



**Heritage
Kitchen**

Weekly Meal prep

Fresh. Flavourful. Convenient

Individually packaged ready to eat meals,

Also catered to vegetarians and vegans

Menu varies weekly*

PLAN 1

5 MEALS



90€

PLAN 2

10 MEALS

each meal twice



160€

*Breakfast not included

2 deliveries per week (5€ each)

Place orders by Friday 12pm

+590 690 622 818

heritagekitchensxm.com



Rotation 1



- Honey garlic chicken breast with stew pumpkin & green beans
- Mahi-mahi with coconut spinach rice & carrots
- Pasta primavera
- Lentil & pumpkin stew with spiced couscous
- Turkey meatballs with sweet potato mash & edamame

Rotation 2



- Stew beef with mashed potato and greens
- Escovitch fillet served with roasted veggies
- Chickpea stew with roasted plantains
- Creamy coconut salmon pasta
- Stew chicken with mashed plantain + sautéed greens

Rotation 3



- Curry chicken with white rice and veggies
- Miso-glazed cod with couscous & veggie tagliatelles
- Ground beef and veggies stir fry noodles
- Turkey parmigiana with gnocchi (italian dumplings)
- Creamy pumpkin tortellini

Rotation 4



- Ground beef and plantain lasagna with a light salad
- Creamy orzo with salmon
- Lemon-herb chicken with quinoa tabbouleh
- Mahi-mahi with cornmeal and greens
- Sunshine garden tagliatelles

Place orders by Friday 12pm for the following week

Our menus are planned in a 4-week rotation and repeat over 2 months
Menus may change based on ingredient availability. [Ask about our vegan menu](#)

Rotation 1



- Honey garlic tofu with stew pumpkin & green beans
- Coconut spinach rice with curried chickpeas & carrots
- Pasta primavera
- Lentil & pumpkin stew with spiced couscous
- Falafel with sweet potato mash & edamame

Rotation 2



- Red kidney beans stew with mashed potato and greens
- Escovitch tofish served with roasted veggies
- Chickpea stew with roasted plantains
- Creamy coconut tempeh & spinach pasta
- Pigeon peas stew with mashed plantain + sautéed greens

Rotation 3



- Butter beans curry stew with white rice and veggies
- Miso-glazed tempeh with couscous & veggie tagliatelles
- Tofu & veggie stir fry noodles
- Eggplant parmigiana with gnocchi (italian dumplings)
- Creamy pumpkin tortellini

Rotation 4



- Veggie lasagna with a light salad
- Creamy orzo with black eye peas
- Lemon-herb quinoa tabbouleh with roasted chickpeas
- Lentil patties with cornmeal and greens
- Sunshine garden tagliatelles

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