

Desserts

Apple Pie and Custard	£2.50
Treacle Sponge and Custard	£2.50
Chocolate Brownie and Custard (GF, V)	£2.50
New York Baked Cheesecake	£2.50
Lemon Tart	£2.50
Fruit Crumble and Custard	£2.50
Bread and Butter Pudding	£2.50

Homemade Soups

Spicy Butternut Squash (V, GF)	£2.50
Roasted Tomato and Red Pepper (V, GF, DF)	£2.50
Leek and Potato (V, GF)	£2.50
Pea and Smoked Bacon (GF, DF)	£2.50

V = vegetarian Vg = vegan GF = gluten free
DF = Dairy free N = contains nuts



Homemade Frozen Meals

Delivered safely to your door

A choice of delicious meals and desserts available

*All made in our kitchen in Budleigh Salterton
with locally sourced ingredients*

Dietary needs catered for



For more information and to order please
Ring Launchpad on

07947 180173

Or order through our website –
www.launchpadsw.org/webshop/

Deliveries to Budleigh Salterton, Exmouth, Woodbury, Sidmouth and Ottery St Mary
Free delivery on orders over £25

Main Meals

Chicken Dishes

Chicken Casserole	£5.50
Creamy Tarragon Chicken (GF)	£5.50
Chicken Rogan Josh (GF)	£5.50
Garlic Breaded Chicken (GF)	£5.50

Beef Dishes

Cottage Pie	£5.50
Beef Casserole (GF)	£5.50
Meat Loaf	£5.50
Beef Lasagne	£5.50

Pork Dishes

Sausage and Mash	£5.50
Sausage Casserole	£5.50
Sweet and Sour Pork (GF, DF)	£5.50
Sausage and Mash With Red Wine and Onion Gravy.....	£5.50

Lamb Dishes

Moussaka	£5.50
Lamb Hotpot (DF)	£6.00

Fish Dishes

Cod in Parsley Sauce	£6.00
Spanish Cod. (GF).....	£6.00
Fish pie	£6.50

Vegetarian Dishes

Broccoli Gratin (V)	£5.00
Spinach and Chickpea Curry (V, Vg, GF, DF)	£5.00
Vegetable Lasagne (V)	£5.50
Shepherdess Pie (V, GF).....	£5.50
Aubergine and Squash Tagine (V, Vg, GF, DF)	£5.50
Nut Roast (V, N)	£6.00

