

# Chicken



<b>CHICKEN A LA KING PIE</b> with puff pastry	640g 1.28kg 2.4 kg	(Serves 2) (Serves 4) (Serves 6-8)	R148 R279 R517
<b>HOT BUTTER CHICKEN CURRY</b> with coconut milk and aromatic spices	320g 640g 1,28kg	(Serves 1) (Serves 2) (Serves 4)	R73 R146 R289
<b>MILD BUTTER CHICKEN CURRY</b> with coconut milk and aromatic spices	320g 640g 1,28kg	(Serves 1) (Serves 2) (Serves 4)	R73 R146 R289
<b>THAI GREEN CHICKEN CURRY</b> with coconut milk and green beans	320g 640g 1,28kg	(Serves 1) (Serves 2) (Serves 4)	R80 R149 R298
<b>COQ AU VIN</b> with onions and crispy bacon	320g 640g 1,28kg	(Serves 1) (Serves 2) (Serves 4)	R80 R148 R297
<b>CORONATION CHICKEN</b> with toasted almonds and parsley	320g 640g 1.28kg	(Serves 1) (Serves 2) (Serves 4)	R85 R157 R293
<b>CHICKEN ENCHILADAS</b> a spicy Mexican favourite, best served with sour cream and guacamole	320g 640g 1,28kg	(Serves 1) (Serves 2) (Serves 4)	R85 R156 R305
<b>STICKY CHICKEN</b> with a sweet and sticky glaze	3 Pieces 12 Pieces	(Serves 1) (Serves 4)	R85 R304
<b>CHICKEN BAKE</b> with an artichoke and spinach gratin	310g 620g 1.24kg	(Serves 1) (Serves 2) (Serves 4)	R80 R159 R299
<b>CHICKEN GALANTINE</b> filled with chicken, pecan nuts and spinach	1.3kg	(Serves 6-8)	R376
<b>CHICKEN LASAGNE</b> with spinach, hints of rosemary and mozzarella	400g 800g 1,6kg 3.2kg	(Serves 1) (Serves 2) (Serves 4-6) (Serves 8-10)	R68 R130 R244 R475
<b>KAREN'S ASIAN CHICKEN</b> marinated in soya sauce and ginger	180g 360g 720g	(Serves 1) (Serves 2) (Serves 4)	R82 R160 R303

# Beef



<b>BEEF LASAGNE</b> with traditional bolognese and white sauce	400g 800g 1,6kg 3,2kg	(Serves 1) (Serves 2) (Serves 4-6) (Serves 8-10)	R76 R147 R270 R504
<b>PASTA-FREE LASAGNE</b> with courgettes	400g 800g 1,6kg	(Serves 1) (Serves 2) (Serves 4-6)	R107 R199 R366
<b>SPICY BEEF BOBOTIE</b> our take on this South African dish	320g 640g 1,28kg	(Serves 1) (Serves 2) (Serves 4)	R58 R105 R189
<b>FRAGRANT MALAY BOBOTIE</b> a South African favourite	320g 640g 1.28kg	(Serves 1) (Serves 2) (Serves 4)	R58 R105 R189
<b>SLOW COOKED OXTAIL</b> with butter beans and brandy	1,3kg	(Serves 2)	R395
<b>BEEF BOURGUIGNON</b> with red wine and bacon	640g 1.28kg	(Serves 2) (Serves 4)	R246 R465
<b>TRADITIONAL COTTAGE PIE</b> filled with vegetables	400g 800g 1,6kg	(Serves 1) (Serves 2) (Serves 4-6)	R70 R132 R248
<b>FAMILY FAVOURITE BOLOGNESE</b> filled with vegetables	450ml 900ml	(Serves 2-3) (Serves 4-6)	R66 R122
<b>STEAK PIE</b> with short rib and puff pastry	640g 1.28kg 2.4kg	(Serves 2-4) (Serves 4-6) (Serves 6-8)	R207 R403 R747
<b>BEEF MASSAMAN</b> a fragrant dish with aubergine and lime	320g 640g 1.28kg	(Serves 1) (Serves 2) (Serves 4)	R95 R186 R355

# Lamb



<b>LAMB TAGINE</b> with spicy Moroccan flavours	320g 640g 1,28kg	(Serves 1) (Serves 2) (Serves 4)	R144 R284 R558
<b>LAMB MINT AND PUMPKIN PIE</b> with puff pastry and toasted cumin seeds	640g 1,28kg 2,4kg	(Serves 2) (Serves 4) (Serves 6-8)	R263 R518 R962
<b>DURBAN LAMB CURRY</b> with fresh coriander	320g 640g 1,28kg	(Serves 1) (Serves 2) (Serves 4)	R177 R338 R667
<b>SLOW COOKED LAMB SHANKS</b> with fresh rosemary and wine	1.3kg	(Serves 2)	R492
<b>LAMB KNUCKLE BREDIE</b> a classic South African dish	320g 640g 1.28kg	(Serves 1) (Serves 2) (Serves 4)	R143 R286 R551

