



BY WORD OF MOUTH

frozen for you

# BEACH HOLIDAY

Family of 4 for 6 nights/  
4 adults for 6 nights

## DAY 1 - LUNCH

Sticky Chicken	12 Pieces	(Serves 4)	1
Quiche Lorraine	320g	(Serves 1-2)	2**
Four Bean Salad	310g	(Serves 2-3)	1
Green Salad			
White Chocolate Croissant	1kg	(Serves 10-12)	1
Bread & Butter Pudding			

## DAY 1 - DINNER

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

## DAY 2 - LUNCH

Black Bean Enchiladas			1
Guacamole	1.28kg	(Serves 4)	
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			

## DAY 3 - LUNCH

Glazed Norwegian Salmon	320g	(Serves 2)	2
Glazed Gammon with mustard			
Quinoa Salad	620g	(Serves 2-4)	1
Rolls and pickles (Beetroot, Gerkin, Pickled onions)			

## DAY 3 - DINNER

Lamb chop braai	450ml	(Serves 4-8)	1
Karoo Sheeba Sauce	620g	(Serves 4-6)	1
Creamed Spinach	640g	(Serves 2-4)	1
Ratatouille	500g	(Serves 4)	1
Roast Potatoes	1kg	(Serves 10-12)	1
Traditional Baked Cheesecake	200ml	(Serves 6)	1
Salted Caramel Sauce			

## DAY 4 - LUNCH

Chicken Coronation	1.28kg	(Serves 4)	1
Melanzane Parmigiana	1.64kg	(Serves 4-6)	1
Crusty Plain Loaf	900g	(Serves 8-10)	1
Green Salad			
Potato Salad			

## DAY 4 - DINNER

Steak off the braai with Creamy Mushroom Sauce	450ml	(Serves 4-8)	1
Creamed Spinach			
Green Salad			
Dauphinois Potatoes	350g	(4 Portions)	1
Meringue Roulade topped with mixed berries			

## DAY 5 - LUNCH

Boerewors rolls on the go with Karoo Sheeba Sauce	450ml	(Serves 4-8)	1
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## DAY 5 - DINNER

Thai Green Curry	450ml	(Serves 4-8)	1
Fragrant White Basmati Rice	1.28kg	(Serves 4)	1
Make our Slaw	500g	(Serves 2-4)	1
Chocolate Roulade topped with mixed berries	1kg	(Serves 10-12)	1

## DAY 6 - LUNCH

Spicy Thai Fish Cakes	2 Fish Cakes	(Serves 1)	2
Spinach and Feta Quiche	1.2kg	(Serves 8-10)	1
Rainbow Couscous Salad	620g	(Serves 2-4)	1
Green Salad			
Crusty Plain Loaf	900g	(Serves 8-10)	1

## DAY 6 - DINNER

Lamb Mint and Pumpkin Pie	1.28kg	(Serves 4)	1
Green salad			
Crusty Plain Loaf	900g	(Serves 8-10)	1



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## SHOPPING LIST

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Green Salad  
Chicken prego rolls  
Guacamole  
Tomato salsa  
Shredded lettuce  
Sour cream  
Tomato, Mozzarella and Basil Salad  
Rolls and pickles (Beetroot, Gerkin, Pickled onions)  
Lamb chop braai  
Roast Potatoes  
Potato Salad  
Steak  
Boerewors



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