

Chicken



| | | | |
|---|--------------------------------|---|-----------------------------|
| CHICKEN A LA KING PIE with puff pastry | 640g 1.28kg 2.4 kg | (Serves 2) (Serves 4) (Serves 6-8) | R148 R279 R517 |
| HOT BUTTER CHICKEN CURRY with coconut milk and aromatic spices | 320g 640g 1,28kg | (Serves 1) (Serves 2) (Serves 4) | R73 R146 R289 |
| MILD BUTTER CHICKEN CURRY with coconut milk and aromatic spices | 320g 640g 1,28kg | (Serves 1) (Serves 2) (Serves 4) | R73 R146 R289 |
| THAI GREEN CHICKEN CURRY with coconut milk and green beans | 320g 640g 1,28kg | (Serves 1) (Serves 2) (Serves 4) | R80 R149 R298 |
| COQ AU VIN with mushrooms and crispy bacon | 360g 720g 1,44kg | (Serves 1) (Serves 2) (Serves 4) | R88 R170 R325 |
| CORONATION CHICKEN with toasted almonds and parsley | 320g 640g 1.28kg | (Serves 1) (Serves 2) (Serves 4) | R85 R157 R293 |
| CHICKEN ENCHILADAS a spicy Mexican favourite | 320g 640g 1,28kg | (Serves 1) (Serves 2) (Serves 4) | R85 R156 R305 |
| STICKY CHICKEN with a sweet and sticky glaze | 3 Pieces 12 Pieces | (Serves 1) (Serves 4) | R85 R304 |
| CHICKEN BAKE with an artichoke and spinach gratin | 310g 620g 1.24kg | (Serves 1) (Serves 2) (Serves 4) | R80 R159 R299 |
| CHICKEN GALANTINE filled with chicken, pecan nuts and spinach | 1.3kg | (Serves 6-8) | R376 |
| CHICKEN LASAGNE 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 |
| KAREN'S ASIAN CHICKEN marinated in soya sauce and ginger | 180g 360g 720g | (Serves 1) (Serves 2) (Serves 4) | R82 R160 R303 |
| GRANDPA'S CHICKEN STEW - NEW healthy and wholesome | 420g 840g 1.68kg | (Serves 1) (Serves 2) (Serves 4) | R80 R154 R289 |

Beef



| | | | |
|---|--------------------------------|---|-----------------------------|
| BEEF LASAGNE 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 |
| PASTA-FREE LASAGNE with courgettes | 400g 800g 1,6kg | (Serves 1) (Serves 2) (Serves 4-6) | R107 R199 R366 |
| SPICY BEEF BOBOTIE our take on this South African dish | 320g 640g 1,28kg | (Serves 1) (Serves 2) (Serves 4) | R58 R105 R189 |
| FRAGRANT MALAY BOBOTIE a South African favourite | 320g 640g 1.28kg | (Serves 1) (Serves 2) (Serves 4) | R58 R105 R189 |
| SLOW COOKED OXTAIL with butter beans and brandy | 1,3kg | (Serves 2) | R395 |
| BEEF BOURGUIGNON with red wine and bacon | 640g 1.28kg | (Serves 2) (Serves 4) | R246 R465 |
| TRADITIONAL COTTAGE PIE filled with vegetables | 400g 800g 1,6kg | (Serves 1) (Serves 2) (Serves 4-6) | R70 R132 R248 |
| FAMILY FAVOURITE BOLOGNESE filled with vegetables | 450g 900g | (Serves 2-3) (Serves 4-6) | R66 R122 |
| STEAK PIE with short rib and puff pastry | 640g 1.28kg 2.4kg | (Serves 2-4) (Serves 4-6) (Serves 6-8) | R207 R403 R747 |
| BEEF STROGANOFF - NEW with crème fraiche and herbs | 320g 640g 1.28kg | (Serves 1) (Serves 2) (Serves 4) | R92 R180 R340 |

Lamb



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

Fish



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

Pork



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

Vegetarian



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

Soup



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

Sauces & Sides



| | | | |
|--|----------------|--------------------------------|-------------|
| PREGO SAUCE with chilli, garlic, paprika and cream | 450ml 900ml | (Serves 4-8) (Serves 10-12) | R65 R120 |
| CREAMY MUSHROOM SAUCE with a hint of truffle oil | 450ml 900ml | (Serves 4-8) (Serves 10-12) | R95 R169 |
| PESTO CREAM SAUCE with fresh basil and cashew nuts | 450ml 900ml | (Serves 4-8) (Serves 10-12) | R64 R106 |
| CRUSTY PLAIN LOAF homemade artisanal sourdough | 900g | (Serves 8-10) | R55 |
| CREAMY MASHED POTATOES with real butter | 400g 800g | (Serves 1) (Serves 2-4) | R40 R73 |

