



BY WORD OF MOUTH

frozen for you

BEACH HOLIDAY

**Family of 4 for 2 nights/
4 adults for 2 nights**

DAY 1 - LUNCH

Sticky Chicken	3 Pieces	(Serves 1)	2
Quiche Lorraine	1.2kg	(Serves 8-10)	1
Four Bean Salad	310g	(Serves 2-3)	1
Green Salad			
Crusty Plain Loaf	900g	(Serves 8-10)	1

DAY 1 - DINNER

Chicken Prego rolls with Prego Sauce	450ml	(Serves 4-8)	1
Chips			
Green salad			
Our Famous Chocolate Brownies with strawberries	350g	(4 Portions)	1

DAY 2 - LUNCH

Black Bean Enchiladas	1.28kg	(Serves 4)	1
Guacamole			
Tomato salsa			
Shredded lettuce			
Sour cream			

DAY 2 - DINNER

Beef Lasagne	1.6kg	(Serves 4-6)	1
Tomato, Mozzarella and Basil Salad			
Green salad	900g	(Serves 8-10)	1
Crusty Plain Loaf	1kg	(Serves 10-12)	1
Tarte Au Citron			



/frozenforyousa



/frozenforyousa

www.frozenforyou.co.za



BY WORD OF MOUTH

frozen for you

SHOPPING LIST

Green Salad
Chicken Prego rolls
Chips
Strawberries
Guacamole
Tomato salsa
Shredded lettuce
Sour cream
Tomato, Mozzarella and Basil
Salad



/frozenforyousa



/frozenforyousa

www.frozenforyou.co.za