

## Harriet's Afternoon Tea



Now Only £6 Per Person

Gluten Free Options Are Available



Simply choose the following from our menu

1 Sandwich

1 Salad

1 Cake

1 Scone

served with jam  
and cream



## Christmas Meals



### 3 Course Menu



Now available in three sizes

Small £14 Medium £15 Large £16



Contact us for more information.



Orders are taken from  
1st September up until 5th December.

# Harriet's Homemade Meals

Home cooked food delivered to your door | [hmeals.com](http://hmeals.com)



Fresh Food cooked and delivered to  
your door

Monday to Friday

10am to 7pm

Contact us today on

0800 5877 266 & 0756 8092 422

FOOD HYGIENE RATING

0 1 2 3 4 5

VERY GOOD

# Harriet's

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## Homemade Meals

### All About Us

In our kitchen based in Wolverhampton we cook freshly-prepared healthy well balanced meals.

Meals are supplied with fresh seasonal vegetables, mashed potatoes, or as stated on our menu.

We deliver to a wide range of folk; from busy professionals who don't have time to cook, to older people who value their independence.

### Great Value Homemade Meals

Our main meals start from £3.00 each

Our desserts start from £1.30 each

### We also cook to order

Gluten free, sugar free and low salt meals and desserts are available upon request.

A small delivery charge of £1.00 to homes in Wolverhampton and local South Staffs areas apply. All other areas please contact us . (Minimum order of 5 meals apply).

### Harriet's Homemade Cakes

Now available in three sizes

Small £1.30 Medium £1.70 Large £2

Gluten Free Options Are Available

Carrot Cake      Coffee Cake      Chocolate Cake  
Scones with Jam and Cream

### Harriet's Homemade Cupcakes

Only £1 each

Sicilian Lemon      Chocolate      Strawberry  
Coffee      Vanilla

All topped with flavoured butter icing

### Harriet's Freshly Made Sandwiches

Prices Range £3 and £3.99 each

Cheddar Cheese      Roast Chicken  
Roast Beef      Roast Pork      Ham      Salmon

All served with a small salad

## Harriet's Homemade Puddings & Desserts

Now available in three sizes

Small £1.30 Medium £1.70 Large £2

All of our puddings & desserts below  
are served with custard

### Harriet's Pies:

Luxury Apple Pie

Apple & Blackberry Pie

Cherry Pie

### Harriet's Crumbles:

Apple & Blackberry Crumble

Cherry Crumble

Apple Crumble



(Jam sponge and custard)

### Harriet's Sponge Puddings

Apple Sponge      Lemon Sponge      Syrup Sponge

Sultana Sponge      Cherry Sponge      Jam Sponge

Sticky Toffee Pudding      Raspberry & Coconut Sponge

Luxury Bread & Butter Pudding

Harriet's  
Homemade Meals

## Try Our New Starter Pack

Now available in two sizes

Simply choose from our menu

7 main meals

6 desserts

**Small Meal Starter Pack**

for only £28.80

**Medium Meal Starter Pack**

for only £35.73

## Beef Dinners

Now available in three sizes

Small £3    Medium £3.99    Large £4.99

### 1B Roast Beef Dinner

Served with mashed and roast potatoes, fresh seasonal vegetables, stuffing and gravy.

### 2B Stewed Steak Casserole

Carrots, celery, garlic, onion, mushrooms, Worcester sauce, stock cube, bay leaf, mixed herbs with optional dumpling. Served with mashed potato and fresh seasonal vegetables

### 3B Steak in Ale

Carrots, celery, garlic, onion, mushrooms, Worcester sauce, stock cube, bay leaf, mixed herbs with brown ale. Served with mashed potato and fresh seasonal vegetables.

## Vegetarian Dinners



Now available in three sizes

Small £3    Medium £3.99    Large £4.99

### 9V Harriet's Broccoli & Stilton Tart

Pastry case, blue cheese, egg, cream, milk and broccoli served with mashed potato and seasonal vegetables.

### 10V Harriet's Garlicky Mushrooms

Chestnut mushrooms, garlic, lemon juice, cream, parsley, butter served with two slices of fresh garlic bread.

### 11V Lasagne

Quorn mince, onions, celery, tomato, garlic, mixed herbs, white sauce, cheese and pasta, served with garlic bread and seasonal vegetables.

## Vegetarian Dinners



Now available in three sizes

Small £3    Medium £3.99    Large £4.99

### 5V Harriet's Cheese & Onion Quiche

Pastry case, cheese, onion, eggs, cream, milk, tomato, served with mashed potato and seasonal vegetables.

### 6V Harriet's Cheese & Potato Pie

Cheddar cheese, onion, potato, cream, milk, tomato served with seasonal vegetables.

### 7V Harriet's Cheese & Potato Pie (Pastry Case)

Cheddar cheese, onion, potato, cream, milk, tomato in our homemade pastry case served with seasonal vegetables.

