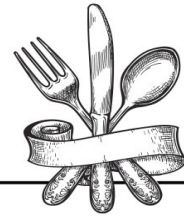




DELI FROZEN MEALS



Frozen meals	Large	Small
Beef Bourguignon	R255	n/a
Beef Lasagna	R185	R90
Vegetable Lasagna	R165	R90
Butter Chicken	R185	R95
Thai Chicken Curry	R185	R95
Thai Veg Curry	R155	R85
Lamb Curry	R255	R135
Cottage Pie	R185	R100
Mac and Cheese	R155	R85
Meatballs (Beef or chicken)	R185	R100
Lentil Dahl	R110	R65
Chickpea Tagine	R125	R100
Ratatouille	R170	R90
Moussaka	R235	R125
Potato Gratin	R105	R65
Basmati rice	R55	R35
Fish Cakes	n/a	R100
Crumbed Hake		R125
Fish Pie	R245	
Fish curry with coconut	R250	
Homemade soup 1L	R145	
Spinach, Mushroom & Ricotta	R210	
Tripe & trotters	R220	
Tunisian Shakshuka	R145	
Apple Tart Tatin	R150	

