



# HOME-COOKED FROZEN FOOD RANGE

2025

MAIN MEALS	Serves 1	Serves 2	Serves 4
BEEF			
Cottage Pie [M]	£4.05	£7.35	£13.55
Beef Lasagne [G M]	£4.05	£7.35	£13.55
Beef & Mushroom Stroganoff [M]	£4.55	£8.35	£15.55
Beef Bourguignon	£4.55	£8.35	£15.55
Beef Stew & Dumpling (can be G/F without the dumpling) [G]	£4.55	£7.85	£15.10
Steak & Kidney Pie [G]	£4.05	£7.35	£13.55
Chilli Con Carne	£4.05	£7.35	£13.55
Beef Goulash (Hungarian tomato & paprika based beef stew)	£4.55	£8.35	£15.55
PORK			
Bacon & Broccoli Carbonara Pasta Bake [G M]	£4.05	£7.35	£13.55
Sausage & Onion Hotpot	£4.05	£7.35	£13.55
Pork & Mushroom Stroganoff [M]	£4.05	£7.35	£13.55
Medallions of Pork Fillet in a Sage Cream Sauce [M]	£4.05	£7.35	£13.55
Pork & Cider Casserole	£4.05	£7.35	£13.55
Grilled Pork Steak with an Apple, Cream & Cider Sauce [M Mu]	£4.05	£7.35	£14.55
LAMB			
Lamb Moussaka (minced lamb with layers of roasted aubergine & potato slices in a creamy ricotta cheese sauce) [M]	£4.55	£8.35	£15.55
Lamb Hotpot	£4.55	£8.35	£15.55
Lamb Ragu Penne Pasta topped with Parmesan Cheese [G M]	£4.75	£8.55	£15.75

(V)=Suitable for Vegetarians (Vegan)=Suitable for Vegans

Allergen Codes

E-Eggs, F-Fish, L-Lupin, M-Milk, Mu-Mustard, P-Peanuts, Se-Sesame, So-Soya, N-Nuts, G-Gluten + Cereals, C-Celery + Celeriac, SD-Sulphur Dioxide, MC-Molluscs + Crustaceans





	Serves	Serves 2	Serves 4
CHICKEN & TURKEY	1	2	-
Turkey, Ham & Leek Pie	£4.05	£7.35	£13.55
[G M]	21.00	27.00	210.00
Chicken Breast in a Red Wine Sauce	£4.55	£8.35	£15.55
Supreme of Chicken with a White Wine, Mushroom & Tarragon Cream Sauce [M]	£4.55	£8.35	£15.55
Chicken Chasseur	£4.55	£8.35	£15.55
(Chicken breast in a tomato, mushroom and tarragon sauce)			
Chicken Curry	£4.05	£7.35	£13.55
Chicken & Vegetable Casserole with a Herb Scone (vegetables include carrots, swede, leeks & peas) (can be G/F without the scone) [G]	£4.05	£7.35	£13.55
Honey & Garlic Chicken Supreme in a Honey, Garlic & Soya Sauce	£4.55	£8.35	£15.55
ROAST MEATS			
Roast Beef with Yorkshire Pudding &	£4.75	£8.55	£15.75
Gravy [G E M]			
Roast Turkey with Sage & Onion Stuffing and Pigs in Blankets & Gravy [G]	£4.55	£8.35	£15.55
Roast Pork with Sage & Onion Stuffing & Crackling & Gravy	£4.55	£8.35	£15.55
[G] Roast Lamb with a Stuffing Ball & Gravy [G]	£4.75	£8.55	£15.75
FISH		60.05	64E EE

FISH				
Fisherman's Pie	£4.55	£8.35	£15.55	
(contains salmon, cod and prawns)				
[F M MC]				
Salmon & Spinach Stroganoff	£4.55	£8.35	£15.55	
[F M]				
Seafood Pasta Bake (Salmon, Cod, Prawns &	£4.55	£8.35	£15.55	
Peas with Pasta in a Tomato & Basil Sauce				
topped with Grated Cheese)				
[F G M MC]				
Smoked Haddock & Spring Onion Fishcakes	£4.55	£8.35	£15.55	
with Provencal Sauce				
[F M]				

(V)=Suitable for Vegetarians (Vegan)=Suitable for Vegans

Allergen Codes

E-Eggs, F-Fish, L-Lupin, M-Milk, Mu-Mustard, P-Peanuts, Se-Sesame, So-Soya, N-Nuts, G-Gluten + Cereals, C-Celery + Celeriac, SD-Sulphur Dioxide, MC-Molluscs + Crustaceans





