



BY WORD OF MOUTH

frozen for you

GOLF TOUR MENU

4 people 3 nights

DAY 1 - LUNCH (SERVED COLD)

Coronation Chicken	1.28kg	(Serves 4)	1
Quinoa Salad	620g	(Serves 2-4)	1
Four Bean Salad	310g	(Serves 2-3)	1
Crusty Plain Loaf	900g	(Serves 8-10)	1

DAY 1 - DINNER

Durban Lamb Curry	640g	(Serves 2)	2
Spiced Yellow Rice	500g	(Serves 2-4)	1
Chutney			
Sambles			
Naan Bread			

DAY 2 - LUNCH (SERVED COLD)

Quiche Lorraine	1.2kg	(Serves 8-10)	1
Glazed Salmon pieces	320g	(Serves 2)	1
Green Salad			
Pickles			
Crusty Plain Loaf	900g	(Serves 8-10)	1

DAY 2 - DINNER

Chicken Prego's off	1.28kg	(Serves 4)	1
the braai with Prego Sauce	620g	(Serves 2-4)	
Chips	310g	(Serves 2-3)	
Green Salad	900g	(Serves 8-10)	

DAY 3 - LUNCH

Chicken Galantine served with	1.3kg	(Serves 6-8)	1
Pesto Cream Sauce	450ml	(serves 4-8)	1
Tomato, Mozzarella, and Basil			
salad			
Potato Salad	900g	(Serves 8-10)	1
Crusty Plain Loaf			

DAY 3 - DINNER

Slow-Cooked Oxtail	1.3kg	(Serves 2)	2
Creamy Mashed Potatoes	800g	(Serves 2-4)	1
Minted Peas	360g	(Serves 2-4)	1
Crusty Plain Loaf	900g	(Serves 8-10)	1
White Chocolate Croissant Bread	1kg	(Serves 10-12)	1
& Butter Pudding with			





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SHOPPING LIST

Chutney
Sambles
Naan Bread
Green Salad
Pickles
Chips
Tomato, Mozzarella, and Basil salad
Potato Salad



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