



BY WORD OF MOUTH

frozen for you

STUDENT PACKS

2 students

DAY 1			DAY 11		
Vegetarian Bean Curry Bunny Chow	640g	(Serves 2) x 1	Roasted Veg	800g	(Serves 2)
			Traditional Cottage Pie	320g	(Serves 1-2)
			Ratatouille		
DAY 2			DAY 12		
Traditional Cottage Pie	800g	(Serves 2) x 1	Sweet potato topped with	450ml	(Serves 2-3)
Minted Peas	360g	(Serves 2-4) x 1	Vegan Chilli Con 'Carne'	310g	(Serves 2-3)
			Four Bean Salad		
DAY 3			DAY 13		
Spicy Beef Bobotie	640g	(Serves 2)	Penne pasta with Creamy	450ml	(Serves 4-8)
Spiced Yellow Rice	500g	(Serves 2-4)	Mushroom Sauce		
Add tomato and coriander sambals					
DAY 4			DAY 14		
Traditional Fish Pie	800g	(Serves 2)	Sticky Chicken	3 Pieces	(Serves 1) x 2
Creamed Spinach	310g	(Serves 2-3)	Quinoa Salad	310g	(Serves 1-2)
DAY 5			DAY 15		
Mac and Cheese with Ham and Peas	800g	(Serves 2)	Beef Lasagne	800g	(Serves 2)
Quinoa Salad	310g	(Serves 1-2)	Caprese salad		
DAY 6			DAY 16		
Spaghetti with Family Favourite Bolognese	450ml	(Serves 2-3)	Spaghetti with Roasted Tomato Soup (Serve as Sauce)	450ml	(Serves 1)
			Green salad		
DAY 7			DAY 17		
Fettuccine pasta with Creamy Pesto Sauce	450ml	(Serves 4-8)	Chicken Enchiladas	640g	(Serves 2)
			Guacamole		
			Sour Cream		
			Salsa		
DAY 8			DAY 18		
Coronation Chicken	640g	(Serves 2)	Hearty Beef Goulash Soup	900ml	(Serves 2)
Rainbow Couscous Salad	310g	(Serves 1-2)	Crusty Plain Loaf	900g	(Serves 8-10)
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DAY 9			DAY 19		
Adrian's Mums Meatballs	8 Meatballs	(Serves 2)	Mac and Cheese with crispy bread crumb topping	800g	(Serves 2)
Creamy Mashed Potatoes	800g	(Serves 2-4)	Green Salad		
Steamed Veg					
DAY 10			DAY 20		
Pork Sausages	3 Sausages	(Serves 1) x 2	Chorizo Bean and Bacon Soup	900ml	(Serves 2)
Creamy Mashed Potatoes	800g	(Serves 2-4)	Crusty Plain Loaf	900g	(Serves 8-10)
Minted Peas	180g	(Serves 1-2)			



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SHOPPING LIST

Tomato and coriander sambals
Fettuccine pasta
Steamed veg
Sweet potato
Caprese salad
Spaghetti
Guacamole
Sour Cream
Salsa
Green Salad



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