<b>VEGETARIAN &amp; VEGAN</b>	Serves 1	Serves 2	Serves 4
Spinach, Broccoli & Mixed Pepper Quiche (V) [G E M]	£4.05	£7.35	£14.55
Leek, Potato and Mushroom Pie (V) [G M C]	£4.05	£7.35	£13.55
Vegetable Lasagne (V) [G M C]	£4.05	£7.35	£13.55
Vegetable Cottage Pie (V) [M C]	£4.05	£7.35	£13.55
Lentil & Vegetable Hotpot (V)(Vegan)	£4.05	£7.35	£13.55
[C] Pepper, Chickpea & Spinach Curry (V)(Vegan)	£4.05	£7.35	£13.55
[C] Macaroni Cheese (V)	£4.05	£7.35	£13.55
[G M] Spicy Tuscan Bean & Vegetable Casserole (V) (Vegan)	£4.05	£7.35	£13.55
[C] Vegetable Stew and Dumpling (V) (can be G/F without the dumpling) [G C]	£4.05	£7.35	£13.55
Plant-based Vegan Meatballs in Vine Tomato Sauce (V) (Vegan) [C]	£4.05	£7.35	£13.55
Ec] Butternut Squash & Cashew Nut Roast with Vegetarian Gravy (V)(Vegan) [N]	£4.55	£8.35	£15.55
Vegan Butterbean, Mushroom & Kale Cannelloni (Vegan) [G C]	£4.05	£7.35	£13.55
Vegan Moussaka (Vegan)	£4.05	£7.35	£13.55
[C] Butternut Squash, Sweet Potato & Cherry Tomato Crumble (vegan) [G C]	£4.55	£8.35	£15.55
Mushroom & Ale Pie (vegan) [G C]	£4.55	£8.35	£15.55

(V)=Suitable for Vegetarians (Vegan)=Suitable for Vegans

Allergen Codes

E-Eggs, F-Fish, L-Lupin, M-Milk, Mu-Mustard, P-Peanuts, Se-Sesame, So-Soya, N-Nuts, G-Gluten + Cereals, C-Celery + Celeriac, SD-Sulphur Dioxide, MC-Molluscs + Crustaceans





ACCOMPANIMENTS	Serves 1	Serves 2	Serves 4
Mashed Potato, Carrots & Peas (V) [M]	£2.45	£4.35	£7.70
Rice, Carrots & Peas (V)	£2.45	£4.35	£7.70
Roast Potatoes, Carrots & Broccoli (V)	£2.70	£4.85	£8.70
Gratin Potato, Carrots & Green Beans (V)	£2.95	£4.95	£9.15
[M] Potato Wedges & Garlic Bread (V)	£2.45	£4.60	£8.15
[G M]			

#### DESSERTS

AHM Desserts to be served cold	Serves 1
Chocolate Brownies [M E]	£2.45
Lemon Cheesecake [G M]	£2.45
Raspberry & White Chocolate Cheesecake	£2.45
Carrot Cake Cheesecake	£2.70
Chocolate Truffle Torte flavoured with Brandy [G M]	£2.70
Vegan Raspberry & White Chocolate Cheesecake (Vegan)	£2.70
Chocolate & Coconut Tart (Vegan) - contains nuts	£2.70
[N] AHM Desserts to be served warm	Serves 1
Jam Sponge Pudding [G E M]	£2.45
Bread & Butter Pudding [G E M]	£2.45
Spotted Dick [G E M]	£2.45
Sticky Toffee Pudding [G E M]	£2.45
Chocolate Sponge Pudding [G E M]	£2.45
Rhubarb & Ginger Crumble (suitable for vegans) [G M]	£2.45
Apple & Cinnamon Crumble (suitable for vegans) [G M]	£2.45
Autumn Fruit Crumble Pie [G E M]	£2.45
Add Custard/Chocolate Sauce to warm Desserts [M]	60p

All our warm desserts can be made Gluten free on request - additional £1 per item.

(V)=Suitable for Vegetarians (Vegan)=Suitable for Vegans

Allergen Codes E-Eggs, F-Fish, L-Lupin, M-Milk, Mu-Mustard, P-Peanuts, Se-Sesame, So-Soya, N-Nuts, G-Gluten + Cereals, C-Celery + Celeriac, SD-Sulphur Dioxide, MC-Molluscs + Crustaceans

# **OTHER INFORMATION**

- AHM Catering offer a range of meals where meat/fish/veg content comes from known and trusted sources.
- All our meals are made using locally sourced ingredients and are all cooked fresh at our commercial 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 (the meals are designed to be cooked from frozen. Cooking instructions are provided).
- This is good, honest, nutritious, locally produced food that you can trust and is prepared in our commercial 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 receiving your order.
- For local deliveries there is a £2.50 delivery charge per drop.
- Delivery charges for other addresses will be calculated based on the distance from AHM.
- Our Minimum order is £15.
- An ingredient and allergen list can be provided 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'). PLEASE NOTE THAT CHEQUE PAYMENTS WILL INCUR A £1.00 FEE TO COVER BANK CHARGES,

> OR YOU CAN PAY IN ADVANCE BY BANK TRANSFER: PLEASE SEND PAYMENTS TO 09-06-66, 42260392; A/C NAME IS 'AHM CATERING EXPERIENCE' PLEASE PUT YOUR NAME AS A REFERENCE.

OR YOU CAN PHONE OUR OFFICE WITH YOUR CARD DETAILS TO MAKE PAYMENT PRIOR TO DELIVERY.

# THANK YOU FOR YOUR CUSTOM