



Tuesday, 12th August 2025

Spaghetti Bolognese (Meat)

	Ingredients	Per person
	Oil	(SP) 5 ml pp
	Meat	150 g
	Onions	50 g
	Celery	20 g
	Carrots	35 g
	Vegan Stock	(SP) 75 ml
	Milk	75 ml
	Tomatoes	125 g
	Pasta	125 g
	Cheese	25 g

1. Wash hands thoroughly before you start handling food!
2. Slice onions, celery and carrots as small as possible and fry in a little oil until onions are soft, but not burnt!
3. Add the minced meat and cook until browned.
4. Add the vegan stock and cook until almost evaporated.
5. Add the milk and cook until absorbed.
6. Add the tomatoes and season with salt and pepper.
7. Allow to cook over low heat until thoroughly cooked (approx. 30mins, longer, if possible, add water if it starts to dry out).
8. Pasta: 125 g per person. Put the spaghetti into boiling, lightly salted water for about 8 -10 minutes.
9. Drain and add spaghetti to meat sauce and mix.
10. Sprinkle with grated cheese.
11. Serve and enjoy!



Tuesday, 12th August 2025

Spaghetti alla Norma with Aubergine, Olives & Basil (Vegan)

	Ingredients	Per person
	Aubergine Salt Oil Garlic Oregano Chilli Flakes Olives Plum Tomatoes Spaghetti (Vegan) cheese	200 g (SP) (SP) 5 ml pp (SP) to taste (SP) to taste (SP) to taste 20 g 150 g 150 g 25 g

1. Cut the aubergine into rough 2cm chunks. Place into a colander, sprinkle with salt to draw out the moisture, then set aside for around 20 minutes.
2. Peel and finely slice the garlic, then pick the basil leaves. Rinse the aubergine and pat dry with kitchen paper. Place into a large bowl with the oregano, chilli flakes, a splash of oil and a pinch of salt and black pepper. Toss together.
3. Heat a splash of oil in a large frying pan over a medium heat. Once hot add the aubergine in a single layer and fry for 5 to 8 minutes, or until softened and golden, stirring occasionally.
4. Meanwhile, roughly chop the olives and add with the garlic to the pan, cook for 2 minutes.
5. Stir in the tomatoes and break up. Reduce the heat to low and simmer for 15 to 20 minutes or until thick and glossy.
6. Cook the spaghetti in a pan of boiling water until al dente; drain the spaghetti reserving a cupful of the cooking water, then add a good splash of the reserved water to the aubergine sauce.
7. Finely grate in half the (vegan) cheese and tear in most of the reserved basil leaves then season to taste. Add the spaghetti to the sauce and toss well adding an extra splash of the reserved cooking water to loosen, serve, grate over the remaining (vegan) cheese and finish with the remaining basil scattered on top.



Wednesday, 13th August 2025

Bratwurst (Sausage - Meat) & Röstli



Ingredients

Sausages
Röstli
Onions
Broccoli
Vegan stock
powder

Per person

1.5 each (250 g)
250 g
20 g
100 g
(SP)

1. Wash hands thoroughly before you start handling food!
2. Heat some oil in a frying pan.
3. Add the Röstli and fry it lightly, turning from time to time.
4. Push the Röstli together (like a patty) and put a lid on the pan.
5. Let the Röstli fry over a low heat for about 20 minutes.
6. In another frying pan heat some oil and fry the sausages, turning frequently. Alternatively, BBQ on a griddle the Swiss way.
7. Meanwhile, slice onions and cook in a little oil until soft, add stock cube/gravy powder and water to make onion gravy.
8. In a saucepan bring lightly salted water to boil, place the vegetables in boiling water until they are soft (approx 15 minutes).
9. Serve and enjoy!



Wednesday, 13th August 2025

Bratwurst (Sausage - Vegan) & Röstli



Ingredients	Per person
Vegan Sausage	2 x (250 g)
Röstli	250 g
Onions	20 g
Broccoli	100 g
Vegan stock powder	(SP)

1. Wash hands thoroughly before you start handling food!
2. Heat some oil in a frying pan.
3. Add the Röstli and fry it lightly, turning from time to time.
4. Push the Röstli together (like a patty) and put a lid on the pan.
5. Let the Röstli fry over a low heat for about 20 minutes.
6. In another frying pan heat some oil.
7. Fry the sausages, turning frequently.
8. Meanwhile, slice onions and cook in a little oil until soft, add vegetarian stock cube/gravy powder and water to make onion gravy.
9. In billy bring lightly salted water to boil, place the vegetables in boiling water until they are soft (approx. 15 minutes).
10. Serve and enjoy!



