



BY WORD OF MOUTH

frozen for you

## STUDENT PACKS

1 student

### Day 1

Vegetarian Bean Curry	320g	Serves 1	X1
<i>Bunny Chow</i>			

### Day 2

Traditional Cottage Pie	320g	Serves 1	X1
Minted Peas	180g	Serves 1-2	X1

### Day 3

Fragrant Beef Bobotie	320g	Serves 1	X1
Spiced Yellow Rice	250g	Serves 1-2	X1
<i>Tomato and Coriander Sambals</i>			

### Day 4

Traditional Fish Pie	400g	Serves 1	X1
Creamed Spinach	180g	Serves 1-2	X1

### Day 5

Mac and Cheese with ham and peas	400g	Serves 1	X1
Quinoa Salad	310g	Serves 1-2	X1

### Day 6

Family Favourite Bolognese	450ml	Serves 2-3	X1
<i>Serve with Spaghetti</i>			

### Day 7

Karen's Asian Chicken	180g	Serves 1	X1
Crusty Plain Loaf	900g	Serves 8-10	X1
Green Salad			

### Day 8

Coronation Chicken	320g	Serves 1	X1
Rainbow Couscous Salad	310g	Serves 1-2	X1
Crusty Plain Loaf	900g	Serves 8-10	X1

### Day 9

Adrian's Mums Meatballs	800g	Serves 2	X1
Creamy Mashed Potatoes	400g	Serves 1-2	X1
Steamed Veg			

### Day 10

Spinach and Ricotta Cannelloni	400g	Serves 1	X1
Quinoa Salad	310g	Serves 1-2	X1

### Day 11

Traditional Cottage Pie	400g	Serves 1	X1
Ratatouille	320g	Serves 1-2	X1

### Day 12

Vegan Chilli Con 'Carne'	450ml	Serves 2-3	X1
Four Bean Salad	310g	Serves 2-3	X1
Sweet Potato topped with Vegan Chilli Con 'Carne'			

### Day 13

Chinese Chicken Chow Mein	320g	Serves 1	X1
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### Day 14

Sticky Chicken	3 pieces	Serves 1	X1
Quinoa Salad	310g	Serves 1-2	X1

### Day 15

Beef Lasagne	400g	Serves 1	X1
Caprese Salad			

### Day 16

Roasted Tomato Soup	450ml	Serves 1	X1
<i>Serve soup as a paste sauce tossed through spaghetti</i>			
<i>Green Salad</i>			

### Day 17

Chicken Enchiladas	320g	Serves 1	X1
<i>Guacamole</i>			
<i>Sour Cream</i>			
<i>Salsa</i>			

### Day 18

Beef Stroganoff	320g	Serves 1	X1
<i>Penne Pasta</i>			

### Day 19

Mac and Cheese with crispy bread crumb topping	400g	Serves 1	X1
<i>Green Salad</i>			

### Day 20

Chorizo Bean and Bacon Soup	450ml	Serves 1	X1
Crusty Plain Loaf	900g	Serves 8-10	X1



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## SHOPPING LIST

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

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Tomato and coriander sambals

Fettuccine pasta

Steamed veg

Sweet potato

Caprese salad

Spaghetti

Guacamole

Sour Cream

Salsa

Green Salad