



BY WORD OF MOUTH

frozen for you

STUDENT RAGE PACK - LIGHT

4 Students – 5 Nights

The following menu provides merely a suggestion of particular meals for 4x students for 5 nights meals. Attached is a shopping list of items not included in your order, but rather suggested to accompany the meals.

Due to the nature of this package, we have designed it in a way as to include space for days when leftovers are used to create meals and breakfasts, as well as including a few braai evenings and nights spent eating out.

Our package allows for customisation once added to your cart. You may also add additional meals, change the quantity of the meals on order, or remove certain meals to replace with another.

These meals should be stored in the freezer, and only placed in the fridge to defrost at least 24 hours beforehand. Please do make sure that the accommodation has relevant freezer storage for these meals.

All meals may be cooked in the oven, microwave or airfryer as described on the product packaging and detailed website instructions. Please note that these containers can withstand heat of up to 220°C, and cannot be placed under direct heat, such as a grill, as the container will melt.

Our hope is that these meal packs will make planning for the end of year celebrations for matrics that much easier, with meals delivered straight to your door on your selected delivery date, saving you cooking, cleaning, and car space!

MENU

Summer Light Menu – 4 Students for 5 Nights

Night 1

Spinach and Ricotta Cannelloni	X1	1,6kg (Serves 4-6)
Crusty Plain Loaf	X1	900g (Serves 8-10)
Green Salad		

Night 2

Chinese Chicken Chow Mein	X1	1,28kg (Serves 4)
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Night 3

Fragrant Malay Bobotie	X1	1,28kg (Serves 4)
Spiced Yellow Rice	X1	500g (Serves 2-4)

Night 4

Tuscan Sausage Pasta	X1	1,6kg (Serves 4)
Green Salad		

Night 5

Coronation Chicken Wraps and Rolls	X1	1,28 kg (Serves 4)
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Sweet Treats

Our Famous Chocolate Brownies	X2	350g (4 portions)
Date Squares	X2	280g (16 portions)
Carrot Cake	X1	800g (Serves 10-12)



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SHOPPING LIST

Items not included: Suggested additional items to improve your meals.

Green Salad

Bread rolls

Wraps