



BY WORD OF MOUTH

*frozen for you*

## SUMMER LUNCH MENU

(Served at room temperature)

### 6 PEOPLE

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Chicken Galantine with Pesto	1.3kg	(Serves 6-8)	1
Cream Sauce	450ml	(serves 4-8)	1
Spinach & Feta Quiche	1.2kg	(Serves 8-10)	1
Spicy Thai Fish Cakes	320g	(Serves 2)	1
Crusty Plain Loaf	900g	(Serves 4)	1
Rainbow Couscous Salad	620g	(Serves 2-4)	1
Four Bean Salad	310g	(Serves 2-3)	2
Tarte au Citron	1kg	(Serves 10-12)	1
Meringue Roulade	450g	(Serves 10-12)	1



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[www.frozenforyou.co.za](http://www.frozenforyou.co.za)