# Fish



<b>TRADITIONAL FISH PIE</b> with creamy mash and dill	400g 800g 1,6kg	(Serves 1) (Serves 2) (Serves 4-6)	R98 R191 R320
<b>BRITISH FISH CAKES</b> with creamy hake and potato	2 Fish Cakes 6 Fish Cakes	(Serves 1) (Serves 3)	R61 R165
<b>SPICY THAI FISH CAKES</b> with fresh ginger and lime	2 Fish Cakes 8 Fish Cakes	(Serves 1) (Serves 4)	R77 R289
<b>GLAZED NORWEGIAN SALMON</b> with honey, ginger, soya and orange flavours	320g	(Serves 2)	R440

# Pork



<b>ADRIAN'S MUM'S MEATBALLS</b> in a barbeque sauce	4 Meatballs 8 Meatballs 16 Meatballs	(Serves 1) (Serves 2) (Serves 4)	R80 R158 R305
<b>PORK SAUSAGES</b> with brown onion gravy	3 Sausages 12 Sausages	(Serves 1) (Serves 4)	R72 R268
<b>QUICHE LORRAINE</b> made with Gruyère and bacon	320g 1.2kg	(Serves 1-2) (Serves 8-10)	R125 R365

# Vegetarian



<b>VEGETABLE AND CHICKPEA CURRY</b> with mixed masala spice and yoghurt	320g 640g 1,28kg	(Serves 1) (Serves 2) (Serves 4)	R51 R90 R163
<b>VEGETARIAN BEAN CURRY</b> with sweet potato and chilli	320g 640g 1.28kg	(Serves 1) (Serves 2) (Serves 4)	R51 R90 R163
<b>BUTTERNUT SAGE AND LENTIL LASAGNE</b> with a creamy sage sauce	400g 800g 1.6kg	(Serves 1) (Serves 2) (Serves 4-6)	R98 R192 R371
<b>VEGETARIAN COTTAGE PIE</b> topped with creamy butternut and sweet potato mash	400g 800g 1.6kg	(Serves 1) (Serves 2) (Serves 4-6)	R51 R95 R180
<b>BLACK BEAN ENCHILADAS</b> a mildly spiced Mexican vegetarian favourite, best served with sour cream and guacamole	320g 640g 1.28kg	(Serves 1) (Serves 2) (Serves 4)	R80 R149 R294
<b>RATATOUILLE</b> made with fresh aubergines, courgettes and red peppers	320g 640g	(Serves 1-2) (Serves 2-4)	R58 R110
<b>SPINACH AND FETA QUICHE</b> with a healthy whole-wheat and oat pastry	320g 1.2kg	(Serves 1-2) (Serves 8-10)	R110 R358
<b>VEGAN BOLOGNESE</b> made with lentils, carrots and broccoli	450ml 900ml	(Serves 2-3) (Serves 4-6)	R80 R155
<b>MELANZANE PARMIGIANA</b> a new and improved recipe	410g 820g 1.64kg	(Serves 1-2) (Serves 2-4) (Serves 4-6)	R110 R210 R395
<b>VEGAN CHILLI CON 'CARNE'</b> a meat-free version of this Mexican dish	450ml 900ml	(Serves 2-3) (Serves 4-6)	R115 R225

# Soup



<b>MINTED PEA SOUP</b> with fresh cream	450ml 900ml	(Serves 1) (Serves 2)	R45 R83
<b>ROASTED TOMATO SOUP</b> with a hint of chilli and fresh basil	450ml 900ml	(Serves 1) (Serves 2)	R51 R89
<b>WILD MUSHROOM SOUP</b> with a hint of truffle oil and fresh parsley	450ml 900ml	(Serves 1) (Serves 2)	R94 R169
<b>ROASTED CARROT SOUP</b> with coconut cream, lime and sumac	450ml 900ml	(Serves 1) (Serves 2)	R45 R69
<b>BUTTERNUT SOUP</b> with coconut cream and orange	450ml 900ml	(Serves 1) (Serves 2)	R35 R64
<b>CHORIZO BEAN AND BACON SOUP</b> with sautéed onions, carrots and garlic	450ml 900ml	(Serves 1) (Serves 2)	R56 R95
<b>HEARTY BEEF GOULASH SOUP</b> with smoked paprika	450ml 900ml	(Serves 1) (Serves 2)	R66 R121
<b>CHICKEN SOUP</b> for the soul	450ml 900ml	(Serves 1) (Serves 2)	R60 R115

