



BY WORD OF MOUTH

frozen for you

HOME FROM HOSPITAL

2 people for 2 nights

MENU 1

Chicken Soup	900ml	(Serves 2)
Traditional Cottage Pie	800g	(Serves 2)
Minted Peas	180g	(Serves 1-2)

MENU 2

Goulash Soup	900ml	(Serves 2)
Crispy Plain Loaf	900g	(Serves 8-10)
Mac and Cheese	800g	(Serves 2)
Salad		

SHOPPING LIST

Salad