



BY WORD OF MOUTH

frozen for you

STUDENT PACKS

8 students

DAY 1

Vegetarian Bean Curry Bunny Chow	1.28kg	(Serves 4) x 2
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DAY 2

Traditional Cottage Pie	1.6kg	(Serves 4-6) x 2
Minted Peas	360g	(Serves 2-4) x 1

DAY 3

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

DAY 4

Traditional Fish Pie	1,6kg	(Serves 4-6) x 2
Creamed Spinach	620g	(Serves 4-6) +
	310g	(Serves 2-3)

DAY 5

Mac and Cheese with Ham and Peas	1,5kg	(Serves 4-6) +
Quinoa Salad	800g	(Serves 2)
	620g	(Serves 2-4) x 2

DAY 6

Spaghetti with Family Favourite Bolognese	900ml	(Serves 4-6) +
	450ml	(Serves 2-3)

DAY 7

Fettuccine pasta with Creamy Pesto Sauce	450ml	(Serves 4-8)
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DAY 8

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

DAY 9

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

DAY 10

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

DAY 11

Roasted Veg	1.6kg	(Serves 4-6) x 2
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 1
Four Bean Salad	+ 450ml	(Serves 2-3) x 1
	310g	(Serves 2-3) x 2

DAY 13

Penne pasta with Creamy Mushroom Sauce	450ml	(Serves 4-8)
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DAY 14

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

DAY 15

Beef Lasagne	1,6kg	(Serves 4-6) x 2
Caprese salad		

DAY 16

Spaghetti with Roasted Tomato Soup (Serve as Sauce)	900ml	(Serves 2) x 1
Green salad		

DAY 17

Chicken Enchiladas	1.28kg	(Serves 4) x 2
Guacamole		
Sour Cream		
Salsa		

DAY 18

Hearty Beef Goulash Soup	900ml	(Serves 2) x 4
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 4
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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