



BY WORD OF MOUTH

frozen for you

A WEEK FOR MEAT-FREE DINNERS

Family of 4

MENU 1

Melanzane Parmigiana Salad	1.64kg	(Serves 4-6)	1
Crusty Plain Loaf	900g	(Serves 8-10)	1

MENU 2

Black Bean Enchiladas	1.28kg	(Serves 4)	1
Guacamole			
Sour Cream			
Salsa			

MENU 3

Vegan Bolognese on Courgette/Cauliflower pasta	900ml	(Serves 4-6)	1
Crusty Plain Loaf	900g	(Serves 8-10)	1
Salad			

MENU 4

Vegetable and Chickpea Curry	1,28kg	(Serves 4)	1
Spiced Yellow Rice	500g	(Serves 2-4)	1
Sambals			
Chutney			
Pappadums			

MENU 5

Chilli Con Carne on a sweet potato	450ml	(Serves 2-3)	2
Baked Cauliflower Gratin	310g	(Serves 1-2)	2
Guacamole			
Salsa			
Sour Cream			
Grated Cheese			

MENU 6

Butternut Sage and Lentil Lasagne	1.6kg (Serves 4-6)	1
Caprese Salad		
Green Salad	900g (Serves 8-10)	1
Crusty Plain Loaf		

MENU 7

Vegetarian Bean Curry	1.28kg (Serves 4)	1
Fragrant White Basmati Rice	500g (Serves 2-4)	1



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SHOPPING LIST

Salad
Guacamole
Sour Cream
Salsa

Sambals
Chutney
Pappadums
Grated Cheese
Caprese Salad



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www.frozenforyou.co.za