



Meals on Wheels Service



FOR ANY QUERIES CALL

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Asian Association is a Registered Charity: 1183943
Proud ally of Plastic Free Chesterfield since 2019

MEAL DELIVERIES BETWEEN 12:30 PM & 2:00 PM ON MONDAY, WEDNESDAY AND FRIDAY

Supported by



AND SERVICES ARE HEAVILY SUBSIDISED BY SUPPORT FROM CHARITIES AID FOUNDATION, RURAL ACTION DERBYSHIRE, BIG LOTTERY, TESCO BAGS FOR HELP, COALFIELD REGENERATION TRUST. TO SUPPORT THE LONG-TERM SUSTAINABILITY OF THE SERVICE IT IS HOPED THAT CLIENTS WILL EXPRESS THEIR APPRECIATION BY GIVING MODEST DONATIONS ACCORDING TO THEIR MEAL SELECTION. TO ASSIST, WE WOULD APPRECIATE DONATION OF **£4.50 PER MEAL.**

YOU ARE WELCOME TO DONATE VIA PAYPAL TO ASIAN ASSOCIATION OF CHESTERFIELD AND N. DERBYSHIRE. PLEASE USE OUR EMAIL ADDRESS: ASIANASSOCIATION@OBTMAIL.COM TO FIND US ON PAYPAL TO MAKE DONATIONS.

- We use Halal chicken only.
- (V) Vegetarian
- Please ask for vegan options.
- If you have food allergies, please notify us before you place an order so that we can make changes in preparation of your order.
- Some of the dishes will contain nuts and dairy products. Please inform us before you order in case of allergy to nuts and dairy products.

PLEASE LET US KNOW YOUR MEAL PREFERENCES BY 10 DECEMBER 2020. FOR WEEK 4 AND 5, WE WILL BE RUNNING THE SERVICE ONLY IF A CERTAIN QUOTA OF ORDERS IS MET SO PLEASE PUT YOUR ORDERS AT THE EARLIEST.

2 DECEMBER (WEDNESDAY)

- Option 1: Kerala Veg Stew and Rice
- Option 2: Sausage, Mash and Peas

4 DECEMBER (FRIDAY)

- Option 1: Paneer and peas curry with Rice
- Option 2: Chicken in creamy veg sauce with Rice

Week 1

14 DECEMBER (MONDAY)

- Option 1: Potato stuffed flatbread and Raita
- Option 2: Thai Peanut Chicken curry and Rice

16 DECEMBER (WEDNESDAY)

- Option 1: Mix veg Khichari and Poppadums
- Option 2: Lamb hot pot

18 DECEMBER (FRIDAY)

- Option 1: Brown lentil curry, runner beans and Rice
- Option 2: Chicken stew

Week 3

28 DECEMBER (MONDAY)

- Option 1: Mixed Veg Pulav and Yellow split peas dal
- Option 2: Chicken Curry and Rice

30 DECEMBER (WEDNESDAY)

- Option 1: Veg Rolls
- Option 2: Minestrone Soup

Week 5

7 DECEMBER (MONDAY)

- Option 1: Spinach and Paneer curry and Roti
- Option 2: Chicken in Red Pepper Sauce and Rice

9 DECEMBER (WEDNESDAY)

- Option 1: Cauliflower and Potato Curry with Plain Parathas
- Option 2: Fish cakes and Chips

11 DECEMBER (FRIDAY)

- Option 1: Chickpea Curry and Puree
- Option 2: Chicken and Spinach Lasagne

Week 2

21 DECEMBER (MONDAY)

- Option 1: Baby potatoes curry and Paratha
- Option 2: Chicken Risotto

23 DECEMBER (WEDNESDAY)

- Option 1: Mixed veg curry and Rice
- Option 2: Roast Chicken and Veg

25 DECEMBER (FRIDAY)

- Option 1: Paneer Kebabs and Green Chutney and Naan
- Option 2: Roast Turkey and Veg

*Merry
Christmas!*

Week 4