

SALADS	INGREDIENTS	SHELF LIFE DAYS	SALADS	INGREDIENTS	SHELF LIFE DAYS
BABY POTATO	Baby potato, sour cream, sugar, mustard, spices, low oil salad dressing	7	EGG MAYONNAISE	Egg, mustard, spices, low oil salad dressing	8
BACON, EGG, CHEESE & PASTA	Pasta, bacon, egg, cheddar & mozzarella cheese, spices, low oil salad dressing	5	FARFALLE SMOKED CHICKEN & PEACH	Farfalle pasta, smoked chicken, red & yellow pepper, dried peach, celery, spices, herbs, dressing	5
BARBEQUE CHICKEN PASTA	Macaroni pasta, chicken, red & yellow pepper, broccoli, red onion, spices, herbs, yoghurt dressing	5	FRUIT SALAD with juice/sugar	Fresh fruit (5-7 types), juice containing sugar	5
BASIL PESTO PASTA	Pasta, feta, pecorino, macadamia nuts, tomato, olives, garlic, basil pesto dressing	5	GREEK PASTA	Penne pasta, red & green pepper, tomato, cucumber, olive red onion, feta cheese, garlic, herbs, yoghurt dressing	5
BEETROOT	Beetroot, onion, spices, sauce	11	GREEK POTATO	Potato, tomato, cucumber, celery, onion, olives, spices, dressing	5
BISMARCK (HERRING)	Herring, onion, spices, dressing, preservatives	21	HAM, CHEESE & PASTA	Fusilli noodles, ham, cheddar & mozzarella cheese, spices, low oil dressing	5
CAJUN CHICKEN * HMR *	Chicken, vegetables, spices, no-oil dressing	6	KIDDIES VIENNA, CHEESE & PASTA	Kiddies pasta, smoked vienna, cheddar cheese, creamy dressing	5
CAPE MALAY CURRIED FISH * HMR *	Fish, dressing, onion, spices, preservatives	21	MANGO ACHAAR	Mango, spices, oil	12
CARROT (HOT CHILLI)	Carrot, green pepper, onion, raisins, garlic, spices, dressing	12	MEXICAN * HMR *	Brinjals, onion, peppers, carrots, mushroom, beans, spices, dressing	12
CARROT, PINEAPPLE & JUICE	Carrot, pineapple, juice	5	MIAMI MACARONI	Pasta, carrot, celery, spring onion, yoghurt, spices, low oil salad dressing	5
CHAKALAKA * HMR *	Beans, chilli, carrot, tomato, onion, green pepper, spices, sauce	7	MIXED FUSILLI	Pasta, gherkin, green pepper, onion, spices, low oil salad dressing	7
CITRUS CHICKPEA	Chickpea, red kidney bean, feta cheese, red pepper, celery red onion, macadamia nuts, dressing	5	MIXED VEGETABLE	Potato, carrot, peas, corn, spices, low oil salad dressing	6
COLESLAW	Cabbage, carrot, mayonnaise	6	MOROGO * HMR *	Spinach, potato, onions, spices	5
COPPER PENNY	Carrot, green pepper, onion, sauce	12	ORIENTAL SMOKED CHICKEN & PASTA	Fusilli pasta, smoked chicken, carrot, peppers, peas, peach, spices, low oil salad dressing	5
COUSCOUS	Couscous, peppers, sun dried tomato, spring onion, feta cheese, butternut, currants, walnuts, spices, dressing	5	ORIGINAL GREEK (no lettuce)	Tomato, peppers, cucumber, onion, feta cheese, olives, spices, dressing	5
CRAB STICK	Crab sticks, fruit, sugar, spices, dressing including reduced oil mayonnaise	5	PASTA & HAM	Pasta, green & red pepper, gherkin, onion, ham, low oil salad dressing	5
CREAMED SPINACH * HMR *	Spinach, dairy products, spices	7	PASTA & SMOKED CHICKEN	Pasta, smoked chicken, red pepper, green bean, corn, spring onion, garlic, dressing	7
CURRY BEAN	Green beans, onion, sauce, spices	12	POTATO	Potato, onion, parsley, low oil dressing, spices	8
CURRY NOODLE	Shell pasta, celery, raisins, green pepper, spices, onion, parsley, low oil salad dressing	5			

