

MEALS 2 GO MENU – with effect from December 2013
PLEASE RING TO ORDER
0121 458 6891

Course	Selection	Quantity
Soups		
£1.50 each	Chicken with Kneidlach	
	Tomato & Basil	
	Vegetable	
Main Courses	Roast Chicken Breast £5.50	
Meat	Roast Beef & Yorkshire Pudding £5.50	
	Southern Fried Chicken	
	Mince Spaghetti Bolognese	
	Meatballs	
Fish	Poached Salmon £5.50	
	Fried/Poached Fish & Chips	
Vegetarian	Vegetable Lasagne	
	Leek, Broad Bean & Potato Bake	
	Quorn Spaghetti Bolognese	
<i>All meals come with potatoes & 2 vegetables</i>		
Supper Dish	Fried Gefilte Fish Balls & Chrane	£3.75
Desserts	Bakewell Tart	
£1.50 each	Fruit Crumble	
	Fruit Cocktail	

Standard 3 Course Meal £6:50

Premium 3 Course Meal £7:50

When you order please ask what this week's special is

All meals are KOSHER-Prepared under the supervision of the BJCC Rabbi.

All meals are supplied frozen and can be heated in the oven or microwave. Refer to your cooking label instructions.

MICROWAVE 850W		Soup
CHILLED 4 MINS	FROZEN 5 MINS	

CONVENTIONAL OVEN		FAN OVEN	
TEMP MARK 4 180°c 350°f	CHILLED 20 MINS	TEMP MARK 3 170°c 330°f	CHILLED 10 MINS
	FROZEN 30 MINS		FROZEN 20 MINS
MICROWAVE 850W		MEAT/FISH DISHES	
CHILLED 4 MINS	FROZEN 5 MINS		

MICROWAVE 850W		Desserts
CHILLED 2 MINS	FROZEN 3 MINS	

