

frozen for you

HOME FROM HOSPITAL

4 people for 5 nights

## MENU 1

Chicken Soup	900ml	(Serves 2) x 2
Traditional Cottage Pie	1.6kg	(Serves 4-6)
Minted Peas	360g	(Serves 2-4)

#### MENU 2

Goulash Soup	900ml	(Serves 2) x 2
Crispy Plain Loaf	900g	(Serves 8-10)
Mac and Cheese	1,5kg	(Serves 4-6)
Salad		

## MENU 3

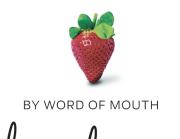
Butternut Soup	900ml	(Serves 2) x 2
Crispy Plain Loaf	900g	(Serves 8-10)
Traditional Fish Pie	1,6kg	(Serves 4-6)
Steamed Vegetables		

## **MENU 4**

Minted Pea Soup	900ml	(Serves 2) x 2
Crispy Plain Loaf	900g	(Serves 8-10)
Pork Sausages	12 Sausages	(Serves 4)
Creamy Mashed Potatoes	800g	(Serves 2-4)
Creamed Spinach	620g	(Serves 4-6)

#### **MENU 5**

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Roasted Tomato Soup	900ml	(Serves 2) x 2
Crispy Plain Loaf	900g	(Serves 8-10)
Chicken A La King Pie	1.28kg	(Serves 4)
Salad		



# **SHOPPING LIST**

Green Salad