

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		

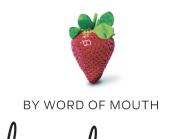
MENU 3

Butternut Soup	900ml	(Serves 2)
Crispy Plain Loaf	900g	(Serves 8-10)
Traditional Fish Pie	800g	(Serves 2)
Steamed Vegetables		

MENU 4

Minted Pea Soup Crispy Plain Loaf Pork Sausages Creamy Mashed Potatoes Creamed Spinach	900ml 900g 3 Sausages 400g 800g 310g	(Serves 2) (Serves 8-10) (Serves 1) x 2 (Serves 1) x 2 OR (Serves 2-4) (Serves 2-3)
MENU 5		(333332 - 3)

Roasted Tomato Soup	900ml	(Serves 2)
Crispy Plain Loaf	900g	(Serves 8-10)
Chicken A La King Pie	640g	(Serves 2)
Salad		



SHOPPING LIST

Green Salad