

SANCTUARY CAFE

READY MADE FROZEN MEALS

ONLY \$9.00

Beef Pie

Rich beef gravy pie with flaky pastry top

100% beef mince, onions, garlic, carrot, broccoli, green beans, peas, sweet corn, gravy granules, rosemary, salt, pepper, canola oil
Contains dairy, wheat & soy

Spicy Chicken & Vegetable Curry with fragrant rice (GF)

Chicken, red curry paste, carrots, green beans, butter beans, sugar snap peas, red peppers, onions, garlic, chilli, coriander, coconut milk, white rice
Contains fish

Chunky Indian Dhal Soul Cleansing Spices & Coriander (Vegan) (GF)

Red lentils, onion, garlic, ginger, turmeric, cumin, gara masala coriander, chilli, tomato, spinach, salt, pepper, sugar, vinegar, olive oil

Smoky Mixed Beans with herby Cous Cous (Vegan)

5 bean mix, tin tomato, onion, garlic, carrot, broccoli, green beans, peas, sweet corn, smoky paprika, cumin, coriander, all spice, spring onion, canola oil, cous cous, parsley Contains wheat

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Cottage Pie – Slow cooked lamb & vegetable stew topped with Creamy Mash

Lamb, onion, rosemary, carrot, broccoli, green beans, peas, sweet corn, gravy granules, puff pastry – contains dairy, wheat & Soy

Classic 'Mac & Cheese' loaded with crispy bacon

Macaroni pasta, flour, butter, milk, mustard, mozzarella, parmesan, bacon, salt, pepper – Contains dairy & wheat

Roast Pumpkin & Pesto Risotto (Vegetarian) (GF)

Arborio rice, onion, stock, butter, parmesan, sage, pumpkin, basil pesto no nuts, salt, pepper – Contains dairy

Heating Instructions

Best re-heated after defrosted 2 days in fridge and reheat for 2-3 minutes depending on microwave wattage/power setting (please note that containers supplied are microwavable safe)
Contents will be hot once removed from microwave or stove top
Meals must be consumed within 3 days of full defrost & heated thoroughly

Meals subject to change depending on stock availability