



BY WORD OF MOUTH

frozen for you

TAKE CARE OF THE ELDERLY MENU

2 people for 5 nights (healthier option, weeknight meals)

Menu 1

Roasted Tomato Soup	900ml	Serves 2	X1
Chicken Bake	620g	Serves 2	X1
Crispy Roast Potatoes	250g	Serves 2	X1
Baked Cauliflower Gratin	310g	Serves 1-2	X1

Menu 2

Chicken Soup	900ml	Serves 2	X1
British Fish Cakes	2 Fish Cake	Serves 1	X2
Creamy Mashed Potatoes	400g	Serves 1-2	X1
Minted Peas	180g	Serves 1-2	X1

Menu 3

Roasted Carrot Soup	450ml	Serves 1	X2
Traditional Cottage Pie	800g	Serves 2	X1
Creamed Spinach	310g	Serves 2-3	X1
Baked Cheesecake	220g	Serves 1-2	X1

Menu 4

Butternut Soup	900ml	Serves 2	X1
Pork Sausages	3 Sausages	Serves 1	X2
Creamy Mashed Potatoes	400g	Serves 1-2	X1
Minted Peas	180g	Serves 1-2	X1

Menu 5

Minted Pea Soup	900ml	Serves 2	X1
Chicken A La King Pie	640g	Serves 2	X1
Green Salad			



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SHOPPING LIST

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

Green Salad