

# FROZEN MEALS PRICES

Beef Lasagna large	R 125
Beef Lasagna small	R 65
Butter Chicken large	R 120
Butter Chicken small	R 63
Cottage Pie large	R 115
Cottage Pie small	R 60
Fish Cakes	R 65
Fish curry with coconut	R165
Lamb Curry large	R 145
Lamb Curry small	R 75
Lentil Dahl Large	R 82
Lentil Dahl small	R 42
Mac & Cheese	R 110
Mac & Cheese small	R 55
Beef Meat balls	R 120
Beef Meat balls small	R 60
Chicken meat balls	R 120
Chicken meat balls small	R 60
Vegetable Lasagna large	R 105
Vegetable Lasagna small	R 55
Thai Chicken Curry large	R 120
Thai Chicken Curry small	R 65
Thai Veg Curry large	R 105
Thai Veg Curry small	R 55
Ratatouille	R 110
Potato Gratin	R 85
Beef Bourguignon	R 190
Chickpea Tagine	R 87
Fish Pie	R 190
Crumbed Hake	R 85
Moussaka	R 145
Mushroom & Ricotta	R 120
Chicken & mushroom pie	R 155
Beef & veg pie	R 165
Pepper steak pie	R 165
Lamb stew pie	R 170
Pork & red wine pie	R 170
Quiche Lorraine	R 88
Quiche chicken	R 88
Quiche veggies	R 80