Thursday, 14th August 2025

Chicken and Courgette with Orzo

	Ingredients	Per person
	Oil Garlic Shallots Chicken Orzo Vegan stock Courgette Salt Black Pepper Cream Cheese Greek Yoghurt	(SP) (SP) to taste 40 g 150 g 75 g (SP) 160 ml 60 g (SP) (SP) 5 g 5 ml

1. Wash your hands thoroughly before you start handling food!
2. Slice the courgette and shallots.
3. Prepare the stock.
4. Cut the chicken into 1cm pieces and fry in oil until lightly browned. Set to one side.
5. In the same pan add a little more oil if necessary and gently fry the courgette and shallots until soft, try not to brown the shallots.
6. Add the orzo, stir and coat with the oil, cook for 2-3 minutes to toast the orzo lightly
7. Add the stock, stir, bring to the boil and then reduce to medium and simmer with the lid on. Stir every minute or so to prevent it sticking to the bottom. After 10 minutes or so, it should be tender (keep simmering if not!).
8. Add the cooked chicken back to the pot,
9. Stir in the cream cheese, yoghurt and season to taste. Enjoy!



Thursday, 14th August 2025

Green Bean and Courgette Orzo (Vegan)



Ingredients

Oil
Garlic
Shallots
Green Beans
Orzo
Vegan Stock
Courgette
Salt
Black Pepper
Vegan Cream Cheese
Vegan Greek Yoghurt

Per person

(SP) 5 ml pp
(SP) to taste
40 g
100 g
75 g
(SP) 180 ml
100 g
(SP)
(SP)
5 g
5 ml

1. Wash your hands thoroughly before you start handling food!
2. Slice the courgette and shallots.
3. Prepare the stock.
4. Top and tail the green beans and cut into 2-3 cm pieces. Cook the beans in boiled water for 5 minutes and rinse with cold water, set aside.
5. In pan add a little oil and gently fry the courgette and shallots until soft, try not to brown the shallots. Add the beans back in and get some colour on them.
6. Add the orzo, stir and coat with the oil, cook for 2-3 minutes to toast the orzo lightly.
7. Add the stock, stir, bring to the boil and then reduce to medium and simmer with the lid on. Stir every minute or so to prevent it sticking to the bottom. After 10 minutes or so, it should be tender (keep simmering if not!).
8. Stir in the cream cheese, yoghurt and season to taste. Enjoy!



Friday, 15th August 2025

Pork Steaks with Peppers

	Ingredients Oil Thin pork loin steaks Salt, paprika and pepper Mixed peppers Tomatoes Vegan Stock Oregano New Potatoes	Per person (SP) 5 ml pp 4 x 50 g (200 g PP) (SP) 80 g 100 g (SP) 35 ml (SP) 125 g
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1. Wash hands thoroughly before you start handling food.
2. Heat oil in a frying pan and brown the steaks in portions on each side for approx. 30 seconds each, season. Set aside steaks in large saucepan.
3. Wash and prepare the potatoes.
4. Clean and cut the pepper into 1 cm slices. Spread over the meat and season with salt.
5. Add the tomatoes.
6. Pour vegan stock into the same frying pan, bring to a boil while stirring and mix with cooking juices, reduce for 10 minutes.
7. Add oregano to pan.
8. Pour the sauce over the meat. Cover and cook gently for 20 min.
9. Whilst this is cooking boil the potatoes.
10. Serve with the pork steaks and enjoy!



Friday, 15th August 2025

Quorn Steaks with Peppers (Vegan)

	Ingredients	Per person
	Oil	(SP) 5 ml pp
	Thin Quorn steaks	4 x 50 g (200 g PP)
	Salt, paprika and pepper	(SP)
	Mixed Peppers	80 g
	Tomatoes	100 g
	Vegan Stock	(SP) 40 ml
	Oregano	(SP)
	New Potatoes	125 g

1. Wash hands thoroughly before you start handling food.
2. Heat oil in a frying pan and brown the Quorn steaks in portions on each side for approx. 30 seconds each, season. Set aside steaks in large saucepan.
3. Wash and prepare the potatoes.
4. Clean and cut the pepper into 1 cm slices. Spread over the meat and season with salt.
5. Add the tomatoes.
6. Pour vegan stock into the same frying pan, bring to a boil while stirring and mix with cooking juices, reduce for 10 minutes and then add oregano to pan.
7. Pour the sauce over the meat. Cover and cook gently for 20 min.
8. Whilst this is cooking boil the potatoes.
9. Serve with the Quorn steaks and enjoy!



