

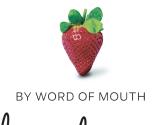
frozen for you

FAMILY DINNERS

FAMILY OF 4 FOR 7 NIGHTS

Adrian's Mums Meatballs Creamy Mashed Potatoes Creamed Spinach	16 Meatba 800g 620g	alls (Serves 4) (Serves 2-4) (Serves 4-6)
MENU 2	FAMILY OF 4 FOR 7 NIGHTS	
Chicken a La King Pie Green Salad	1.28kg	(Serves 4)
MENU 3	FAMILY OF 4 FOR 7 NIGHTS	
Lamb Knuckle Bredie Creamy Mashed Potatoes Minted Peas	1.28kg 800g 360g	(Serves 4) (Serves 2-4) (Serves 2-4)
MENU 4	FAMILY OF 4 FOR 7 NIGHTS	
Mac and Cheese with Butternut and Pancetta Green Salad	1,5kg	(Serves 4-6)
MENU 5	FAMILY OF 4 FOR 7 NIGHTS	
Traditional Cottage Pie Baked Cauliflower Gratin	1.6kg 620g	(Serves 4-6) (Serves 2-4)
MENU 6	FAMILY OF 4 FOR 7 NIGHTS	
Spaghetti with Family Favourite Bolognese	900ml	(Serves 4-6)
MENU 7	FAMILY OF 4 FOR 7 NIGHTS	
Traditional Fish Pie Creamy Mashed Potatoes Minted Peas Vanilla Ice Cream with Salted Caramel Sauce	1,6kg 800g 360g 200ml	(Serves 4-6) (Serves 2-4) (Serves 2-4) (Serves 6)

MENU 1



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SHOPPING LIST

Green Salad Ice Cream