



BY WORD OF MOUTH

*frozen for you*

## FAMILY DINNERS

### MENU 1

### FAMILY OF 4 FOR 7 NIGHTS

Adrian's Mums Meatballs  
Creamy Mashed Potatoes  
Creamed Spinach

16 Meatballs (Serves 4)  
800g (Serves 2-4)  
620g (Serves 4-6)

### MENU 2

### FAMILY OF 4 FOR 7 NIGHTS

Chicken a La King Pie  
Green Salad

1.28kg (Serves 4)

### MENU 3

### FAMILY OF 4 FOR 7 NIGHTS

Lamb Knuckle Bredie  
Creamy Mashed Potatoes  
Minted Peas

1.28kg (Serves 4)  
800g (Serves 2-4)  
360g (Serves 2-4)

### MENU 4

### FAMILY OF 4 FOR 7 NIGHTS

Mac and Cheese with  
Butternut and Pancetta  
Green Salad

1,5kg (Serves 4-6)

### MENU 5

### FAMILY OF 4 FOR 7 NIGHTS

Traditional Cottage Pie  
Baked Cauliflower Gratin

1.6kg (Serves 4-6)  
620g (Serves 2-4)

### MENU 6

### FAMILY OF 4 FOR 7 NIGHTS

Spaghetti with Family  
Favourite Bolognese

900ml (Serves 4-6)

### MENU 7

### FAMILY OF 4 FOR 7 NIGHTS

Traditional Fish Pie  
Creamy Mashed Potatoes  
Minted Peas  
Vanilla Ice Cream with Salted  
Caramel Sauce

1,6kg (Serves 4-6)  
800g (Serves 2-4)  
360g (Serves 2-4)  
200ml (Serves 6)



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## SHOPPING LIST

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Green Salad

Ice Cream



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