



BY WORD OF MOUTH

frozen for you

KIDS DINNERS

(2 kids - 10 dinners)

MENU 1

AGES 8 - 13

Adrian's Mums Meatballs	3 Pieces	(Serves 1) x 2
Creamy Mashed Potatoes	250g	(Serves 2) x 1
Creamed Spinach		

MENU 2

Pork Sausages	3 Sausages	(Serves 1) x 2
Creamy Mashed Potatoes	800g	(Serves 2-4) x 1
Minted Peas	180g	(Serves 1-2) x 1

MENU 3

Steak Pie	640g	(Serves 2-4) x 1
Creamed Spinach with glazed carrots	310g	(Serves 2-3) x 1

MENU 4

Mac and Cheese with ham and peas	800g	(Serves 2) x 1
Green Salad		

MENU 5

Spaghetti with Family Favourite Bolognese	450ml	(Serves 2-3) x 1
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MENU 6

Traditional Cottage Pie	800g	(Serves 2) x 1
Creamed Spinach	310g	(Serves 2-3) x 1

MENU 7

Adrian's Mums Meatballs	8 Meatballs	(Serves 2) x 1
Creamy Mashed Potatoes	400g	(Serves 1) x 1

MENU 8

Traditional Fish Pie	800g	(Serves 2) x 1
Minted Peas	180g	(Serves 1-2) x 1

MENU 9

British Fish Cakes	2 Fish Cakes	(Serves 1) x 2
Creamy Mashed Potatoes	400g	(Serves 1) x 1
Minted Peas	180g	(Serves 1-2) x 1

MENU 10

Lamb Knuckle Bredie	640g	(Serves 2) x 1
Fragrant White Basmati Rice	250g	(Serves 1-2) x 1
Mixed Roast Vegetables	1	



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SHOPPING LIST

Mixed Roast Vegetables
Green Salad



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