Sauces & Sides



| | | | |
|---|------------------------|--|--------------------|
| DAUPHINOIS POTATOES with a crispy parmesan topping | 310g 620g 1,24kg | (Serves 1-2) (Serves 2-4) (Serves 6-8) | R52 R89 R164 |
| MINTED PEAS with sautéed leeks and fresh mint | 180g 360g | (Serves 1-2) (Serves 2-4) | R40 R75 |
| BAKED CAULIFLOWER GRATIN a sophisticated dish with a robust Gruyère sauce | 310g 620g | (Serves 1-2) (Serves 2-4) | R71 R137 |
| FRAGRANT WHITE BASMATI RICE with fresh coriander | 250g 500g | (Serves 1-2) (Serves 2-4) | R23 R39 |
| SPICED YELLOW RICE with turmeric | 250g 500g | (Serves 1-2) (Serves 2-4) | R29 R52 |
| QUINOA SALAD with butternut, feta and toasted pumpkin seeds | 310g 620g | (Serves 1-2) (Serves 2-4) | R82 R155 |
| SLOW COOKED LAMB GRAVY with rosemary | 450ml | (Serves 4-8) | R64 |
| CREAMED SPINACH | 310g 620g | (Serves 2-3) (Serves 4-6) | R42 R75 |
| KAROO SHEEBA SAUCE | 450ml | (Serves 4-8) | R64 |
| CRISPY ROAST POTATOES a family favourite | 250g 500g | (Serves 2) (Serves 4) | R43 R81 |
| BUTTERNUT FRITTERS with caramel sauce | 12 Fritters | (Serves 4) | R74 |
| RAINBOW COUSCOUS SALAD with pomegranate rubies and edamame beans | 310g 620g | (Serves 1-2) (Serves 2-4) | R68 R131 |
| FOUR BEAN SALAD add fresh peppers and chilli for colour and crunch | 310g | (Serves 2-3) | R49 |
| CHERRY TOMATO PASTA SAUCE - NEW with fresh tomatoes and basil | 450g 900g | (Serves 2-3) (Serves 4-6) | R102 R195 |

Pasta



| | | | |
|---|-----------------------|--|---------------------|
| MAC AND CHEESE with a crispy bread crumb topping | 400g 800g 1,5kg | (Serves 1) (Serves 2) (Serves 4-6) | R56 R94 R166 |
| MAC AND CHEESE with truffle oil and thyme | 800g 1,5kg | (Serves 2) (Serves 4-6) | R112 R199 |
| MAC AND CHEESE with ham and peas | 400g 800g 1,5kg | (Serves 1) (Serves 2) (Serves 4-6) | R69 R113 R194 |
| MAC AND CHEESE with butternut and crispy pancetta | 800g | (Serves 2) | R116 |
| TUSCAN SAUSAGE PASTA - NEW with pork sausage, fresh herbs and pasta | 400g 800g 1.6kg | (Serves 1) (Serves 2) (Serves 4) | R84 R162 R310 |

Desserts



| | | | |
|---|-------------|--------------------------------|-------------|
| CHOCOLATE ROULADE with white chocolate mousse | 1kg | (Serves 10-12) | R159 |
| TARTE AU CITRON made with fresh lemons | 230g 1kg | (Serves 1-2) (Serves 10-12) | R59 R160 |
| MERINGUE ROULADE with raspberry cream | 450g | (Serves 10-12) | R196 |
| CHOCOLATE YOGHURT CAKE with a sticky chocolate ganache | 800g | (Serves 10-12) | R93 |
| WHITE CHOCOLATE CROISSANT BREAD AND BUTTER PUDDING with whiskey | 250g 1kg | (Serves 1-2) (Serves 10-12) | R68 R185 |
| APPLE CAKE in a caramel sauce | 250g 1kg | (Serves 2-3) (Serves 10-12) | R49 R163 |
| TRADITIONAL BAKED CHEESECAKE best served with cream, seasonal fruit or Berry Coulis | 220g 1kg | (Serves 1-2) (Serves 10-12) | R74 R317 |

Desserts



| | | | |
|---|--------------|------------------------------|-------------|
| OUR FAMOUS CHOCOLATE BROWNIES best served with our salted caramel sauce | 350g | (4 Portions) | R90 |
| BERRY COULIS delicious on Traditional Cheesecake, ice cream or Meringue Roulade | 200ml | (Serves 6) | R74 |
| SALTED CARAMEL SAUCE Karen's kid's favourite served hot on ice cream | 200ml | (Serves 6) | R57 |
| CARROT CAKE with cream cheese icing | 800g | (Serves 10-12) | R130 |
| TIRAMISU - NEW Italian dessert | 215g 430g | (Serves 1-2) (Serves 2-4) | R65 R125 |

VISIT OUR STORES OR SHOP ONLINE

Beat the traffic and have your Frozen For You meals delivered to your door.

Place your order online.

It's easy, go to www.frozenforyou.co.za
Select your desired meals, enter your delivery address
Pay with your credit/debit card, Snapscan, Zapper or EFT.

We will deliver any order placed before 12pm on the same day.
Free delivery applies to all orders over R2000.
Visit our website to find out if we deliver to you.

011 553 7600
feedback@frozenforyou.co.za



/frozenforyousa



/frozenforyousa



BY WORD OF MOUTH

frozen for you