

home-cooked ready meals to go!

all munchies ready meals are prepared on the premises.

if you would like to order any items in different quantities to those shown on the form, please contact us as we will be very happy to accommodate your requests.

in addition to the frozen ready meals on this order form, we have an amazing variety of both fresh and frozen meals available in the shop, including:

quiches, pates & terrines, salads, tapenades & humous, cakes & tarts, gravy, stocks, fresh pasta sauces, rillettes, confits, rotisserie chicken and much more.....

all meals are gluten free except pasta & desserts

we also have a Ice cream bike for hire please enquire within for details

delivery information

i would like my order delivered on:

am (9am-1pm)
 pm (2pm-6pm)

delivery minimum 4 meals

name _____

tel _____

delivery address: _____

postcode _____

email _____

please drop your order form into the shop,
or send it to us by fax or post or email.

payment for orders & deliveries:
cash, cheque or pay by card in the shop

we can deliver within a 5 mile radius of the shop monday to friday for a small delivery charge of £1. if you would like an order delivered outside this area please contact us.

too tired to cook?



take away and dine with us

munchies®
ready meals

165 high street, aldeburgh, suffolk, ip15 5an
tel: 01728 454566 fax: 01728 454566
2 east street, southwold, suffolk ip18 6eh
email: aldeburghmunchies@googlemail.com
opening hours: 7 days 9-5

munchies ready meals frozen meals - order form

soups

soup for 1
£2.15

please enter the amount in the boxes below

- carrot & coriander
- tomato & basil
- leek & potato

cheap eats

meal for 1 meal for 2 meal for 4
£3.90 £7.80 £15.60

please enter the amount in the boxes below

- shepherds or cottage pie
- beef lasagne
- vegetable lasagne with peas
- creamy tarragon chicken & lyonnaise potatoes
- macaroni cheese gratin with peas
- pork cassoulet with butter beans
- pasta bolognese with cheese

posh nosh

meal for 1 meal for 2 meal for 4
£4.40 £8.80 £17.60

please enter the amount in the boxes below

- duck confit with lentils & leeks
- cod and salmon lasagne
- seafood and chorizo paella
- aubergine parmigiana with peas
- coq au vin
- lamb navarin
- lamb almond and mint tagine with rice
- thai green chicken curry with lemon rice
- today's special

puddings

pudding for 1 £1.85

- boston brownie
- lemon drizzle
- apple & cinnamon crumble
- lemon tart
- chocolate tart
- bread & butter pudding
- creamy rice pudding
- pear and almond tart

munchies basics fresh & frozen

for 1 £2.50

- fresh tomato sauce
- coriander hummus
- salad dressing
- chicken stock
- ratatouille
- gravy

for 1 £3.50

- bolognese sauce
- basil pesto
- terrines/pates/pies
- quiches

for 1 £2.00

- sausage rolls
- cornish pasties
- french baguette
- demi garlic bread