Saturday, 16th August 2025

Zurcher Geschnetzeltes - Zurich-Style Chicken Strips in Cream Sauce with Spätzle (Swiss Noodles)

	Ingredients Chicken fillet, cut into strips Onions Mushrooms White pepper powder Sweet paprika powder Oil Cream Vegan stock Salt and pepper to taste Parsley, chopped Lemon Juice Spätzle Salad	Per person 160 g 50 g 50 g (SP) 1 g (SP) 1 g (SP) 5 ml pp 60 ml (SP) 10 ml (SP) (SP) 5 g (SP) 6 ml 200 g 30 g
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- 1 Wash your hands thoroughly before you start handling food.
- 2 Finely dice the onions.
- 3 Cut the chicken fillet into strips. Season the chicken strips with pepper and paprika powder.
- 4 Boil large pan of water for the Spätzle.
- 5 Heat oil in a saucepan until hot. Add in marinated sliced chicken and stir over a medium-high heat till lightly browned and cooked through, then remove from the pan and set aside.
- 6 Start the Spätzle it will take about 10 minutes.
- 7 Add some oil in the skillet. Stir the finely chopped onions till softened and lightly browned, and then add the mushrooms. When they have softened pour in the stock and bring it to a boil over a high heat before adding cream. Cook over a medium heat for about 2 minutes then return the chicken strips and any accumulated juices to the pan.
- 8 Heat through, tossing often, about 3 minutes. Season with salt and pepper. Sprinkle chopped parsley and lemon juice. Serve over the Spätzle with a green salad on the side.



Saturday, 16th August 2025

Züri Geschnetzeltes – Quorn slices in cream sauce with gnocchi



Ingredients

Sliced Quorn Cubes
Onions
Mushrooms
White pepper powder
Sweet paprika powder
Oil
Vegan Cream
Vegan stock
Salt and pepper to taste
Parsley, chopped
Lemon Juice
Gnocchi
Salad

Per person

160 g
50 g
50 g
(SP) 1 g
(SP) 1 g
(SP) 5 ml pp
60 ml
(SP) 10 ml
(SP)
(SP) 5 g
(SP) 6 ml
200 g
30 g

- 1 Wash your hands thoroughly before you start handling food.
- 2 Finely dice the onions.
- 3 Clean the mushrooms and slice thinly.
- 4 Season the Quorn slices with pepper and paprika powder.
- 5 Boil large pan of water for the gnocchi.
- 6 Heat oil in a saucepan, when hot sear the Quorn, then remove from the pan and set aside.
- 7 Cook the gnocchi for 2-3 minutes until cooked and floating. Remove using slotted spoon and place in a bowl prior to serving.
- 8 Add some oil in the skillet. Stir the finely chopped onions till softened and lightly browned, and then add the mushrooms. When they have softened pour in the vegan stock and bring it to a boil over a high heat before adding cream and cook over a medium heat for about 2 minutes.
- 9 Return the Quorn slices and any accumulated juices to the pan.



- 10 Heat through, tossing often, about 3 minutes. Season with salt and pepper. Sprinkle chopped parsley and lemon juice. Serve over the gnocchi with a green salad on the side.

