



# Bare Nutrition

## Home Cooked Fresh Meals

1. Traditional Cottage Pie served with Peas & Carrots and Mashed Potato – gluten free
2. Beef Chilli with Rice – A hearty and warming Beef chilli with onion and kidney beans with long grain rice. – Gluten free & dairy free
3. Beef Lasagne served with seasonal vegetables.
4. Beef Bolognese with Penne Pasta and Broccoli - dairy free (Gluten free also available upon request).
5. Roast Beef Dinner, served with Peas & Carrots and Roast Potatoes finished off with a Yorkshire Pudding and Gravy.
6. Chicken & Mushroom Pie, served with a Puff pastry topping, and mixed vegetables.
7. Roast Chicken Dinner, served with Peas & Carrots and Roast Potatoes finished off with Stuffing and Gravy – dairy free
8. Chicken Curry (mild) with Bell Peppers and Onions, served with white rice. - gluten free & dairy free
9. Sausage Casserole – Fresh Pork Sausages slow cooked with Carrots and Onions in a thick sauce with Mashed Potatoes.
10. Pork Sausages, Served with Fresh Mashed Potato, Peas & Carrots and a rich gravy.
11. Pork Loin, Served with Baby Potatoes, Carrots and Apple Sauce.
12. Haddock with Carrots, Green Beans and Baby Potatoes with Parsley Sauce. Gluten free.

**£5 each – Collection or Delivery available to UK Mainland.  
Weekly subscription available (Save 10%)**