PLEASE NOTE: THE ABOVE SHELF LIFE IS APPLICABLE ONLY IF PRODUCT IS REFRIGERATED CONTINUOUSLY BETWEEN +1°C & +7°C

Indicates: *HMR* = Home Meal Replacement

SALADS		INGREDIENTS	SHELF LIFE DAYS	SALADS		INGREDIENTS	SHELF LIFE DAYS	
CREAMY POTATO		Potato, mayonnaise, spices	8	SPICY FRUIT SALAD WITH CREAM		Mixed fruit, cream (including dairy products), spices	6	
CREAMY POTATO & EGG	NEW	Potato, egg, celery, mustard, mayonnaise, spices	8	SPICY NOODLE		Shell pasta, green pepper, spices, dressing	7	
POTATO & BACON		Potato, onion, parsley, bacon, gherkin, spices, low oil salad dressing	7	SPICY PENNE VEGETARIAN		Penne noodles, baby marrow, broccoli, green & red pepper, olives, corn, chilli, garlic, dressing	5	
POTATO & BILTONG		Potato, biltong, parsley, mustard, spices, low oil salad dressing	5	TANGY GYPSY (MUSHROOM)		Carrot, baby marrow, mushrooms, red pepper, onion, spices, dressing	7	
POTATO & EGG		Potato, egg, onion, celery, mustard, spices, low oil salad dressing	8	3-BEAN		White & red kidney bean, hericot bean, green bean, onion, spices, dressing	12	
RICE & CHICKEN * HMR *		Rice, chicken, peas, cucumber, pineapple, spices, dressing	5	THREE CHEESE PENNE		Pasta, feta, cheddar and mozzarella cheese, red & green pepper, celery, spring onion, mustard, spices, dressing	5	
RICE & HAM * HMR *		Rice, ham, peas, cucumber, pineapple, spices, dressing	5	TURKISH LENTIL		NEW	Lentils, couscous, red pepper, feta cheese, red onion, herbs, garlic, spices, dressing	5
ROASTED VEGETABLE * HMR *		Carrot, onion, cauliflower, bean, pumpkin, corn, baby marrow, peppers, garlic, spices, dressing	6	TUNA NOODLE		Pasta, tuna, onion, gherkin, green pepper, spices, low oil dressing	7	
ROLL MOPS (HERRING)		Herring, onion, gherkin, spices, preservative	21	VEGETARIAN		Red/white cabbage, broccoli, carrot, peppers, onion, cauliflower, baby marrow, dressing	4	
SMOKED CHICKEN		Pasta, smoked chicken, lettuce, pineapple, low oil salad dressing	5	WALDORF		Apple, celery, walnuts, raisins, yoghurt dressing	5	
SPANISH RICE * HMR *		Rice, peas, green pepper, oil, spices, dressing	5					

SOUPS: (READY COOKED)		INGREDIENTS	SHELF LIFE DAYS	SOUPS: (READY COOKED)		INGREDIENTS	SHELF LIFE DAYS
BEEF & BARLEY WITH VEGETABLES		Beef, barley, carrot, green bean, potato, turnip, soup greens, spices, seasoning	6	GOULASH		Beef, onion, potato, tomato, lemon, spices, seasoning	6
BEEF & BEAN WITH VEGETABLES		Beef, bean, carrot, green bean, potato, samp, turnip, soup greens, spices, seasoning	6	MINESTRONE		Tomato, carrot, onion, celery, bean, turnip, potato, leeks, baby marrow, cabbage, peas, spaghetti, garlic, seasoning	6
BUTTERNUT		Butternut, curry, onion, potato, leeks, spices, seasoning	6	PEA & RUSSIAN WITH VEGETABLES		Pea, russian, carrot, green bean, potato, turnip, soup greens, spices, seasoning	6
CHICKEN & NOODLE WITH VEGETABLES		Chicken, noodles, carrot, green bean, potato, turnip, soup greens, spices, seasoning	6	POTATO, MUSHROOM & LEEK		Potato, mushroom, leeks, non-dairy cream, vinegar, spices, seasoning	6
CREAM OF MUSHROOM		Mushroom, spring onion, non dairy cream, cinnamon, spices, seasoning	6	TOMATO		Tomato, carrot, celery, spices, seasoning	6

PLEASE NOTE: THE ABOVE SHELF LIFE IS APPLICABLE ONLY IF PRODUCT IS REFRIGERATED CONTINUOUSLY BETWEEN +1°C & +7°C

Indicates:

HMR = Home Meal Replacement