

30th Year Anniversary

Home Meals

CQF

(Coleman's)

01273-422913

We deliver 6 days a week



Our family has been associated with food in the local area for 37 years, the last 30 delivering lunches to your doorstep.

Wherever possible we select the meat and vegetables from our own butchers and greengrocers to ensure the quality we require is maintained.

You may order every now and then or on a more regular basis, whichever is more helpful to you.

To order just telephone before 9.00am on the day you need a lunch and we will do our best to fulfil the order.

Ask our driver for order forms.

Try us and see that our quality is in our name as well as our aim.

Price: Lunch £4.60

Sweet £0.50p

Chilled Food to the Door

Diabetic

Vegetarian

On request

1 Laylands Road

Fishersgate

Portslade

BN41 1PP

01273-422913 (24hr Answer phone)



Important Phone Numbers: 1. SELECT

DOCTOR: Choose your meal from the menu,
then call us on Brighton 422913
before 9:00am to order your lunch.

CARE LINK:

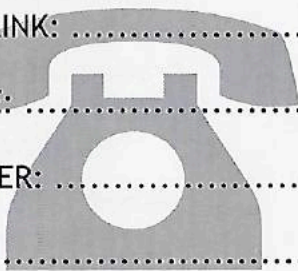
POLICE: 2. PRE-ORDER

PLUMBER: Place your order with your rounds
person and your worries are over! We
will guarantee the order is correct.

GAS:

ELECTRIC: 3. PAYMENT

SOLICITOR: Daily-Weekly-Monthly.
Ask which method will suit you.



Large vegetable selection available

COLD MEALS

Please ensure cold meals are kept below 5° c and kept in the refrigerator.

HEATING INSTRUCTIONS

Pre-heat your oven to:-

375F or 190° c or Gas Mark 6 - 7

Transfer your lunch from the foil container onto a plate. Put in microwave on max for 2 minutes or into the oven 180° c or gas mark 6 for 25 minutes.

P.A. & J.B. Coleman
Established 1980

MONDAY

Roast Chicken with
Stuffing & Sausage

Minced Beef with
Onions

Braised Lamb Chop
with Onion

Steak & Kidney Pie

Cod in Parsley Sauce

Spaghetti Bolognese

Veal & Ham Pie Salad

Home Cooked Ham Salad

Corned Beef Salad

Chips available

Cherry / Apple Fruit

Pie & Custard

Bramley Apples & Custard

Trifle

Jam Pudding

Mixed Fruit Cocktail

Jelly or Caramel

TUESDAY

Braised Lambs Liver
Bacon

Braised Steak
& Onions

Pork Sausages
& Onion

Bacon Pudding

Pork Chop

Macaroni Cheese

Veal & Ham Pie
Salad

Quiche Various
Salads

Pork Pie Salad

Chicken Salad

Potato Wedges
available

Creamed Rice with
Peaches

Jam Tart with
Custard

Current Pudding

Peaches

Mousse

Lemon Meringue

WEDNESDAY

Roast Topside of beef
with yorkshire pudding

Curried (medium)
Chicken with Rice

Pork Casserole

Gammon Steak
with pineapple

Steak & Kidney Pudding

Corned Beef Salad

Chicken Salad

Selection of Cold
Meats Salad

Salmon Steak

Apple Crumble

Baked Jam Sponge

Chocolate Pudding
with Chocolate Sauce

Prunes and Custard

Jelly - various

All Vegetables selected fresh each day wherever possible

CHRISTMAS and BANK HOLIDAYS will be notified by a separate leaflet.

REMEMBER: You may choose from selection, on any day, as long as you order in advance.

THURSDAY

Roast Leg of Pork
with Stuffing

Savoury Minced Beef

Beef Stew with
Dumplings

Toad-in-the-hole

Beef Curry (medium)
with Rice

Beef Lasagne

Egg Salad

Veal & Ham Salad

Cheese Salad

Treacle Steam Pudding

Jam Steam Pudding

Creamed Rice

Peaches & Cream

Mousse

Cherry Pie

FRIDAY

Roast Leg of Lamb

Cod or Plaice in Batter
or Breadcrumbs

Cottage Pie

Beef & Kidney Pie

Chicken & Mushroom Pie

Macaroni Cheese

Cod in Parsley Sauce or
Butter Sauce

Home Cooked Ham
Salad

Corned Beef Salad

Bread and Butter
Pudding

Fruit Pie (Apricot or
Apple) and Custard

Lemon Meringue Pie

Mixed Fruit
Jelly - Various

SATURDAY/SUNDAY

*Are mix and match days
choose from various menus
Sunday Lunches
delivered cold on
Saturday.*

Braised Lamb Chop
Steak and Kidney
Pudding

Creamed Chicken with
Rice

Roast Topside of Beef
with Yorkshire
Pudding

Roast Chicken with
Sausages and
Stuffing

Gammon Steak &
Pineapple

Cod or Plaice

Salmon in Parsley Sauce

Tuna Pasta Bake

Quiche - Various Salads

Various Cooked Meat
Salad

Baked Jam Sponge and
Custard

Apple Crumble and
Custard

Fruit Pie and Custard
Trifle

Chocolate Pudding and
Sauce

Lemon Meringue

REMEMBER

**You may choose from any selection,
on any day, as long as you order in
advance.**