



THE GOURMET FROZEN MEAL COMPANY

Menu

2018/19

All meals serve 2 people unless otherwise stated

V = Vegetarian Meal

🔥 = Mild

🔥🔥 = Medium

🔥🔥🔥 = Hot

Please see our website for Gluten & Dairy Free info.

World Cuisine

Mum's Cottage Pie	€13.75
Beef Moussaka	€13.75
Chicken Stroganoff	€14.95
Beef Bourguignon	€14.95
Luxury Fish Gratin	€16.25
Chicken & Leek Pie	€16.25
Moroccan Lamb Tagine	€15.95
Chicken wrapped in Bacon	€14.45
Tartiflette Savoyade	€15.25
Coq au Vin	€15.25
Classic Lasagne (Serves 2 adults or 3 children)	€13.75

Indian Kitchen

Chicken Madras 🔥	€14.95
Chicken Tikka Masala	€14.95
Chicken Jalfrezi 🔥🔥	€14.95
Chicken Korma	€14.95
Fish Kerala 🔥	€14.95
Lamb Rogan Josh 🔥	€15.95
Goan Pork Vindaloo 🔥🔥🔥	€14.75
Vegetable Dahl Curry V (Serves 1)	€6.95
Bombay Potatoes V (Serves 1)	€5.95
Onion Bhaji x 4 V	€8.75
Vegetable Samosa x 5 V	€7.45
Plain Naan V	€4.75
Mini Poppadoms V	€3.95
Mango Chutney V	€1.95
Cucumber & Mint Raita V	€2.25

Asian-tastic

Thai Green Chicken Curry 🔥	€14.95
Thai Red Chicken Curry 🔥	€14.95
Beef Massaman & Peanut Curry 🔥	€14.95
Thai Green Vegetable Curry V🔥 (Serves 1)	€6.95
Chicken & Black Bean Sauce	€14.95
Sweet & Sour Pork	€14.75
Thai Fishcakes x 9	€11.25
Vegetable Spring Rolls x 6 V	€7.25
Sweet Chilli Sauce V	€1.95

Kids Corner

Bolognese Sauce (Serves 2-3)	€8.45
Chilli Con Carne Sauce (Serves 2-3)	€8.45
Mac 'n' Cheese V (Serves 1)	€6.95
Tuna and Sweetcorn Pasta Bake (Serves 1)	€6.95

Sides and Singles

Roasted Vegetable Lasagne V (Serves 1)	€7.95
Ratatouille Provencale V (Serves 1)	€6.95
Butternut & Sage Risotto V (Serves 1)	€7.95
Vegetable & Chickpea Tagine V (Serves 1)	€6.95
Potato Dauphinoise V	€6.25
Carrots & Peas V	€5.25
Basmati Rice V	€5.25
Couscous V	€4.25
Soy Noodles V	€5.25
Creamy Mashed Potato V	€6.25

Puddings

Goosey Chocolate Pudding	€7.95
Bread & Butter Pudding	€7.95
Hot Lemon Pudding	€7.95
Sticky Toffee Pudding	€7.95
Apple Crumble	€7.95
White Chocolate & Raspberry Cheesecake	€7.95

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