



SG Fitness has combined with Princess Homecare Ltd to bring you a range of healthy, homemade traditional meals to suit all varieties of diet.

With a history in the Health and Nutrition industry, our collaboration aims to give you and your loved ones peace of mind that your food is designed with you in mind.



We accept the following payments:

- Cheque
- BACS
- Credit/Debit card
- Direct Debit
- Sage Pay



*Homemade and traditional foods designed with you in mind.*

*In association with*



## SG Fitness

### Menu



Healthy  
Homemade  
Traditional

*Foods made the traditional way from a one Home's kitchen to your Home's kitchen*

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## Light Dishes

*For the smaller meals, or appetites, a light choice of foods*

### Soup of the day 2.50

A variety of soups made to your dietary requirements

### Omlette 3.00

1 egg Omlette served with accompaniment of your choice (see side dishes)

### Half Jacket Potato 2.50

With your choice of topping and accompaniment of your choice (see side dishes)

### Summer Salad 2.50

Soft lettuce, tomatoes, cucumber, bell peppers topped with your choice of topping.

*Suggestions:* Tuna, cheese, Ham, Potato salad.

## Fish dishes

*Delicious homemade fish dishes served with a variety of accompaniments to your tasting. Please ask when ordering.*

### Fish and Chips 3.50

Battered white fish with chips and veg of the day.

### Fish pie 4.00

Homemade fish pie covered with fresh fluffy mashed potatoes, baked with a cheese topping (choice dependent.)

### Salmon 5.00

Baked Salmon served with a herby white sauce and served with your choice of potatoes and veg of the day.

### Baked White fish 4.50

Baked Salmon served with a herby white sauce and served with your choice of potatoes and veg of the day.

## Beef dishes

*All the dishes below come served with your choice of potato (chips, jacket, new, boiled) and salad or veg of the day.*

### Cottage Pie 4.50

Homemade cottage pie made from Nanny's original recipe created just before WW2.

### Beef Pie 3.50

Delicious beef portions cooked with a thick gravy and flaky pastry

### Sliced Roast Beef 5.00

Slowly roasted Beef joint, sliced and served with your choice of gravy and accompaniments.

### Hotpot 4.00

Traditional recipe Hotpot, cooked to your liking of 'hotness'.

### Spaghetti Bolognaise 4.00

Rich and tasty bolognaise sauce on choice of wholegrain or white pasta. Can be served as it is or with your choice of sides.

## Chicken Dishes

*All our chicken dishes are Homemade and cooked on the day for maximum taste.*

*All the dishes below come served with your choice of potato (chips, jacket, new, boiled) and salad or veg of the day.*

### Chicken Pie 3.50

Delicious moist chicken pieces cooked in a white sauce and flakey pastry.

### Roast Chicken breast in creamy white sauce 4.00

Roasted to keep all the moisture locked in, drizzled with a rich white sauce and served with your choice of potatoes and veg. If you like it plain, just ask!

### Chicken and Chips 3.50

Moist chicken breast with chips of your choice and vegetables or salad.

### Chicken Hotpot 4.00

Traditional recipe Hotpot, cooked to your liking of 'hotness'.

## Pork and Lamb

### Sunday Roast 5.50

A choice of roast Pork or Lamb, with accompaniments of roast potatoes, yorkshir puddings, gravy and your choice of vegetables and stuffing.

## Sandwiches/ Jacket Potatoes

*Your choice of bread, Your choice of potato, Your choice of side dishes to accompany.*

### Tuna/ chicken 3.00

Succulent tuna pieces mixed with either Mayo, crème fresh or youghurt depending on choice and dietary requirements.

### Cheese 3.00

Your choice of cheese—cheddar, brie, stilton or any other you may like (depending on availability).

### Baked beans 3.00

Served alone, with cheese or perhaps add some Worcestershire sauce to make things interesting! Your dish, Your choice.

### Not sure what size you want?

If you would like a small portion, prices are as seen. If you would like to increase the size add £1 for medium and £2 for large.

### Vegetarian?

If you do not eat meat, or fish, we can provide a meal consisting of any ingredient you have taken a liking to from the menu, to the taste you will enjoy.

Just speak to one of our nutritionists to develop a meal with you in mind.

### WARNING!

**All our foods are prepared in a kitchen where nuts and fish are prepared.**

**If you have any allergies and would like to know more about our preparation please contact us.**