

## The Hub Kitchen Set Day Menu

Week 1	<b>Monday 29th September</b> Pork in a Creamy Dijon Mustard Sauce served with Roast Potatoes and Vegetables Mandarin Cheesecake	<b>Tuesday 30th September</b> Salmon and Dill Tart served with New Potatoes and Vegetables Creamy Rice Pudding served with Strawberry Jam	<b>Wednesday 1st October</b> Roast Chicken and Stuffing served with Roast Potatoes and Vegetables Apple Crumble served with Custard	<b>Thursday 2nd October</b> Cheese and Broccoli Quiche served with Potato Wedges and a Side Salad Mango Fool	<b>Friday 3rd October</b> Sausages in Onion Gravy served with Roast Potatoes and Vegetables Golden Syrup Sponge served with Custard
	<b>Monday 6th October</b> Beef Carbonade served with Roast Potatoes and Vegetables Jamaican Ginger Slice served with Custard	<b>Tuesday 7th October</b> Mac' n Cheese with or without Bacon served with a Side Salad and Garlic Bread Pineapple Mess	<b>Wednesday 8th October</b> Roast Pork and Apple Sauce served with Roast Potatoes and Vegetables Treacle Tart served with Custard	<b>Thursday 9th October</b> Lemon & Herb Crusted Cod served with New Potatoes and Vegetables St Clements Trifle	<b>Friday 10th October</b> Farmhouse Chicken Casserole served with a Roast Potatoes and Vegetables Chocolate Cheesecake
Week 2	<b>Monday 13th October</b> Maple Syrup Sausages served with Roast Potatoes and Vegetables Peach Crumble served with Custard	<b>Tuesday 14th October</b> Creamy Tuscan Chicken served with New Potatoes and Vegetables Banana and Toffee Topsy Turvy Cheesecake	<b>Wednesday 15th October</b> Roast Gammon served with Roast Potatoes and Vegetables Pineapple Upside Down Cake served with Custard	<b>Thursday 16th October</b> Beef and Mushroom Stroganoff served with Wild Rice and Garlic Bread Lemon and Lime Fool	<b>Friday 17th October</b> Tuna Pasta Bake served with Salad, Coleslaw and Homemade Bread Bread and Butter Pudding served with Custard
	<b>Monday 20th October</b> Quiche Lorraine served with New Potatoes, Salad and Coleslaw Apricot Jam Sponge served with Custard	<b>Tuesday 21st October</b> Sticky Marmalade Sausages served with Roast Potatoes and Vegetables Strawberry Cheesecake	<b>Wednesday 22nd October</b> Roast Chicken and Stuffing served with Roast Potatoes and Vegetables Apple and Pear Crumble served with Custard	<b>Thursday 23rd October</b> Creamy Cod Pie with a Cheesy Mash Topping served with Vegetables Lemon Posset served with a Shortbread Biscuit	<b>Friday 24th October</b> Pork in a Honey and Maple Sauce served with New Potatoes and Vegetables Banoffee Whip
Week 3	<b>Monday 27th October</b> Salmon and Petit Pois Pastry Pie served with New Potatoes and Vegetables Peach and Pear Mess	<b>Tuesday 28th October</b> Creamy Courgette Lasagne served with Potato Wedges, Salad and Coleslaw Chocolate Steam Pudding served with Chocolate Custard	<b>Wednesday 29th October</b> Roast Pork and Apple Sauce served with Roast Potatoes and Vegetables Stuffed Baked Apple served with Double Cream	<b>Thursday 30th October</b> Beef and Tomato Pasta Bake served with Salad and Homemade Bread Summer Fruit Drizzle Cake	<b>Friday 31st October</b> Butter Chicken served with Basmati Rice and a Homemade Naan Bread Lemon Frangipani served with Double Cream

**If the Set Day Menu doesn't appeal to you, please check the back of the menu for additional and vegetarian options.**

## Meals Available Throughout The Month.

**Jacket Potatoes £8.00 Large £9.00**  
*Served with our Signature Coleslaw and Salad*

Cheese and Spring Onion  
Tuna and Red Pepper Mayo  
Garlic Mushrooms

**Monthly Hot Meal Specials £8.00 Large £9.00**

Sweet/Potato Topped Pie (Minced Beef or Quorn Mince)  
served with Vegetables  
  
Veggie Sausages in a Rich Onion Gravy served with  
Potatoes and Vegetables

**Monthly Dessert Options £3.00**

Choose from: Fruit Mess or Fruit Salad

**Sandwiches £3.00 Choose from:**

Egg Mayonnaise, Tuna Mayonnaise or Mature Cheddar  
You can add Tomato, Onion, Sweetcorn, Pickle or Cucumber  
*Served on Wholemeal or White Bread*

**Vegetarian Wednesday Roast**

(available every Wednesday) Quorn Roast  
served with Roast Potatoes and Vegetables



**Food Allergies and Intolerances:**  
**Gluten, Dairy, Eggs, Fish, Nuts, Sulphites, Soya and Mustard** Before ordering your food please speak to our staff if you require details of the ingredients of any items on the menu.

All food is prepared and cooked in a kitchen where allergenic ingredients are present.



**Mid Devon  
Mobility**  
*Connecting Communities*

Registered Charity No. 1099477 Company Ltd by Guarantee 4738406

## Hot Food Delivery Service



[www.middevonmobility.org.uk](http://www.middevonmobility.org.uk)

[thehubkitchen@middevonmobility.org.uk](mailto:thehubkitchen@middevonmobility.org.uk)



**MidDevonMobility**

## Hot food delivered to your door!

Main Meal Regular £8.00 Large Meal £9.00

Jacket Potatoes £8.00

Dessert £3.00

Sandwiches £3.00

Minimum Delivery Order £8.00

Free delivery In Tiverton