

MY Meal

BEEF

BEEF LASAGNA	R69- R132- R260
BEEF GOULASH	R79- R155- R275
BEEF BOLOGNESE	R79- R155
COTTAGE PIE	R69- R132- R260
MEATBALLS & SAUCE	R70- R135- R260
HEARTY BEEF SOUP	R41- R179

CHICKEN

CHICKEN TOM KA CURRY	R82- R155- R300
CHICKEN CURRY	R75- R140- R260
CHICKEN CASSEROLE	R80- R155- R305

VEGETARIAN

MELANZANE	R180- R300
POTATO GRATIN	R99- R195
VEGETARIAN LASAGNA	R65- R125- R240
MAC & CHEESE	R60- R115- R220

VEGAN

MOROCCAN CHICKPEA TAJINE	R60- R115- R225
VEGAN TOM KA CURRY	R75- R145- R275
VEGAN BOLOGNESE	R59- R115- R225
VEGAN COTTAGE PIE	R55- R100- R190
MINISTRONE SOUP	R41- R79
BUTTERNUT SOUP	R39- R75

PASTRY

CHICKEN & MUSHROOM PIE	R60- R115- R225
SPINACH & FETA QUICHE	R35- R150- R185
BACON & ONION QUICHE	R39- R185- R210
TOMATO, BASIL & OLIVE QUICHE	R39- R185- R210
CHICKEN & MUSHROOM QUICHE	R39- R185- R210

SWEET

CHOCOLATE BROWNIES	R80
CARROT CAKE	R130- R250
MALVA PUDDING	R45- R85- R160
CRUNCHIES	R50

FRESHLY FROZEN, DELICIOUSLY HOMEMADE

WWW.MYMEAL.CO.ZA