



BY WORD OF MOUTH

frozen for you

STUDENT PACKS

12 students

DAY 1

Vegetarian Bean Curry Bunny Chow 1.28kg (Serves 4) x 3

DAY 2

Traditional Cottage Pie 1.6kg (Serves 4-6) x 3
Minted Peas 360g (Serves 2-4) x 2

DAY 3

Spicy Beef Bobotie 1,28kg (Serves 4) x 3
Spiced Yellow Rice 500g (Serves 2-4) x 3
Add tomato and coriander sambals

DAY 4

Traditional Fish Pie 1,6kg (Serves 4-6) x 3
Creamed Spinach 620g (Serves 4-6) x 2

DAY 5

Mac and Cheese with Ham and Peas 1,5kg (Serves 4-6) x 2
Quinoa Salad 620g (Serves 2-4) x 3

DAY 6

Spaghetti with Family Favourite Bolognese 900ml (Serves 4-6) x 2

DAY 7

Fettuccine pasta with Creamy Pesto Sauce 900ml (Serves 10-12)

DAY 8

Coronation Chicken 1.28kg (Serves 4) x 3
Rainbow Couscous Salad 620g (Serves 2-4) x 3
Crusty Plain Loaf 900g (Serves 8-10)

DAY 9

Adrian's Mums Meatballs 16 Meatballs (Serves 4) x 3
Creamy Mashed Potatoes 800g (Serves 2-4) x 3
Steamed Veg

DAY 10

Pork Sausages 12 Sausages (Serves 4) x 3
Creamy Mashed Potatoes 800g (Serves 2-4) x 3
Minted Peas 360g (Serves 2-4) x 3

DAY 11

Roasted Veg 1.6kg (Serves 4-6) x 3
Traditional Cottage Pie 640g (Serves 2-4) x 2
Ratatouille

DAY 12

Sweet potato topped with Vegan Chilli Con 'Carne' 900ml (Serves 4-6) x 2
Four Bean Salad 310g (Serves 2-3) x 3

DAY 13

Penne pasta with Creamy Mushroom Sauce 900ml (Serves 10-12)

DAY 14

Sticky Chicken 12 Pieces (Serves 4) x 3
Quinoa Salad 620g (Serves 2-4) x 3

DAY 15

Beef Lasagne 3,2kg (Serves 8-10)
Caprese salad + 800g (Serves 2)

DAY 16

Spaghetti with Roasted Tomato Soup (Serve as Sauce) 900ml (Serves 2) x 2
Green salad

DAY 17

Chicken Enchiladas 1.28kg (Serves 4) x 3
Guacamole
Sour Cream
Salsa

DAY 18

Hearty Beef Goulash Soup 900ml (Serves 2) x 6
Crusty Plain Loaf 900g (Serves 8-10)

DAY 19

Mac and Cheese with crispy bread crumb topping 1,5kg (Serves 4-6) x 2
Green Salad

DAY 20

Chorizo Bean and Bacon Soup 900ml (Serves 2) x 6
Crusty Plain Loaf 900g (Serves 8-10)



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SHOPPING LIST

Tomato and coriander sambals
Fettuccine pasta
Steamed veg
Sweet potato
Caprese salad
Spaghetti
Guacamole
Sour Cream
Salsa
Green Salad



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