

VEGEWORTH (PTY) LTD			Tel: (011) 902-3208 Fax: 086 539 2560		
INGREDIENT LIST FOR SALADS, HOT & COLD MEALS AND SOUPS			email: orders@vegeworth.co.za		
			www.vegeworth.co.za		
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			2020		
SALADS	INGREDIENTS	SHELF LIFE DAYS	SALADS	INGREDIENTS	SHELF LIFE DAYS
BABY POTATO	Baby potato, sour cream, sugar, mustard, spices, low oil salad dressing	7	FRUIT SALAD	Fresh fruit (5-7 types), juice containing sugar with juice/sugar	5
BACON, EGG, CHEESE & PASTA	Pasta, bacon, egg, cheddar & mozzarella cheese, spices, low oil salad dressing	5	GREEK PASTA	Penne pasta, red & green pepper, tomato, cucumber, olives, red onion, feta cheese, garlic, herbs, yoghurt dressing	5
BARBEQUE CHICKEN PASTA	Macaroni pasta, chicken, red & yellow pepper, broccoli, red onion, spices, herbs, yoghurt dressing	5	GREEK POTATO	Potato, tomato, cucumber, celery, onion, olives, spices, dressing	5
BASIL PESTO PASTA	Pasta, feta, pecorino, macadamia nuts, tomato, olives, garlic, basil pesto dressing	5	HAM, CHEESE & PASTA	Fusilli noodles, ham, cheddar & mozzarella cheese, spices, low oil dressing	5
BEETROOT	Beetroot, onion, spices, sauce	11	MANGO ACHAAR	Mango, spices, oil	12
CAPE MALAY CURRIED FISH * HMR *	Fish, dressing, onion, spices, preservatives	21	MEXICAN * HMR *	Brinjals, onion, peppers, carrots, mushroom, beans, spices, dressing	12
CARROT, PINEAPPLE, RAISIN & JUICE	Carrot, pineapple, juice	5	MIXED FUSILLI	Pasta, gherkin, green pepper, onion, spices, low oil salad dressing	7
CHAKALAKA * HMR *	Beans, chilli, carrot, tomato, onion, green pepper, spices, sauce	7	MOROGO * HMR *	Spinach, potato, onions, spices	5
CITRUS CHICKPEA	Chickpea, red kidney bean, feta cheese, red pepper, celery, red onion, macadamia nuts, dressing	5	ORIENTAL SMOKED CHICKEN & PASTA	Fusilli pasta, smoked chicken, carrot, peppers, peas, peach, spices, low oil salad dressing	5
COLESLAW	Cabbage, carrot, mayonnaise	6	ORIGINAL GREEK (no lettuce)	Tomato, peppers, cucumber, onion, feta cheese, olives, spices, dressing	5
COPPER PENNY	Carrot, green pepper, onion, sauce	12	PASTA & HAM	Pasta, green & red pepper, gherkin, onion, ham, low oil salad dressing	5
COUSCOUS	Couscous, peppers, sun dried tomato, spring onion, feta cheese, butternut, currants, walnuts, spices, dressing	5	PASTA & SMOKED CHICKEN	Pasta, smoked chicken, red pepper, green bean, corn, spring onion, garlic, dressing	7
CRAB STICK	Crab sticks, fruit, sugar, spices, dressing including reduced oil mayonnaise	5	POTATO	Potato, onion, parsley, low oil dressing, spices	8
CREAMED SPINACH * HMR *	Spinach, dairy products, spices	7	CREAMY POTATO	Potato, mayonnaise, spices	8
CURRY BEAN	Green beans, onion, sauce, spices	12	CREAMY POTATO & EGG	Potato, egg, celery, mustard, mayonnaise, spices	8
CURRY NOODLE	Shell pasta, celery, raisins, green pepper, spices, onion, parsley, low oil salad dressing	5	POTATO & BACON	Potato, onion, parsley, bacon, gherkin, spices, low oil salad dressing	7
EGG MAYONNAISE	Egg, mustard, spices, low oil salad dressing	8	POTATO & BILTONG	Potato, biltong, parsley, mustard, spices, low oil salad dressing	5
FARFALLE SMOKED CHICKEN & PEACH	Farfalle pasta, smoked chicken, red & yellow pepper, dried peach, celery, spices, herbs, dressing	5	POTATO & EGG	Potato, egg, onion, celery, mustard, spices, low oil salad dressing	8
PLEASE NOTE: THE ABOVE SHELF LIFE IS APPLICABLE ONLY IF PRODUCT IS REFRIGERATED CONTINUOUSLY BETWEEN +1°C & +5°C					
Indicates:	*HMR* = Home Meal Replacement				

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HOT & COLD MEALS AND SOUPS**

SALADS	INGREDIENTS	SHELF LIFE DAYS	SALADS	INGREDIENTS	SHELF LIFE DAYS
RICE & HAM * HMR *	Rice, ham, peas, cucumber, pineapple, spices, dressing	5	3-BEAN	White & red kidney bean, hericot bean, green bean, onion, spices, dressing	12
ROASTED VEGETABLE * HMR *	Carrot, onion, cauliflower, bean, pumpkin, corn, baby marrow, peppers, garlic, spices, dressing	6	THREE CHEESE PASTA	Pasta, feta, cheddar and mozzarella cheese, red & green pepper, celery, spring onion, mustard, spices, dressing	5
ROLL MOPS (HERRING)	Herring, onion, gherkin, spices, preservative	21	TURKISH LENTIL	Lentils, couscous, red pepper, feta cheese, red onion, herbs, garlic, spices, dressing	5
SPICY FRUIT SALAD WITH CREAM	Mixed fruit, cream (including dairy products), spices	6	TUNA NOODLE	Pasta, tuna, onion, gherkin, green pepper, spices, low oil dressing	7
SPICY NOODLE	Shell pasta, green pepper, spices, dressing	7	WALDORF	Apple, celery, walnuts, raisins, yoghurt dressing	5
SPICY PENNE VEGETARIAN	Penne noodles, baby marrow, broccoli, green & red pepper, olives, corn, chilli, garlic, dressing	5			
TANGY GYPSY (MUSHROOM)	Carrot, baby marrow, mushrooms, red pepper, onion, spices, dressing	7			
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	MINISTRONE	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 TOMATO	Potato, mushroom, leeks, non-dairy cream, vinegar, spices, seasoning	6
CREAM OF MUSHROOM	Mushroom, spring onion, non dairy cream, cinnamon, spices, seasoning	6		Tomato, carrot, celery, spices, seasoning	6
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