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Sunday, 17th August 2025

Chicken / Quorn Burritos

	Ingredients	Per person
	Oil Sliced chicken or Quorn mince Rice Onions Red peppers Tinned tomatoes Tinned black beans Corn tortillas Guacamole Salad Oregano Cumin Coriander Garlic Sugar Salt/Pepper Sour cream/vegan sour cream Grated cheese/vegan cheese	(SP) 150 g 150 g 50 g 50 g 100 g 100 g 2 each 50 g 30 g (SP) to taste (SP) to taste (SP) to taste (SP) to taste (SP) a few g PP (SP) to taste 25 g 50 g

- 1 Wash your hands thoroughly before you start handling food.
- 2 Finely dice the onions and fry for 8 minutes in oil in a casserole dish / pan.
- 3 Whilst cooking, cook the rice slightly salted boiling water for ~12 minutes. Drain and return to the pan to steam with the lid on (if possible) or a bowl until ready to serve.
- 4 Add herbs and spices to the onions, cook for 1 minute, then add the chicken/Quorn and stir until browned/cooked. Add in the sugar, then add the tinned tomatoes.
- 5 Simmer for 5 minutes and then add the beans (and water from the can). Season and simmer on a low-medium heat for up to 20 minutes until the sauce has thickened.
- 6 Warm the tortillas if you can. Make up the burritos from the meat/Quorn, rice, guacamole, sour cream and cheese. Enjoy!



Tuesday, 19th August 2025

La Potée - Chicken, Leek & Potatoes

	Ingredients	Per person
	Canned cannellini beans	50 g
	Diced chicken	200 g
	Clove garlic	(SP) to taste
	Leeks	50 g
	Carrots	50 g
	Onion	50 g
	Dried thyme	(SP) 1 g
	Cabbage	50 g
	Vegan stock	(SP) 600 ml
	Salt	(SP)
	Ground pepper	(SP)
	Potatoes	125 g

- 1 Wash your hands thoroughly before you start handling food.
- 2 Peel the potatoes, cut into bite sized chunks and par-boil, then set aside.
- 3 Crush the garlic, slice the leeks into rings, chop the carrots and onions and shred the savoy cabbage.
- 4 Brown the chicken in a heavy pot with oil. When nicely browned, remove from pot and set aside. Add in garlic, thyme and prepared vegetables (except savoy cabbage).
- 5 Cook veggies for about 10–15 minutes until tender, then add in stock and beans. Season well with salt and freshly ground pepper. Let the stew come back to a boil, then add cabbage and chicken. Simmer the soup for a few more minutes until the cabbage is wilted.
- 6 Serve with a drizzle of olive oil if desired.



Tuesday, 19th August 2025

La Potée – Vegan Sausage, Leek & Potatoes

	Ingredients	Per person
	Canned cannellini beans	50 g
	Vegan sausages	150 g
	Clove garlic	(SP) to taste
	Leeks	50 g
	Carrots	50 g
	Onion	50 g
	Dried thyme	(SP) 1 g
	Cabbage	50 g
	Vegan stock	(SP) 600 ml
	Salt	(SP)
	Ground pepper	(SP)
	Potatoes	125 g

- 1 Wash your hands thoroughly before you start handling food.
- 2 Peel the potatoes, cut into bite sized chunks and par-boil, then set aside.
- 3 Crush the garlic, slice the leeks into rings, chop the carrots and onions and shred the savoy cabbage.
- 4 Brown the sausages in a heavy pot with just a touch of oil. When nicely browned, remove from pot then cut them into bite sized chunks and set aside. Add in garlic, thyme and prepared vegetables (except savoy cabbage)
- 5 Cook veggies for about 10–15 minutes until tender, then add in vegan stock and beans. Season well with salt and freshly ground pepper. Let the stew come back to a boil, and then add cabbage and sausages. Simmer the soup for a few more minutes until the cabbage is wilted.
- 6 Serve with a drizzle of olive oil if desired.



Wednesday, 20th August 2025

Pollo alla Cacciatore

	Ingredients Chicken Pieces – skin on Oil Flour Salt Pepper Vegan stock Onions Green Pepper Carrot Celery Garlic Tinned chopped tomatoes Rice	Per person 200 g (SP) 5 ml pp 40 g (SP) (SP) (SP) 60 ml 50 g 50 g 50 g 20 g (SP) to taste 125 g 100 g
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- 1 Wash your hands thoroughly before you start handling food.
- 2 Prepare the vegetables; finely chop the garlic, onion, carrot & celery.
- 3 Clean the peppers, discarding the stalk and seeds and cut in 1 cm slices.
- 4 Wash the chicken pieces and dry.
- 5 Turn the chicken pieces in the flour coating all sides evenly and shaking off any excess.
- 6 Fry the chicken in oil until golden brown on the outside, when nicely browned transfer to a dish and season with salt and pepper.
- 7 To the oil in the pan add the onions, garlic, carrot & celery and cook for about 5 minutes, but do not burn.
- 8 Add the stock to de-glaze and cook for 2 minutes or until evaporated.
- 9 Add the tomatoes and the chicken and simmer for 20 minutes.
- 10 Add the sliced peppers and cook for another 10 minutes until the peppers have softened.
- 11 Serve with rice and enjoy!



