



CHILLED or FROZEN FOOD DELIVERED TO YOUR DOOR

*=served with rice

CHICKEN

€8.50 per portion

(minimum order x5 portions)

Choose 2 dishes

Red Thai Chicken Curry*

Coq au Vin Supreme*

Fricassee of Chicken with Sage and Onions*

Sticky Pomegranate and Ginger Chicken*

Moroccan style Chicken*

Chicken Marbella*

All the above available also as unfrozen, chilled dishes serving 10 (€75)

BEEF

€8.95 per portion

(minimum order x5 portions)

Choose 2 dishes

Classic Beef Stew with Vegetables*

Beef Bourguignon*

Beef Stroganoff*

Daube of Beef Provencale*

All the above available also as unfrozen, chilled dishes serving 10 (€79.50)



VEGETARIAN

€6.50 per portion

(minimum order x5 portions)

Choose 2 dishes

Fragrant Thai Green Curry*

Lasagne

Butternut and Sweet Potato Curry*

Mediterranean Stuffed Peppers (feta, pesto, tomato) chilled, not frozen*

All the above available also as chilled dishes to serve 8 (€44)

COMFORT FOOD

€7.50 per portion

(minimum order x5 portions)

Choose 2 dishes

COOKFORYOU Chicken and Broccoli Gratin (*chilled, not frozen*)

Macaroni cheese with vegetables

Spanish Rissoles (meatballs) in a Fresh Tomato and Basil Sauce*

Beef Lasagne with spinach

Tray of six portions @ €40

Tray of ten portions @ €65

Cottage pie

COOKFORYOU Fish pie topped with fluffy mashed potato

€8.75 per portion

Classic Quiche Lorraine (*only available as whole quiches*)

Serves 8

€20

Serves 12

€30

All served in microwaveable, reusable containers with lids

Oven dishes can happily be provided on request

For menus and more information, please visit cookforyou.ie