

Ready Made Meals

Product Name	Price	Quantity
Baby Marrow Spaghetti & Bolognese SB	R53.00	
Baby Marrow Spaghetti & Bolognese GM	R57.00	
Beef Kebabs SB	R59.00	
Beef Kebabs GM	R65.00	
Cauli Rice with Savoury Mince and Veg SB	R55.00	
Cauli Rice with Savoury Mince and Veg GM	R63.00	
Chicken Shashlik Kebabs SB	R49.00	
Chicken Shashlik Kebabs GM	R54.00	
Chicken Soup SB	R47.00	
Chicken Soup GM	R49.00	
Chicken Wings SB	R48.00	
Chicken Wings GM	R53.00	
Cottage Pie With Cauliflower Mash SB	R48.00	
Cottage Pie With Cauliflower Mash GM	R54.00	
Curry Fish SB	R55.00	
Curry Fish GM	R67.00	
Meatballs, Veg & Homemade Tomato Sauce SB	R62.00	
Meatballs, Veg & Homemade Tomato Sauce GM	R63.00	
Mince and Gem Squash SB	R54.00	
Mince and Gem Squash GM	R60.00	
Salad Dressing SB & GM	R59.00	
Savoury Mince, Aubergine & Baby Marrow SB	R59.00	
Savoury Mince, Aubergine & Baby Marrow GM	R61.00	
Smokey Tomato Chicken with Gem Squash SB	R59.00	
Smokey Tomato Chicken with Gem Squash GM	R63.00	
Smokey Tomato Chicken with Spinach mix SB	R57.00	
Smokey Tomato Chicken with Spinach mix GM	R63.00	
Thai Beef Soup SB	R50.00	
Thai Beef Soup GM	R53.00	
Tomato & Mince Soup SB	R54.00	
Tomato & Mince Soup GM	R56.00	
Veg & Cheese Pizza SB	R59.00	
Veg & Cheese Pizza GM	R72.00	

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Product Name	Price	Quantity
Recipe Book Volume 1	R222.60	
Recipe Book Volume 2	R328.60	
Cookies & Cream Protein Bar	R13.28	
Vitamin C Effervescent (10's)	R69.50	
Vitamin C Powder (150g)	R73.67	



Name

Surname

Contact number

E-mail address

Delivery address