

<p>Monday 14th October</p> <p>Butter Chicken served with Basmati Rice and Naan Bread</p> <p>Peach Mess</p>	<p>Tuesday 15th October</p> <p>Beef Carbonade served with Roast Potatoes and Vegetables</p> <p>Pear upside down Cake served with Custard</p>	<p>Wednesday 16th October</p> <p>Pork Roast, Apple Sauce served with Roast Potatoes and Vegetables</p> <p>Chocolate Topsy Turvy Cheesecake</p>	<p>Thursday 17th October</p> <p>Sausages in Apple and Cranberry Sauce served with Roast Potatoes and Vegetables</p> <p>Lemon Frangipani</p>	<p>Friday 18th October</p> <p>Salmon and Petit Pois Puff Pastry Pie served with New Potatoes and Vegetables</p> <p>Creamy Rice Pudding & Jam</p>
<p>Monday 21st October</p> <p>Lemon & Herb Crusted Cod served with New Potatoes and Vegetables</p> <p>Berry Trifle</p>	<p>Tuesday 22nd October</p> <p>Farmhouse Chicken Casserole served with Roast Potatoes and Vegetables</p> <p>Apple & Apricot Crumble served with Custard</p>	<p>Wednesday 23rd October</p> <p>Roast Gammon served with Roast Potatoes and Vegetables</p> <p>Mango Fool</p>	<p>Thursday 24th October</p> <p>Creamy Pork and Apricot Casserole served with New Potatoes and Vegetables</p> <p>Jamaican Ginger Slice served with Custard</p>	<p>Friday 25th October</p> <p>Sausages in Onion Gravy served with Roast Potatoes and Vegetables</p> <p>Chocolate Cheesecake</p>
<p>Monday 28th October</p> <p>Maple Syrup Roasted Sausages served with Roast Potatoes and Vegetables</p> <p>Eton Mess</p>	<p>Tuesday 29th October</p> <p>Cod Pie with a Cheesy Mash Top served with Vegetables</p> <p>Golden Syrup Sponge served with Custard</p>	<p>Wednesday 30th October</p> <p>Chicken Roast with Stuffing, served with Roast Potatoes and Vegetables</p> <p>Banoffee Whip</p>	<p>Thursday 31st October</p> <p>Slow Cooked Beef Casserole Served with Roast Potatoes and Vegetables</p> <p>Apple & Sultana Crumble served with Custard</p>	<p>Friday 1st November</p> <p>Sweet & Sour Pork served with Basmati Rice and Homemade Garlic Bread</p> <p>Lemon Posset with a Shortbread Biscuit</p>
<p>Monday 4th November</p> <p>Pork Tenderloin in a Creamy Dijon Mushroom Sauce, served with Roast Potatoes and Vegetables</p> <p>Mandarin Cheesecake</p>	<p>Tuesday 5th November</p> <p>Autumn Sausage Casserole served with Roast Potatoes and Vegetables</p> <p>Raspberry & White Chocolate Sponge served with Custard</p>	<p>Wednesday 6th November</p> <p>Turkey Roast with Stuffing and Cranberry Sauce served with Roast Potatoes and Vegetables</p> <p>Peach Fool</p>	<p>Thursday 7th November</p> <p>Creamy Tuscan Chicken served with New Potatoes and Vegetables</p> <p>Rhubarb Crumble served with Custard</p>	<p>Friday 8th November</p> <p>Slow Cooked Mince Beef with a Sweet Potato Topping served with Vegetables</p> <p>Jammy Sponge served with Custard</p>
<p>Monday 11th November</p> <p>Beef or Mushroom Stroganoff served with Basmati Rice and Homemade Garlic Bread</p> <p>Orange and Lemon Trifle</p>	<p>Tuesday 12th November</p> <p>Devilled Pork served with Roast Potatoes and Vegetables</p> <p>Honey Cake served with Custard</p>	<p>Wednesday 13th November</p> <p>Sausage Roast served with Roast Potatoes and Vegetables</p> <p>Topsy Turvy Mango Cheesecake</p>	<p>Thursday 14th November</p> <p>Salmon and Dill Tart served with New Potatoes and Vegetables</p> <p>Fruity Stuffed Apples</p>	<p>Friday 15th November</p> <p>Chicken and Vegetable Puff Pastry Pie served with Roast Potatoes and Vegetables</p> <p>Summer Fruit Drizzle Cake served with Cream</p>

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 £3 for outlying areas

Meals Available Throughout The Month.

Jacket Potatoes £7.00

Served with our Signature Coleslaw and Salad
Cheese (V) (Dairy)

Tuna Mayo & Red Onion (Fish, Egg, Dairy, Mustard)

Chicken & Bacon Mayo (Fish, Egg, Dairy, Mustard)

Monthly Hot Meal Specials £7.00

Roasted Vegetable Quiche (V) with Potatoes & Coleslaw

Braised Beef in Ginger with Potatoes & Vegetables

Chicken or Vegetable Supreme with Potatoes & Vegetables

Monthly Dessert Options £3.00

Choose from: Strawberry Jelly or Fruit Salad

Sandwiches £3.00 Choose from:

Egg Mayonnaise, Tuna Mayonnaise or Mature Cheddar

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

Served on Wholemeal or White Bread

Food Allergies and Intolerances:

Gluten, Dairy, Eggs, Fish, Nuts, Sulphites,
Soya and Mustard

Before ordering your food please speak to our staff if you require details of the ingredients of any items on the menu. All food is prepared and cooked in a kitchen where allergenic ingredients are present.



Vegetarian options are available most days by request call us on 01884 242099 to discuss your options.



Mid Devon Mobility

Connecting Communities

Registered Charity No. 1099477

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October / November Hot Food Delivery Service



Tiverton: 01884 242099

www.middevonmobility.org.uk

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