



BY WORD OF MOUTH

*frozen for you*

## STUDENT RAGE PACK

4 Students – 6 Nights

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The following menu provides merely a suggestion of particular meals for 4x students for 5 nights meals and a braai night. Attached is a shopping list of items not included in your order, but rather suggested to accompany the meals.

Due to the nature of this package, we have designed it in a way as to include space for days when leftovers are used to create meals and breakfasts, as well as including a braai evening and nights spent eating out.

Our package allows for customisation once added to your cart. You may also add additional meals, change the quantity of the meals on order, or remove certain meals to replace with another.

These meals should be stored in the freezer, and only placed in the fridge to defrost at least 24 hours beforehand. Please do make sure that the accommodation has relevant freezer storage for these meals.

All meals may be cooked in the oven, microwave or airfryer as described on the product packaging and detailed website instructions. Please note that these containers can withstand heat of up to 220°C, and cannot be placed under direct heat, such as a grill, as the container will melt.

Our hope is that these meal packs will make planning for the end of year celebrations for matrics that much easier, with meals delivered straight to your door on your selected delivery date, saving you cooking, cleaning, and car space!

# MENU

## Hunger Buster Menu – 4 Students for 6 Nights

### Night 1

Beef Lasagne	X1	1,6kg (Serves 4-6)
Crusty Plain Loaf	X2	900g (Serves 8-10)
Green Salad		
<i>Our Famous Chocolate Brownies</i>		

### Night 2

Mac and Cheese	X1	1,5kg (Serves 4-6)
Green Salad		
<i>Date Squares</i>		

### Night 3

Mild Butter Chicken Curry	X2	1,28kg (Serves 4)
Wraps		
<i>Our Famous Chocolate Brownies</i>		

### Night 4

Creamy Bacon Linguine	X2	800g (Serves 2)
Crusty Plain Loaf	X2	900g (Serves 8-10)
Green Salad		
<i>Date Squares</i>		

### Night 5

Coronation Chicken	X2	1,28 kg (Serves 4)
Wraps and Rolls		
<i>Our Famous Chocolate Brownies</i>		

### Night 6 – Braai Night

Prego Sauce	X1	900ml (Serves 10-12)
Quinoa Salad	X1	620g (Serves 2-4)
Braai Meat		
Bread rolls		





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## SHOPPING LIST

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

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Bread rolls

Wraps

Bread

Braai Meat

Green Salad