



BY WORD OF MOUTH

frozen for you

HOME FROM HOSPITAL

4 people for 5 nights

MENU 1

Chicken Soup	900ml	(Serves 2) x 2
Traditional Cottage Pie	1.6kg	(Serves 4-6)
Minted Peas	360g	(Serves 2-4)

MENU 2

Goulash Soup	900ml	(Serves 2) x 2
Crispy Plain Loaf	900g	(Serves 8-10)
Mac and Cheese	1,5kg	(Serves 4-6)
Salad		

MENU 3

Butternut Soup	900ml	(Serves 2) x 2
Crispy Plain Loaf	900g	(Serves 8-10)
Traditional Fish Pie	1,6kg	(Serves 4-6)
Steamed Vegetables		

MENU 4

Minted Pea Soup	900ml	(Serves 2) x 2
Crispy Plain Loaf	900g	(Serves 8-10)
Pork Sausages	12 Sausages	(Serves 4)
Creamy Mashed Potatoes	800g	(Serves 2-4)
Creamed Spinach	620g	(Serves 4-6)

MENU 5

Roasted Tomato Soup	900ml	(Serves 2) x 2
Crispy Plain Loaf	900g	(Serves 8-10)
Chicken A La King Pie	1.28kg	(Serves 4)
Salad		



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SHOPPING LIST

Green Salad