live next door so I can usually drop off your food to suit you. You’re welcome to come up and collect it and have a coffee with me if you’d prefer to do it that way though.

**HOW TO ORDER**

Please specify clearly if you have any allergies or intolerances.

The order form is a spreadsheet so it will do your sums for you. All you should need to do is input the number of helpings of a particular dish you’d like and it will be totalled up automatically. I would recommend saving your order to your computer/laptop before sending it to me so you have a note of what you’ve ordered.

If you loathe technology I can send you a Word document either via email or by post. Whatever works for you.

**HOW TO PAY**

There’s no need to pay in advance. I am open to whatever suits you best in terms of timings and methods of payment.

**ANY QUESTIONS?**

Call me (Clare) on 07762793644 or email me arrowaleholiday@icloud.com and I’ll be happy to help