



BY WORD OF MOUTH

frozen for you

TAKE CARE OF THE ELDERLY

2 people for 2 nights (indulgent, weekend meals)

MENU 1

Butternut Soup	900ml	(Serves 2)	1
Crispy Plain Loaf	900g	(Serves 8-10)	1
Slow Cooked Lamb Shanks	1.3kg	(Serves 2)	1
Creamy Mashed Potatoes	800g	(Serves 2-4)	1
Minted Peas	180g	(Serves 1-2) or	1
	360g	(Serves 2-4)	1
Traditional Cheesecake	220g	(Serves 1-2)	1
Berry Coulis	200ml	(Serves 6)	1

MENU 2

Minted Pea Soup	900ml	(Serves 2)	1
Crispy Plain Loaf	900g	(Serves 8-10)	1
Glazed Norwegian Salmon	320g	(Serves 2)	1
Dauphinois Potatoes	310g	(Serves 1-2)	1
Cauliflower Gratin	310g	(Serves 1-2)	1
White Chocolate Croissant	1kg	(Serves 10-12)	1
Bread and Butter Pudding			1



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