



Ducky Delish

2019

delicious cooked meals



prepared and delivered daily
free delivery to your door



Welcome to...

Ducky Delish



We are a local family run business. All our meals are tasty and with ingredients from local suppliers. We take great care in choosing our ingredients to get the best quality possible.

Your meals are dished up in special microwaveable containers. We can personalise your meal to suit individual likes and dislikes. Your meals are then delivered to your door by our friendly driver. We deliver everyday apart from Christmas Day and New Years Day. These meals will be delivered with your Christmas Eve meal and New Years Eve meals.

Your meal will arrive chilled, please refrigerate and follow the instructions on the label to heat.

We now provide allergy advice on our labels. Any questions then please let us know.

“we take great care in choosing our ingredients”



Ordering

To order just ring **01626 859064** or **07896 258403**. Telephone orders are taken from 9.30am - 12.00pm for delivery the following day.

No orders can be taken on a Sunday as our office closes on this day. Office hours are Mon-Fri 9.30am-2.30pm.

You can order by phone or fill in an order sheet to give to your deliver driver.

When ordering please give as much notice where possible.

Please note, when ordering the day before there can be a limited choice.

**Cancellations must be made
48 hours before delivery**

Payment

We accept cash or cheque payment on delivery or pre-arranged weekly accounts can pay by bank transfer.

All main meals cost £6.40 each

Desserts £2.60 each

Delivery is FREE.

(minimum order £6.40)

Delivery to...

Exmouth, Sidmouth, Dawlish,
Holcombe, Teignmouth, Shaldon,
Torquay, Liverton, Chudleigh, Bovey
Tracey, Cockwood, Starcross,
Kingsteignton, Buckfastleigh,
Widcombe, Ashburton, Totnes,
Bishopsteignton, Topsham to Exeter
and everywhere in between.



Week One



Monday

Roast turkey
Lamb stew with dumplings
Gammon steak with mustard and dill sauce

Tuesday

Roast beef with Yorkshire pudding
Cod in parsley sauce
Corn beef hash topped with cheese (no extra potato required)

Wednesday

Glazed gammon with parsley sauce
Cottage pie (no extra potato required)
Salmon and dill fishcakes

Thursday

Roast pork
Braised steak in onion gravy
Cheesy, leek and bacon potato bake (no extra potato required)

Friday

Roast lamb
Poached haddock with a lemon and chive sauce
Lamb's Liver and bacon casserole

Saturday

Roast chicken
Steak and kidney pie
Beef chilli con carne and rice

Sunday

Roast turkey
Roast beef

Week Two



Monday

Glazed gammon with cheese and chive sauce
Steak and veg pie
Sweet and sour chicken and rice (no vegetables needed)

Tuesday

Roast pork
Chicken breast in a smokey bacon and cheddar cheese sauce
Cod mornay in cheese sauce

Wednesday

Roast turkey
Shepherds Pie (no extra potato required)
Spaghetti bolognese

Thursday

Roast beef
Chicken casserole
Roasted sea bass with saffron and orange sauce

Friday

Roast lamb
Beef, mushroom and red wine casserole
Smoked haddock and cod fish pie topped with mash (no extra potato required)

Saturday

Roast chicken
Mixed grill - sausage, lamb chop, gammon steak, tomato and mushrooms
Battered haddock with lemon, tartare sauce, chips, peas or mushy peas

Sunday

Roast beef
Roast pork

Week Three



Monday

Roast turkey
Tender lamb chops in redcurrant gravy
Salmon and broccoli bake

Tuesday

Roast chicken
Poached cod in cheese and chive sauce
Beef and Guinness pie

Wednesday

Glazed gammon with cheese and chive sauce
Chicken breast in creamy white wine and mushroom sauce
Cottage pie (no extra potato required)

Thursday

Roast pork
Braised steak casserole
Ham, leek and mushroom pie

Friday

Roast lamb
Poached salmon with hollandaise sauce
Chicken, bacon and potato bake (no extra potato required)