### 8V Harriet's Cannelloni

Quorn mince, onions, carrots, celery, red wine, garlic, tomatoes, white sauce, topped with grated cheese and served with seasonal vegetables.

## Beef Dinners

Now available in three sizes

Small £3    Medium £3.99    Large £4.99

### 4B Steak & Kidney Pie

Mushrooms, onions, bay leaf, vegetable stock, pastry top, served with mashed potato or chips with fresh seasonal vegetables.

### 5B Cottage Pie

Carrots, celery, garlic, onion, mixed herbs, red wine, stock, bay leaf, topped with mashed potato and served with chips, peas, carrots and green beans.



(Roast Beef Dinner)



## Chicken Dinners

Now available in three sizes

Small £3    Medium £3.99    Large £4.99

### 1C Roast Chicken Dinner

Served with mashed and roast potatoes, fresh seasonal vegetables, stuffing and gravy.

### 2C Chicken in Red Wine

Mushrooms, chicken breast, onions, red wine, stock, peppers, herbs, garlic, served with mashed potato, carrots, peas and green beans.

### 3C Chicken & Ham Pie

Onions, leeks, mushrooms, stock, milk, parsley, lemon, chicken breast, ham, pastry top, served with mashed potato and seasonal vegetables.

### 4C Chicken Tikka Masala

Chicken breast in a Tikka Masala sauce made from cream, tomatoes, onion, cumin and coriander. Served with rice.

### 5C Sweet & Sour Chicken

Chicken breast, tomatoes, onion, pineapple, carrot, vinegar, celery, bamboo shoots, Tamarind juice and paprika. Served with rice.

## Vegetarian Dinners

Now available in three sizes

Small £3    Medium £3.99    Large £4.99



### 1V Harriet's Cheese & Potato Bake

Cheddar cheese, onion, sliced potato, cheese sauce, mustard, Tabasco sauce served with fresh tomato, green beans and peas.

### 2V Quorn Sausages & Mash

Three Quorn sausages, apple, onion, mustard, gravy, served with mashed potato, carrots, cabbage, peas and green beans.

### 3V Quorn Cottage Pie

Quorn mince, onion, peppers, carrots, celery, red wine, garlic, mixed herbs, vegetable stock topped with mashed potato and served with seasonal vegetables.

### 4V Harriet's Leek & Cauliflower Cheese

Leeks, cauliflower, milk, cheese, mustard, Tabasco sauce, nutmeg and bread crumbs served with mashed potato and seasonal vegetables.

## Lamb Dinners

Now available in two sizes

Medium £3.99 Large £4.99

### 1L Roast Lamb Dinner

Served with mashed and roast potatoes, fresh seasonal vegetables, stuffing and gravy.

### 2L Lamb Hotpot £3 , £3.99 & £4.99

Carrots, celery, leek, onion, garlic, mixed herbs, stock, dumpling is optional served with mashed potato and seasonal vegetables.

### 3L Shepherd's Pie £3, £3.99 & £4.99

Carrots, celery, onion, garlic, mixed herbs, red wine, stock, bay leaf, topped with mashed potato and served with roast potato, peas, carrots and green beans.

## Pork Dinners

Now available in three sizes

Small £3 Medium £3.99 Large £4.99

### 1P Roast Pork Dinner

Served with mashed and roast potatoes, fresh seasonal vegetables, stuffing and gravy.

### 2P Sausage & Mash

Best quality pork sausages, with apple, onion and mustard gravy. Served with mashed potato, cabbage, carrots and peas.

### 3P Pork Tenderloin

Tenderloin, mushrooms, onion, carrots, celery, peppers, apple juice, stock, apple, served with mashed potato and seasonal vegetables.

## Fish Dinners

Now available in two sizes

Medium £3.99 Large £4.99

### 1F Harriet's Luxury Fish Pie

Cod and salmon in parsley sauce topped with creamy mashed potato and served with seasonal vegetables.

### 2F Cod in Parsley Sauce

Cod fillet in parsley sauce and served with seasonal vegetables and mashed potato.

### 3F Salmon in Parsley Sauce

Salmon fillet in parsley sauce and served with seasonal vegetables and mashed potato.

### 4F Plaice in Parsley Sauce

Fresh plaice in parsley sauce and served with seasonal vegetables and mashed potato.

## Fish Dinners

Now available in two sizes

Medium £3.99 Large £4.99

### 5F Salmon in Hollandaise Sauce

Salmon fillet in hollandaise sauce served with seasonal vegetables and mashed potato.

### 6F Herb Crusted Salmon (to be cooked in the oven)

Salmon coated in our special herbs and bread-crumbs served with lemon and dill with chips, fresh tomato and mushroom.

### 7F Harriet's Homemade Fish Cakes (to be cooked in the oven)

Cod, parsley, egg with tartar sauce and potato coated with our special bread crumb mix. Served with chips, fresh tomato and mushroom.

### 8F Harriet's Salmon Pie

Fillet of salmon in a béchamel sauce with chives, egg with a pastry lid served with mashed potato and seasonal vegetables.