



FROZEN MEAL LIST

AUGUST 2026

Beef Meals

300G (SERVES 1) | **\$7**

600G (SERVES 2) | **\$13**

BEEF BOURGUIGNON

Slow-cooked beef in a rich red wine sauce.

BEEF STROGANOFF

Creamy mushroom sauce with tender beef.

BEEF CURRY

Spiced beef in a fragrant curry sauce.

BEEF LASAGNE

Layered pasta, beef mince and a cheesy white sauce.

BEEF POT PIES

Tender beef and veggies in rich gravy, wrapped in flaky pastry.

BEEF STIR FRY

Tender beef strips and crisp vegetables tossed in a savory soy glaze.

CREAMY GARLIC & CHORIZO PASTA

Smoky Spanish sausage tossed with pasta in a rich garlic cream sauce.

ITALIAN MEATBALLS & SPAGHETTI

Seasoned beef meatballs nestled in rich marinara over classic spaghetti.

BEEF RISSOLES IN MUSHROOM GRAVY

Pan-seared savory beef patties smothered in a velvety mushroom sauce.

HEARTY BEEF STEW

Rich beef and tender root vegetables simmered in a savory, aromatic broth.



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FROZEN MEAL LIST

Chicken Meals

300G (SERVES 1) | **\$7**

600G (SERVES 2) | **\$13**

CHICKEN A LA KING

Succulent chicken and bell peppers simmered in a silky, rich creamy sauce.

CHICKEN FRICASSEE

Golden pan-seared chicken braised in a velvety white wine cream sauce.

CREAMY TUSCAN CHICKEN

Seared chicken with sun-dried tomatoes, spinach & cream.

BUTTER CHICKEN

Marinated chicken in a spiced tomato-butter sauce.

MARRY ME CHICKEN

juicy chicken in garlic, tomato, and parmesan cream.

CHICKEN STIR FRY

Tender chicken strips and crisp vegetables tossed in a savory soy glaze.

FARMER'S CHICKEN STEW

Hearty chicken and root veggies in cozy broth

CHICKEN POT PIES

Savory chicken gravy under golden, flaky pastry.

CHICKEN ADOBO

Chicken braised in tangy soy, vinegar, and garlic.

CHICKEN STROGANOFF

Tender chicken and mushrooms in tangy sour cream gravy.

SATAY CHICKEN

Succulent chicken in a rich peanut butter sauce.



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FROZEN MEAL LIST

Other

300G (SERVES 1) | **\$7**

600G (SERVES 2) | **\$13**

ORIENTAL PORK BITES

Crispy glazed pork tossed in a sweet and sticky sauce with vegetables.

BUTTERNUT & SPINACH CURRY

Sweet butternut squash and tender spinach in a fragrant curry.

THAI GREEN VEGETABLE CURRY

Garden vegetables simmered in a spicy, aromatic green coconut sauce.



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