

Helpful Hints

Where possible, take meal from the freezer the night before and place in fridge to defrost. Alternatively, use the defrost cycle on microwave before heating.

When placing the meal in the microwave, ensure the lid is removed and placed loosely on top of the container. This prevents splattering and the build up of steam in the container.

Soups can also be heated in a pan on the cooker top.

All heating instructions and timings are on the labels on the containers

Cold desserts only require defrosting and this should be done in the refrigerator

Meals may be heated in the oven but must be placed in suitable ovenproof containers. Oven heating instructions can be supplied on request

If you require any further assistance, please contact us on

Tel: 01501 740440

Carefully prepared and cooked using the finest freshest ingredients and with no added artificial colourings, flavours or preservatives

Please feel free to request an item not on the menu and we will do our best to oblige

Look out for our Occasions Menus ie Christmas, Valentine's and Mother's day

Buffets, Corporate Events and Special Occasions also catered

Having friends in for dinner – we can prepare, cook and deliver it, all you need to do is heat it and serve it – easy!

Free delivery on all orders over £20 otherwise £1.80

Payment is by cash or cheque on delivery or credit/debit card by phone

Regular and Pensioner's portions available Family sized portions available too

If potatoes and veg are not required on regular portions please deduct 50p per meal

Call us on 01501 740440
between 9am and 7pm Mon - Fri &
10am - 4pm Sat to place your order

ASK ABOUT OUR WEEKLY SPECIALS

OUR KITCHEN TO YOURS

Quality, Traditional Food at Realistic Prices
Delivered to Your Door



16 Burnhouse Industrial Estate, Whitburn,
West Lothian EH47 0LQ
Tel: 01501 740440
email info@ourkitchentoyours.co.uk



OUR KITCHEN TO YOURS

Quality, Traditional Food at Realistic Prices
Delivered to Your Door

**Can't Cook – Won't Cook –
No Time to Cook???**

*but you really love
traditional home-cooked style food.*

Let us help you
We prepare, cook, freeze and deliver
in a temperature controlled van
straight to your door.

All you need to do is decide
"what's for dinner tonight"
and heat through before enjoying
Full heating instructions provided

Tel: 01501 740440



For Starters

Soups

all £1.25

	No
Lentil	[]
Minestrone	[]
Potato and Leek	[]
Scotch Broth	[]
Chicken Broth	[]
Chicken and Leek	[]
Pea and Ham	[]
Chicken Noodle	[]
Chicken & Rice	[]
Creamy Chicken & Cauliflower	[]
Creamy Mushroom	[]
Lentil & Tomato	[]
Creamy Tomato	[]
Tomato & Basil	[]
Carrot & Coriander	[]

Starters

Mushrooms in Garlic Butter	£1.40	[]
Potato Jacket with Cheese and Bacon	£1.45	[]
Prawns in Garlic Butter	£1.55	[]
Smoked Salmon and Prawns Marie Rose	£1.85	[]
Farmhouse Pâté	£1.25	[]
Garlic Bread	£1.10	[]
Garlic Bread with Cheese	£1.35	[]

Main Meals

Meat

	P	R	No
Steak Mince in Gravy*	£2.30	£2.90	[]
Steak Pie with Sausage*	£2.75	£3.40	[]
Cottage Pie and Veg	£2.30	£2.90	[]
Steak Mince and Doughballs*	£2.50	£3.00	[]
Irish Stew	£2.75	£3.40	[]
Stovies	£2.15	£2.50	[]
Roast Beef in Gravy*	£2.90	£3.50	[]
Roast Lamb in Gravy*	£2.95	£3.55	[]
Roast Pork and Stuffing*	£2.90	£3.50	[]
Pork and Leek Sausages in Red Onion Gravy*	£2.50	£3.00	[]
Pork Sausages in Onion Gravy*	£2.50	£2.85	[]
Chilli con Carne with Rice	£2.50	£3.00	[]
Lasagne	£2.50	£3.00	[]
Beef Stroganoff with Mixed Rice	£2.90	£3.50	[]
Liver in Onion Gravy*	£2.50	£3.00	[]
Haggis Neeps and Tatties	£2.50	£3.00	[]
Pasta Bolognaise	£2.50	£3.00	[]
Corned Beef Hash and Veg	£2.50	£3.00	[]
Beef with Vegetables and Dumplings, Potatoes	£2.90	£3.50	[]
Lamb Hotpot, Scone Topping	£2.95	£3.55	[]
Meatballs in Spicy Tomato Sauce with Spaghetti	£2.40	£3.00	[]
Meatballs in Gravy*	£2.50	£3.00	[]
Beef Olives in Onion Gravy*	£2.50	£3.00	[]

Poultry

	P	R	No
Roast Turkey, Stuffing*	£2.90	£3.50	[]
Chicken Curry with Rice	£2.50	£3.00	[]
Roast Chicken in Gravy*	£2.90	£3.50	[]
Chicken, Cauliflower and Broccoli Bake	£2.50	£3.00	[]
Chicken and Vegetable Casserole with Potatoes	£2.50	£3.00	[]
Chicken in Spicy Mango Sauce*	£2.50	£3.00	[]
Chicken in Lemon Sauce*	£2.50	£3.00	[]
Chicken Supreme with Rice and Peas	£2.50	£3.00	[]
Chicken Tikka Masala with Rice	£2.50	£3.00	[]
Chicken and Mushroom Pie*	£2.75	£3.40	[]
Chicken Lasagne	£2.50	£3.00	[]
Sweet and Sour Chicken with Rice	£2.50	£3.00	[]

Fish

Smoked Haddock in Cheese and Spring Onion Sauce*	£3.05	£3.55	[]
Haddock in Parsley Sauce*	£2.85	£3.35	[]
Cod Mornay*	£3.05	£3.55	[]
Fish Pie with Veg	£2.75	£3.40	[]
Salmon with Broccoli in White Sauce*	£2.90	£3.40	[]

Other

Cauliflower Cheese	£2.10	£2.45	[]
Macaroni Cheese	£2.10	£2.45	[]
Vegetable Pasta Bake	£2.35	£2.85	[]
Pasta with Leek and Cheese Sauce	£2.35	£2.85	[]
Luxury Macaroni Cheese with Veg	£2.55	£3.05	[]

Tasty Treats

Hot Puddings

all £1.25

	No
Apple Crumble and Custard	[]
Rhubarb Crumble and Custard	[]
Creamy Rice Pudding	[]
Spotted Dick and Custard	[]
Sticky Toffee Pudding and Custard	[]
Apple Sponge and Custard	[]
Ginger Sponge and Custard	[]
Apple Pie and Custard	[]
Fruit Pie and Custard	[]

Cold Puddings

from £1.20

Deep filled Apple Pie	£1.40	[]
Strawberry Cheesecake	£1.40	[]
Mandarin Cheesecake	£1.40	[]
Caramel Apple Betty	£1.40	[]
Fruit Trifle	£1.25	[]
Profiteroles with Chocolate Sauce	£1.40	[]
Chocolate Fudge Cake	£1.40	[]
Carrot Cake	£1.20	[]

Diabetic Puddings

all £1.35

Fruit Trifle	[]
Date Sponge and Custard	[]
Rice Pudding	[]
Fruit Sponge and Custard	[]
Chocolate Cake and Custard	[]
Rhubarb Crumble and Custard	[]
Apple Crumble and Custard	[]

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KEY

Pensioner **P**

Regular **R**

No Required **No**

*Items include Potatoes and Vegetables

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