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**April Menu**

Our main delivery day is Sunday – Chilled Roast Lunches plus Desserts, Frozen Boxed Meals & Groceries . Special Occasion Boxes – Afternoon Tea Boxes & Welsh Cheese Selection delivered daily plus any order over £35.00 .

Orders by phone 01597 850095 – e-mail [info@fingersandforks.com](mailto:info@fingersandforks.com) – Facebook or my mobile 07717472550.

**Roast Lunches – £9 per meal or £40 per family tray to feed 5 Delivered chilled or Takeaway hot –**

Roast Silverside of Welsh Beef with Yorkshire Pudding Gluten/Milk/Eggs

Roast Chicken Breast with Thyme & Parsley Stuffing Gluten & Bread Sauce Gluten/Milk

Roast Loin of Pork with Apple Sauce & Sage & Onion Stuffing Gluten

Hazelnut & Pumpkin Seed RoastGluten/Celery/Nuts set on Roasted Vegetables with Vegan Gravy

Roast Potatoes & Parsnips ,Cauliflower CheeseGluten/Milk , Carrots , Peas , & Spring Cabbage with a home made Gravy

**Desserts - £3.60 each**

Chocolate Trifle Gluten/Milk/Eggs

Orange & Lemon Sponge Pudding with Citrus Custard Gluten/Milk/Eggs

Treacle Tart & Custard Gluten/Milk/Eggs

Cherry & Apple Pancakes with Lemon & Sugar Gluten/Milk/Eggs

Apple & Rhubarb Crumble Gluten with Custard Milk/Eggs( Can be ordered Vegan )

Fruit Trifle Gluten/Milk/Eggs

Banoffee Pie Gluten/Milk

Baileys Cheesecake Gluten/Milk– Vegan Cheesecake available with Fruit Coullis

Chocolate & Raspberry Meringue Roulade Milk/Eggs

**Salad Selection £9 per meal or £40 per family tray**

Cold Roast Silverside of Welsh Beef

Coronation Chicken Eggs/Mustard

Individual tubs of - Green Salad with Cherry Tomatoes & Hard Boiled Egg –

ColeslawEggs – Grated CheeseMilk – Home made Pickled Red Cabbage – Cucumber & Red Onion Pickle –Parsley Potatoes.

Vegetarian Choice – Lentil & Green Pepper Flan Gluten/Celery with Felafel Skewer & Salads

**Noodle Boxes £6 each**

Beef Teriyaki

Cantonese Pork

Thai Sweet Chilli Chicken

Mixed Beans in Oyster Sauce

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