

FROZEN MEALS

Frozen meals	Large	Small
Beef Bourguignon	R210	n/a
Beef Lasagna	R140	R70
Vegetable Lasagna	R125	R55
Butter Chicken	R140	R70
Thai Chicken Curry	R145	R75
Thai Veg Curry	R120	R65
Lamb Curry	R178	R90
Cottage Pie	R140	R70
Mac and Cheese	R125	R65
Meatballs (beef or chicken)	R145	R75
Lentil Dahl	R88	R50
Chickpea Tagine	R90	R45
Ratatouille	R125	R70
Moussaka	R175	R90
Potato Gratin	R90	R48
Basmati rice	R39	R30
Fish Cakes	n/a	R75
Crumbed Hake		R90
Fish Pie	R210	
Fish curry with coconut	R195	
Homemade soup 1L	R105	
Spinach, Mushroom & Ricotta	R175	
Tripe & trotters	R195	
Tunisian Shakshuka	R105	
Apple Tart Tatin	R120	