



BY WORD OF MOUTH

frozen for you

HOME FROM HOSPITAL

2 people for 2 nights

MENU 1

Chicken Soup	900ml	(Serves 2)
Traditional Cottage Pie	800g	(Serves 2)
Minted Peas	180g	(Serves 1-2)

MENU 2

Goulash Soup	900ml	(Serves 2)
Crispy Plain Loaf	900g	(Serves 8-10)
Mac and Cheese	800g	(Serves 2)
Salad		

MENU 3

Butternut Soup	900ml	(Serves 2)
Crispy Plain Loaf	900g	(Serves 8-10)
Traditional Fish Pie	800g	(Serves 2)
Steamed Vegetables		

MENU 4

Minted Pea Soup	900ml	(Serves 2)
Crispy Plain Loaf	900g	(Serves 8-10)
Pork Sausages	3 Sausages	(Serves 1) x 2
Creamy Mashed Potatoes	400g	(Serves 1) x 2 OR
Creamed Spinach	800g	(Serves 2-4)
	310g	(Serves 2-3)

MENU 5

Roasted Tomato Soup	900ml	(Serves 2)
Crispy Plain Loaf	900g	(Serves 8-10)
Chicken A La King Pie	640g	(Serves 2)
Salad		





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SHOPPING LIST

Green Salad