

Ready Packed Meals

Chicken

Creamy Malay Chicken Curry with Fresh Coriander & Basmati Rice (CHIU)

Chicken & Broccoli Bake (CHBB)

Chicken in Coconut Curry Cream with Vegetables & Rice (CHCU)

Thai Green Chicken Curry with Egg Noodles (THCU)

Butter Chicken with Vegetable Couscous (BUTM)

Sweet & Sour Chicken with Cashew Nuts & Chinese Noodles (SSCCN)

Chicken & Mushroom Herb Crumble (CMHC)

Lamb

Cape Malay Lamb Curry & Pilaf Rice (LACU)

Traditional Cape Tomato Bredie (TOMB)

**Potato Gnocchi with diced Lamb in an Arabian Garlic Tomato Coriander Sauce
(LAMBG)**

Beef

Beef Cottage Pie (COTI)

Beef Stroganoff with Tagliatelle (BEES)

Traditional Bobotie with Yellow Rice (BABO)

Cape Malay Beef Curry (BEEV)

Pepper Steak & mashed Potato Crust (PEP4)

Ostrich

Ostrich Bobotie with Yellow Rice (OSBA)

Ostrich Cottage Pie with Chive & Parmesan Potato (OSCO)

Fish

Haddock & Broccoli Herb Crumble with a Creamy Cheese Sauce (HADB)

Vegetarian

Vegetable Bobotie with Couscous & Herb Crumble (VEGB)

Vegetables in Coconut Curry Cream (VEGC)

Pasta

Chicken Fettuccini (CHIF)

Beef Cannelloni (BEEC)

Beef Lasagne (BEEL)

Roast Chicken Butternut & Rosemary Scented Lasagne (CHI8)

Spaghetti Bolognese (SPBO)

Ostrich Mince Lasagne (OSML)

Ostrich Pasta Bolognese (OSSB)

Tuna Lasagne (TUNL)

Roasted Mediterranean Vegetable Lasagne in Tomato & Herb Sauce (VEGL)

Spinach & Feta Cannelloni with Napolitan Sauce (SFCN)

Spinach & Ricotta Cannelloni (SPIZ)

Macaroni & Cheese (MACA)