



**PENNY JOHNSTONE'S  
FREELANCE COOKS**

**FOOD FOR DELIVERY**

OLD LANDS, DINGESTOW

delivery £3.50

<b>Quiche - 8" approx. Serves 3-4</b>	<b>Each</b>
Leek & Caerphilly	£12.50
Tomato & Basil	£12.50
Broccoli & Stilton	£12.50
Spinach, Ricotta & Wild Garlic	£12.50
Butternut, Carrot & Mild Goat's Cheese Tart with Poppy Seed Pastry	£12.50
Quiche Lorraine	£12.50
Individual Quiches	£4.65
<b>Quiche - 11" approx. Serves 5-6</b>	
Leek & Caerphilly	£17.50
Tomato & Basil	£17.50
Broccoli & Stilton	£17.50
Spinach, Ricotta & Wild Garlic	£17.50
Butternut, Carrot & Mild Goat's Cheese Tart with Poppy Seed Pastry	£18.50
Quiche Lorraine	£18.50
Minimum 2 portions of any item:	
<b>Soups – Lunch Portion</b>	<b>Per Portion</b>
Carrot & Orange	£2.80
Roasted Pepper & Tomato	£2.80
Watercress (with or without Almonds)	£2.80
Wild Mushroom & Thyme	£2.80
Chicken & Leek Soup	£2.80
Broccoli & Stilton	£2.80
Tomato and Basil Soup	£2.80
<b>Starters</b>	<b>Per Portion</b>
Chicken Liver Pâté – individual portion	£3.50
Potted Shrimps – individual portion	£3.70
Crab Tian – individual portion	£4.60
Salmon or Oak Roasted Salmon Mousse	£3.70
Home Cured Gravdax with Dill Sauce	£3.70
Chicken, Pork, & Pistachio Terrine	£3.20
Thai Pork in Little Gem Lettuce	£3.20
Tomato and Basil Roulade	£3.20
Beetroot Roulade with Rocket and Cream Cheese	£3.20



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<b>Main courses - minimum 2 portions of any item</b>	
<b>Beef</b>	<b>Per Portion</b>
Boeuf Bourguignon	£5.80
Spaghetti Bolognese Sauce	£5.10
Chilli con Carne	£5.00
Red Thai Beef Curry	£5.70
Cottage Pie	£5.80
Beef Lasagne	£5.40
<b>Lamb</b>	<b>Per Portion</b>
Lamb Tagine with Apricots & Dates	£5.60
Shepherd's Pie	£5.80
<b>Pork</b>	<b>Per Portion</b>
Pork, Apple and Local Cider Casserole	£5.50
<b>Game</b>	<b>Per Portion</b>
Game Pie / Game Casserole	£5.70
Venison Casserole	£5.80
<b>Poultry</b>	<b>Per Portion</b>
Chicken Fricassee	£5.25
Chicken, Mushroom & Leek Pie	£5.50
Mediterranean Chicken Casserole (with preserved lemons, artichokes & olives)	£5.80
Green Thai Chicken Curry	£5.50
Coronation Chicken with Fresh Mango	£5.80
<b>Fish &amp; Seafood</b>	<b>Per Portion</b>
Salmon Fillets with Tomato, Basil and Olive Pesto (cold)	£5.95
Salmon Fillets with Dill Mayonnaise (cold)	£5.50
Platters of Oak Roasted Salmon, Fresh Salmon and Prawns	£6.50
<b>Vegetarian</b>	<b>Per Portion</b>
Spicy Puy Lentil Casserole	£4.50
Red Thai Tofu Curry	£4.95
Vegetarian Lasagne	£4.60
Vegetarian Moussaka	£4.95
Chestnut Wellington	£5.50
Hazelnut & Mushroom Roulade	£4.80
<b>Accompaniments</b>	<b>Per Portion</b>
Rice or pasta (for you to cook)	£0.50
Mashed Potatoes	£1.80
Potato and Celeriac Mash	£2.20
Roast Vegetable Couscous	£2.50
Braised Red Cabbage	£1.50



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<b>Puds</b>	<b>Per Portion</b>
Kentish Apple Cake, Individual portion	£2.50
Lemon Posset, Shortbread	£3.00
Meringue Roulade (strawberries, passion fruit or other fruits and cream) <b>3 portion minimum</b>	£3.00
Rhubarb Fool with Ginger Biscuits	£3.50
Gooseberry & Elderflower Crumble (Crumble served separately)	£3.00
Rhubarb Crumble Cake, Individual portion	£3.00
Blackberry & Apple Crumble	£3.00
Rich Chocolate Mousse	£3.50
Chocolate Roulade <b>4 portion minimum</b>	£3.60
Hazelnut Meringue Roulade, Mango & Orange Cream <b>4 portion minimum</b>	£4.20
Lemon Cheesecake with Passion Fruit Coulis	£3.95
Sticky Toffee Pudding, Toffee Sauce	£3.00
Chocolate Brownie, pudding size	£2.50
<b>Biscuits, Pastry &amp; Wotnot</b>	<b>Each</b>
Chocolate Brownies – each	£1.20
Marmalade Flapjacks – each	£1.20
Soda Bread Loaf (1 lb loaf)	£3.40
Banana Bread (loaf)	£5.00
Lemon Drizzle Cake (loaf)	£5.00
Mini Sausage and Apple Rolls – batch of 24 (packed lunch!)	£14.40

### Shopping Checklist

We go to our local Waitrose almost every day, so can easily get some shopping to get you through your arrival day and breakfast the next morning, eg:

Milk, butter, yoghurt, eggs

Tea, coffee, sugar, fruit juice

Cereals, bread

Oil, vinegar, salt & pepper

We charge £5.00 for this service, just email or call us to let us know what you'd like.

The Old Lands shop has fabulous eggs, their own apple juice and other things, and it's always open. Do be sure to check out Colum's seasonal vegetables and salad from Old Lands' gardens.