

## FANTASTIC MEALS FOR YOUR HOLIDAY

The lady who makes the meals for our training courses and skippered charters etc is now able to offer her services to bareboat charter customers as well.

The meals are all home-cooked using only fresh local ingredients. Jennie is fanatical about quality, freshness and environmental impact.

Jennie is a trained cookery teacher and her food is simply wonderful.

Once the meals are made they are deep frozen and around the time you arrive the food is delivered directly to the fridge on your boat.

All you need to do is pop it in the oven and with virtually no work at all you can enjoy top quality food on board your yacht. Jennie provides full instructions, ingredient lists and a temperature probe. Remember it's a holiday for the cook too!!!

All dietary requirements can be catered for such as Coeliacs, vegans, pescetarians etc.

Here is a sample of dishes and prices to get your mouth watering:

### **Main meals £4.00 per person**

Goulash - pork, beef or venison  
Chilli - beef or venison  
Tajine - chicken or beef  
Fish Pie - potato or pastry top( all pastry is homemade)  
Pastilla - filo pie with chicken, fish or vegetables  
Beef Bourginon  
Coq au Vin

### **Lunches £3.00 per person**

Soups - pea and ham, minestrone, tomato, broth, french onion, lentil  
Quiche  
Feta and spinach filo  
Mushroom and Nut Wellington

### **Desserts and Cakes £3.00 per person**

Seasonal fruit crumble  
Plum Claudia  
Jam roly poly  
Bread and butter pudding  
Seasonal fruit pie  
Lemon drizzle cake  
Fruit cake

Jennie is more than happy to cook anything you want – the above is just to give you some ideas.

**To order your food please contact Jennie directly on 07884 10 23 39**