Saturday

Roast beef with Yorkshire pudding
Steak and kidney pie
Mushroom and pepper quiche

Sunday

Roast pork
Roast turkey

Week Four



Monday

Glazed gammon with parsley sauce
Beef stew and dumplings
Chicken chasseur

Tuesday

Roast turkey
Battered cod with lemon, tartare sauce, chips, peas, beans or mushy peas
Steak and mushroom pie

Wednesday

Roast chicken
Beef Hotpot (no extra potato required)
Cheese, chive and tomato quiche

Thursday

Roast pork
Pasta Tagliatelle Carbonara
Lamb chop in rich gravy

Friday

Roast beef
Creamy cod and haddock fish pie (no extra potato required)
Beef meatballs in tomato sauce

Saturday

Roast lamb
Traditional pork sausages with grilled tomato and mushroom
Chicken and leek pie

Sunday

Roast chicken
Roast pork

Meals available everyday

All £6.40 each

(with rice or potatoes and vegetables as stated)

Brunch

sausage, bacon, tomato, mushrooms, baked beans and chips

All Day Breakfast

sausage, bacon, hash browns, beans, black pudding, mushrooms and tomato

Omelettes cheese, mushroom or ham

with sauté potatoes, peas or beans

Salads choose from... Cheese, Prawn, Ham, Tuna or Chicken Breast

with lettuce, cucumber, tomato, red onions and peppers, homemade apple and beetroot salad, homemade coleslaw and new potatoes

Beef Lasagne with salad garnish, coleslaw and sauté potatoes

Spinach and Mushroom Lasagne

with salad garnish, coleslaw and sauté potatoes

Sausages and Mash served with rich onion gravy with choice of two vegetables

Broccoli & Stilton Quiche

Cheese & Tomato Quiche

Chicken Korma (mild) with rice

Roast Chicken



Potatoes

When you place your order you will be able to choose which type of potato, from...

roast, new, mash,
croquette, sauté,
hash browns or chips.

(Please choose one).

Vegetables

Fresh

Carrots

Swede

Mushrooms

Cabbage

Cauliflower

Broccoli

Parsnips

Frozen

Peas

Sprouts

Green Beans

Spinach

Sweetcorn

Tinned

Baked Beans

Mushy Peas

Tomato Spaghetti

Fresh vegetables subject to availability.



Desserts All £2.60 each

served with custard or clotted cream

G/F = Gluten Free

Apple Pie

Bread and Butter Pudding

Spotted Dick

Strawberry Cheesecake

Treacle Sponge

Sticky Toffee Pudding

Trifle

Black Forest Gateaux

Lemon Meringue Pie

Rice Pudding with Jam

Jam Sponge

G/F Strawberry Mousse

G/F Fruit Jelly

G/F Chocolate Mousse

Bramble Apple Crumble

Lemon Sponge Pudding

G/F New York Cheesecake



Milk whole or semi-skimmed

500ml	60p
1 litre	98p
2 litre	£1.98

Bread

Medium White	800g	£1.40
Medium White	400g	£1.00
Medium Wholemeal	800g	£1.40
Medium Wholemeal	400g	£1.00

Eggs free range

6 medium	£1.20
1 Dozen	£2.40

Delivery for Milk, Bread & Eggs

Tuesday and Friday only

Order by Saturday morning for delivery Tuesday

Order by Wednesday morning for delivery Friday

A Christmas week menu will be sent to all our regular customers at the beginning of December. During this week there will be festive menu choices.

We will be doing a summer special menu from 5th August 2019. For one week only. This menu will be sent out with your usual weekly order sheets a couple of weeks before.

Should we experience heavy snowfall, we will endeavour to deliver your meals. This may be earlier or later than your usual time, possibly in the afternoon. Please ring the office for a delivery time.

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