



SOS! (Save our supper): Frozen Meal Range.

Allergen Information

Hearty Lasagne, heritage tomato and local beef mince, bechamel.

Sulphites, milk, celery.

Mevagissey catch, fish gratin. Garden herb crust, white fish in a creamy white sauce.

Fish, milk, gluten, sulphites

Lobster Mac n Cheese.

Shellfish, gluten, milk

Chicken, leek and Davidstow cheddar lattice pie

Milk, gluten, celery

Lamb Meatballs, Moroccan style bake. (GF)

Three cheese, onion and potato lattice pie.

Milk, gluten

Vegan chickpea, spinach and potato curry (GF)

Side dishes.

Seasonal greens, garden herb butter.

milk

Pilaf rice.

Garlic ciabatta bread.

Gluten, milk

Roasted Med Veggies, basil oil

Garlicky potatoes. Garlic pesto dressed, ready to roast in the oven

Milk

Children's options, Serves one

Shepherd's pie

Milk

Shhh! Hidden veg tomato pasta bake.

Gluten, milk

Fishy pasta bake.

Fish, milk, gluten

Mac n cheese.

Milk, gluten

Something sweet?

Seasonal Fruit crumble (GF)

Chocolate brownie.

Gluten, milk, eggs

Sticky toffee pudding.

Gluten, eggs, milk

Strawberry cheesecake (GF)

Milk



Cooking and Allergen information on packaging. Packed in eco packaging, oven ready frozen meals.

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