

<p><b>Monday 1st July</b></p> <p>Chicken &amp; Mushroom Supreme with Roast Potatoes and Vegetables</p> <p>Fruit Fool</p>	<p><b>Tuesday 2nd July</b></p> <p>Pork in a Apple and Cider Gravy with New Potatoes and Vegetables</p> <p>Peach Cobbler with Custard</p>	<p><b>Wednesday 3rd July</b></p> <p>Sausages in Rich Tomato Gravy, with Roast Potatoes and Vegetables</p> <p>Golden Syrup and Lemon Cake</p>	<p><b>Thursday 4th July</b></p> <p>Beef and Ale Puff Pastry Pie served with Roast Potatoes and Vegetables</p> <p>Pear Tart and Clotted Cream</p>	<p><b>Friday 5th July</b></p> <p>Tuna Pasta Bake served with a Side Salad and Garlic Bread</p> <p>Topsy Turvy Mandarin Cheesecake</p>
<p><b>Monday 8th July</b></p> <p>Cod in a Creamy Leek Sauce served with New Potatoes and Vegetables</p> <p>Eton Mess</p>	<p><b>Tuesday 9th July</b></p> <p>Springtime Chicken served with Roast Potatoes and Vegetables</p> <p>Pineapple Upside Down Cake served with Custard</p>	<p><b>Wednesday 10th July</b></p> <p>Pork Creole served with New Potatoes and Vegetables</p> <p>Banoffee Whip</p>	<p><b>Thursday 11th July</b></p> <p>Sticky Marmalade Sausages, served with Crushed Potatoes and Vegetables</p> <p>Lemon Drizzle Slice</p>	<p><b>Friday 12th July</b></p> <p>Slow Cooked Beef in Cranberry Gravy served with Roast Potatoes and Vegetables</p> <p>Oreo Cheesecake</p>
<p><b>Monday 15th July</b></p> <p>Sweet Potato Beef Cottage Pie served with a selection of Vegetables</p> <p>Pear Crumble with Custard</p>	<p><b>Tuesday 16th July</b></p> <p>Fish Pie with Puff Pastry Lid served with Roast Potatoes and Vegetables</p> <p>Rice Pudding with Strawberry Jam</p>	<p><b>Wednesday 17th July</b></p> <p>Chicken in a Tomato and Garlic sauce with Roast Potatoes and Vegetables</p> <p>Apple Pie served with Custard</p>	<p><b>Thursday 18th July</b></p> <p>Devilled Pork served with New Potatoes and Vegetables</p> <p>Banana Choc Chip Loaf served with Custard</p>	<p><b>Friday 19th July</b></p> <p>Sausage and Apple Casserole served with New Potatoes and Vegetables</p> <p>Brulee Fruit Salad</p>
<p><b>Monday 22nd July</b></p> <p>Pigs in Blankets served with Roast Potatoes and Vegetables</p> <p>Topsy Turvy Berry Cheesecake</p>	<p><b>Tuesday 23rd July</b></p> <p>Beef Chilli Con Carne served with a Jacket Potato, Sour Cream and a Side Salad</p> <p>Mandarin Trifle</p>	<p><b>Wednesday 24th July</b></p> <p>Salmon and Watercress Tart served with New Potatoes and Vegetables</p> <p>Mango Mess</p>	<p><b>Thursday 25th July</b></p> <p>Sweet and Sour Chicken served with Basmati Rice and Nann Bread</p> <p>Toffee Fudge Mess</p>	<p><b>Friday 26th July</b></p> <p>Pork Stroganoff served with Basmati Rice and a Side Salad</p> <p>Strawberry Mousse</p>
<p><b>Monday 29th July</b></p> <p>Dijon Pork served with New Potatoes and Vegetables</p> <p>Lemon Cheesecake</p>	<p><b>Tuesday 30th July</b></p> <p>Sausages in a Creamy Leek and Apple Sauce with Roast Potatoes and Vegetables</p> <p>Clotted Cream Sponge with Fruit Coulis</p>	<p><b>Wednesday 31st July</b></p> <p>Braised Beef with Ginger served with Roast potatoes and Vegetables</p> <p>Chocolate Brownie and Double Cream</p>	<p><b>Thursday 1st August</b></p> <p>Herb Crusted Cod served with New Potatoes and Vegetables</p> <p>Black Cherry Crumble and Custard</p>	<p><b>Friday 2nd August</b></p> <p>Chicken and Bacon Pasta Bake with Salad and Wholemeal Bread</p> <p>Pineapple Fool</p>

**(V) Vegetarian options are also available on request, please speak to a member of our team on 01884 242099 or email [thehubkitchen@middevonmobility.org.uk](mailto:thehubkitchen@middevonmobility.org.uk) for more details or to book your meal.**

# Hot food delivered to your door!

Main Meal £7.00    Jacket Potatoes £7.00

Dessert £3.00    Sandwiches £3.00

Minimum Delivery Order £7.00

Free delivery In Tiverton and £3 for outlying areas

## Jacket Potatoes £7.00

Served with our Signature Coleslaw and Salad

Choice of filling...

Cheese, Tuna Mayo or Garlic Mushrooms

## Cold Meal Choices £7.00

All served with our Signature Coleslaw & Potato Salad

Ham & Egg Salad

Cheese & Tomato Quiche (V)

## Monthly Hot Meal Specials £7.00

Roasted Veg Tray Bake (V) with Potatoes & Vegetables

Chicken Casserole served with Potatoes and Vegetables

Beef Casserole served with Potatoes & Vegetables

## Monthly Dessert Options £3.00

Choose from: Citrus Jelly or Banoffee Whip

## Sandwiches £3.00 Choose from:

Egg Mayonnaise, Tuna Mayonnaise or Mature Cheddar

You can add Tomato, Onion, Sweetcorn, Chutney or Cucumber

Served on Wholemeal or White Bread

**Food Allergies and Intolerances:** Allergens in this Month's Menu : -  
Gluten, Dairy, Eggs, Fish, Nuts, Sulphites, Soya and Mustard

All food is prepared & cooked in a kitchen where allergenic ingredients are present.



# Mid Devon Mobility

*Connecting Communities*

Registered Charity No. 1099477  
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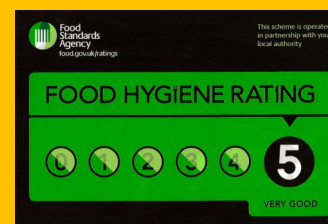
# July

# Hot Food Delivery Service

Tiverton: 01884 242099

[thehubkitchen@middevonmobility.org.uk](mailto:thehubkitchen@middevonmobility.org.uk)

[www.middevonmobility.org.uk](http://www.middevonmobility.org.uk)



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