# Sauces & Sides



<b>PREGO SAUCE</b> with chilli, garlic, paprika and cream	450ml 900ml	(Serves 4-8) (Serves 10-12)	R65 R120
<b>CREAMY MUSHROOM SAUCE</b> with a hint of truffle oil	450ml 900ml	(Serves 4-8) (Serves 10-12)	R95 R169
<b>PESTO CREAM SAUCE</b> with fresh basil and cashew nuts	450ml 900ml	(Serves 4-8) (Serves 10-12)	R64 R106
<b>CRUSTY PLAIN LOAF</b> homemade artisanal sourdough	900g	(Serves 8-10)	R55

# Sauces & Sides



<b>CREAMY MASHED POTATOES</b> with real butter	400g 800g	(Serves 1) (Serves 2-4)	R40 R73
<b>DAUPHINOIS POTATOES</b> with a crispy parmesan topping	310g 620g 1,24kg	(Serves 1-2) (Serves 2-4) (Serves 6-8)	R52 R89 R164
<b>MINTED PEAS</b> with sautéed leeks and fresh mint	180g 360g	(Serves 1-2) (Serves 2-4)	R40 R75
<b>BAKED CAULIFLOWER GRATIN</b> a sophisticated dish with a robust Gruyère sauce	310g 620g	(Serves 1-2) (Serves 2-4)	R71 R137
<b>FRAGRANT WHITE BASMATI RICE</b> with fresh coriander	250g 500g	(Serves 1-2) (Serves 2-4)	R23 R39
<b>SPICED YELLOW RICE</b> with turmeric	250g 500g	(Serves 1-2) (Serves 2-4)	R29 R52
<b>QUINOA SALAD</b> with butternut, feta and toasted pumpkin seeds	310g 620g	(Serves 1-2) (Serves 2-4)	R82 R155
<b>SLOW COOKED LAMB GRAVY</b> with rosemary	450ml	(Serves 4-8)	R64
<b>CREAMED SPINACH</b>	310g 620g	(Serves 2-3) (Serves 4-6)	R42 R75
<b>KAROO SHEEBA SAUCE</b>	450ml	(Serves 4-8)	R64
<b>CRISPY ROAST POTATOES</b> a family favourite	250g 500g	(Serves 2) (Serves 4)	R43 R81
<b>BUTTERNUT FRITTERS</b> with caramel sauce	12 Fritters	(Serves 4)	R74
<b>RAINBOW COUSCOUS SALAD</b> with pomegranate rubies and edamame beans	310g 620g	(Serves 1-2) (Serves 2-4)	R68 R131
<b>FOUR BEAN SALAD</b> add fresh peppers and chilli for colour and crunch	310g	(Serves 2-3)	R49

# Pasta



<b>MAC AND CHEESE</b> with a crispy bread crumb topping	400g 800g 1,5kg	(Serves 1) (Serves 2) (Serves 4-6)	R56 R94 R166
<b>MAC AND CHEESE</b> with truffle oil and thyme	800g 1,5kg	(Serves 2) (Serves 4-6)	R112 R199
<b>MAC AND CHEESE</b> with ham and peas	400g 800g 1,5kg	(Serves 1) (Serves 2) (Serves 4-6)	R69 R113 R194
<b>MAC AND CHEESE</b> with butternut and crispy pancetta	800g	(Serves 2)	R116

# Desserts



<b>CHOCOLATE ROULADE</b> with white chocolate mousse	1kg	(Serves 10-12)	R159
<b>TARTE AU CITRON</b> made with fresh lemons	1kg	(Serves 10-12)	R160
<b>MERINGUE ROULADE</b> with raspberry cream	450g	(Serves 10-12)	R196
<b>CHOCOLATE YOGHURT CAKE</b> with a sticky chocolate ganache	800g	(Serves 10-12)	R93
<b>WHITE CHOCOLATE CROISSANT BREAD AND BUTTER PUDDING</b> with whiskey	1kg	(Serves 10-12)	R185
<b>APPLE CAKE</b> in a caramel sauce	250g 1kg	(Serves 2-3) (Serves 10-12)	R49 R163
<b>TRADITIONAL BAKED CHEESECAKE</b> best served with cream, seasonal fruit or Berry Coulis	220g 1kg	(Serves 1-2) (Serves 10-12)	R74 R317

# Desserts



<b>OUR FAMOUS CHOCOLATE BROWNIES</b> best served with our salted caramel sauce	350g	(4 Portions)	R90
<b>BERRY COULIS</b> delicious on Traditional Cheesecake, ice cream or Meringue Roulade	200ml	(Serves 6)	R74
<b>SALTED CARAMEL SAUCE</b> Karen's kid's favourite served hot on ice cream	200ml	(Serves 6)	R57
<b>CARROT CAKE</b> with cream cheese icing	800g	(Serves 10-12)	R130

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