Wednesday, 20th August 2025

Cacciatore Verdure (Vegan)

	Ingredients	Per person
	Mixed Peppers Courgette Cauliflower Chickpeas Oil Flour Salt/Pepper Vegan Stock Onions Carrot Celery Garlic Tinned chopped tomatoes Rice	50 g 50 g 50 g 100 g (SP) 40 g (SP) (SP) 60 ml 50 g 30 g 25 g (SP) to taste 125 g 100 g

- 1 Wash your hands thoroughly before you start handling food.
- 2 Prepare the vegetables; finely chop the garlic, onion, carrot & celery.
- 3 Clean the peppers, discarding the stalk and seeds and cut in 1 cm slices. Slice the courgette and cut the cauliflower into florets.
- 4 To the oil in the pan add the onions, carrot & celery and gently cook for about 10 minutes, but do not burn. Add the garlic for the last minute.
- 5 Add the vegan stock to de-glaze and cook until reduced by half.
- 6 Add the tomatoes and the sliced peppers, courgettes, chickpeas (drained/washed) and cauliflower and cook for 20 minutes until the vegetables have softened. Season to taste.
- 7 Whilst this is cooking add 150 ml of water person to a large saucepan, add the rice, bring to the boil and simmer for 10 minutes covered, remove from the heat and leave to rest covered for a further 10 minutes.
- 8 Fluff up the rice with a fork and serve with the cacciatore and enjoy!



Thursday, 21st August 2025

Herdsman's Macaroni with Applesauce

	Ingredients	Per person
	Onions	50 g
	Garlic	(SP) to taste
	Potatoes	125 g
	Diced Bacon	40 g
	Vegan stock	(SP) 140 ml
	Half Cream	60 ml
	Elbow macaroni	75 g
	Gruyere Cheese	25 g
	Salt	(SP)
	Pepper	(SP)
	Apple Puree	20 g

- 1 Wash your hands thoroughly before you start handling food.
- 2 Cut onions into rings, garlic into slices and potatoes into cubes. Brown bacon, onions (caramelize) and garlic in a non-stick pan, remove and set aside.
- 3 Bring stock and cream to the boil, add potatoes and pasta, cover and simmer over a low heat for approx. 10 min until cooked al dente and the liquid has been absorbed.
- 4 Mix in the cheese and season. Sprinkle with the bacon and onion mixture.
- 5 Serve with apple purée.



Thursday, 21st August 2025

Herdsmen's Macaroni with Applesauce (Vegan)

	Ingredients	Per person
	Onions	50 g
	Garlic	(SP) to taste
	Potatoes	150 g
	Vegan stock	(SP) 140 ml
	Vegan Half Cream	60 ml
	Elbow macaroni	80 g
	Smoked Gruyere Cheese	40 g
	Salt	(SP)
	Pepper	(SP)
	Apple Puree	20 g

- 1 Wash your hands thoroughly before you start handling food.
- 2 Cut onions into rings, garlic into slices and potatoes into cubes. Brown (caramelize) onions and garlic in a non-stick pan, remove and set aside.
- 3 Bring stock and cream to the boil, add potatoes and pasta; cover and simmer over a low heat for approx. 10 min until cooked al dente and the liquid has been absorbed.
- 4 Mix in the cheese and season. Sprinkle with the onion mixture.
- 5 Serve with apple purée.



Starter Pack

Food items

Oil
Salt
Pepper
Oregano
Cumin
Coriander
Chilli flakes
Chilli powder
Vegan gravy powder/stock cubes
Garlic
Thyme
Bay leaves
Paprika
Parsley
Tomato puree

Flour
Bread
Milk
Tea
Coffee
Sugar

Hot Chocolate Powder
Squash
Butter / Spread
Ketchup
Mayonnaise
Jam
Mustard

Orzo
Rice
Spaghetti
Lentils
Macaroni

Non-food items

Washing-up liquid
Tin foil
Shopper Bags
Zip lock bags
Cling Film

Ice Pack Service