



BY WORD OF MOUTH

*frozen for you*

## TAKE CARE OF THE ELDERLY MENU

2 people for 2 nights (healthier option, weekend meals)

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### Menu 1

Butternut Soup	900ml	Serves 2	X1
Slow Cooked Lamb Shanks	1,3kg	Serves 2	X1
Creamy Mashed Potatoes	400g	Serves 1-2	X1
Minted Peas	180g	Serves 1-2	X1
Baked Cheesecake	220g	Serves 1-2	X1

### Menu 2

Minted Pea Soup	900ml	Serves 2	X1
Glazed Norwegian Salmon	320g	Serves 2	X2
Dauphinois Potatoes	310g	Serves 1-2	X1
Baked Cauliflower Gratin	310g	Serves 1-2	X1
White Chocolate Croissant	250g	Serves 1-2	X1