



AHM'S FROZEN REAL FOOD RANGE 2020



- AHM Catering offer a range of meals where the meat/fish/veg content comes from known and trusted sources
- Our meals are made using **locally sourced ingredients** and are **cooked fresh** at our own catering premises
- We deliver them frozen to your home in silver foil trays (no fancy packaging or cardboard sleeves)
- Simply take from the freezer and cook in the oven (cooking instructions are provided)
- This is **good, honest, nutritious, locally produced food** that you can **trust** and is prepared in our kitchens which have been awarded a **5-star hygiene rating** (the highest score) by the Local Food Standards Agency
- We deliver within 3 days of order
- Delivery is free of charge
- Our delivery area is Bristol
- Our Minimum order is £15
- An ingredient and allergen list can be provided on request

OUR PRODUCTS:

Item	Portion Size	Price	Portion Size	Price	Portion Size	Price
<u>MEAT</u>						
Cottage Pie	Serves 1	£2.99	Serves 2	£5.95	Serves 4	£11.50
Beef Lasagne	Serves 1	£2.99	Serves 2	£5.95	Serves 4	£11.50
Beef and Mushroom Stroganoff	Serves 1	£3.49	Serves 2	£6.95	Serves 4	£13.50
Beef Bourguignon (G/F)	Serves 1	£3.49	Serves 2	£6.95	Serves 4	£13.50
Chilli Con Carne (G/F)	Serves 1	£2.49	Serves 2	£4.95	Serves 4	£9.75
Beef Bolognaise	Serves 1	£2.49	Serves 2	£4.95	Serves 4	£9.75
Beef Stew and Dumpling	Serves 1	£2.99	Serves 2	£5.95	Serves 4	£11.50
Beef Bolognaise Pasta Bake	Serves 1	£2.49	Serves 2	£4.95	Serves 4	£9.75
Sausage and Onion Hotpot	Serves 1	£2.49	Serves 2	£4.95	Serves 4	£9.75
Lamb Hotpot	Serves 1	£3.49	Serves 2	£6.95	Serves 4	£13.50
Chicken Breast in a Red Wine Sauce (G/F)	Serves 1	£3.49	Serves 2	£6.95	Serves 4	£13.50
Supreme of Chicken with a White Wine, Mushroom & Tarragon Cream Sauce (G/F)	Serves 1	£3.49	Serves 2	£6.95	Serves 4	£13.50
Supreme of Chicken Chasseur (G/F)	Serves 1	£3.49	Serves 2	£6.95	Serves 4	£13.50
Chicken Curry (G/F)	Serves 1	£2.49	Serves 2	£4.95	Serves 4	£9.75

Pork and Mushroom Stroganoff (G/F)	Serves 1	£2.99	Serves 2	£5.95	Serves 4	£11.50
Medallions of Pork Fillet in a Sage Cream Sauce (G/F)	Serves 1	£2.99	Serves 2	£5.95	Serves 4	£11.50
Pork and Cider Casserole (G/F)	Serves 1	£2.99	Serves 2	£5.95	Serves 4	£11.50

FISH

Fisherman's Pie (G/F)	Serves 1	£3.49	Serves 2	£6.95	Serves 4	£13.50
Salmon and Spinach Stroganoff (G/F)	Serves 1	£3.49	Serves 2	£6.95	Serves 4	£13.50

VEGETARIAN

Vegetable Cottage Pie (V) (G/F)	Serves 1	£2.99	Serves 2	£5.95	Serves 4	£11.50
Vegetable Lasagne (V)	Serves 1	£2.99	Serves 2	£5.95	Serves 4	£11.50
Macaroni Cheese (V)	Serves 1	£2.49	Serves 2	£4.95	Serves 4	£9.75
Lentil and Spinach Curry (V) (Vegan) (G/F)	Serves 1	£2.49	Serves 2	£4.95	Serves 4	£9.75
Vegetable Stew and Dumplings (V)	Serves 1	£2.49	Serves 2	£4.95	Serves 3	£9.75

ACCOMPANIMENTS

Mashed Potato, Carrots and Peas (V) (G/F)	Serves 1	£1.50	Serves 2	£2.95	Serves 4	£5.75
Rice, Carrots and Peas (V) (G/F)	Serves 1	£1.50	Serves 2	£2.95	Serves 4	£5.75
Roast Potatoes, Carrots and Stem Broccoli (V) (G/F)	Serves 1	£1.75	Serves 2	£3.40	Serves 4	£6.50
Gratin Potato, Carrots and Green Beans (V) (G/F)	Serves 1	£2.00	Serves 2	£3.90	Serves 4	£7.50
Potato Wedges and Garlic Bread (V)	Serves 1	£1.75	Serves 2	£3.40	Serves 4	£6.50

(V) = Suitable for Vegetarians

(G/F) = Gluten Free

Our accompaniments can be made vegan on request

TO PLACE AN ORDER

(OR FOR MORE INFORMATION ON OUR PRODUCTS)

E-mail; hannah@ahmcatering.co.uk

Text; 07967 511870 (Hannah's phone)

Phone; 0117 957 6942

16A SOUNDWELL ROAD, STAPLE HILL, BRISTOL, BS16 4QH

PAYMENT

PAYMENT IS DUE ON DELIVERY BY CASH OR CHEQUE (MADE PAYABLE TO 'AHM CATERING EXPERIENCE' OR IN ADVANCE BY BANK TRANSFER (PLEASE SEND PAYMENTS TO 09-06-66, 42260392). THANK YOU