

Meal Boxes 2026



SINGLES BOX R1290

2 WEEKS SUPPLY - FEEDS 1

- Beef lasagna
- Beef bobotie
- Beef cottage pie
- Bolognaise mince
- Chicken ala king
- Chicken and veg casserole
- Indian chicken curry
- Chicken stroganoff
- Pork stroganoff
- Pork stew
- Honey, soy and garlic pork
- Fish cottage pie
- Rice x2
- Creamy mash
- Sweet cinnamon squash
- Creamed spinach
- Mixed vegetables x2
- Broccoli cheese x2

Complimentary Malva Pudding

DOUBLE SINGLES BOX R2290

MONTH'S SUPPLY - FEEDS 1

- Beef lasagna X2
- Beef bobotie X2
- Beef cottage pie X2
- Bolognaise mince X2
- Chicken ala king X2
- Chicken and veg casserole X2
- Indian chicken curry X2
- Chicken stroganoff x2
- Pork stroganoff x2
- Pork stew x2
- Honey, soy and garlic pork x2
- Fish cottage pie x2
- Rice x4
- Creamy mash x2
- Sweet cinnamon squash x2
- Creamed spinach x2
- Mixed vegetables x4
- Broccoli cheese x4

Complimentary Malva Pudding x2



CONTACT

+27 72 779 0503

Meal Boxes 2026



LOW-CARB SINGLES

BOX R1390

2 WEEKS SUPPLY - FEEDS 1

Banting beef lasagna
Beef bobotie
Beef cottage pie with caulimash
Bolognaise mince
Chicken ala king
Chicken and veg casserole
Indian chicken curry
Chicken stroganoff
Pork stroganoff
Pork stew
Honey, soy and garlic pork
Fish cottage pie with caulimash
Cauli rice x2
Creamy caulimash
Cinnamon squash
Creamed spinach
Mixed vegetables x2
Broccoli cheese x2

LOW-CARB DOUBLE SINGLES

BOX R2390

MONTH'S SUPPLY - FEEDS 1

Banting beef lasagna x2
Beef bobotie x2
Beef cottage pie with caulimash x2
Bolognaise mince x2
Chicken ala king x2
Chicken and veg casserole x2
Indian chicken curry x2
Chicken stroganoff x2
Pork stroganoff x2
Pork stew x2
Honey, soy and garlic pork x2
Fish cottage pie with caulimash x2
Cauli rice x4
Creamy caulimash x2
Cinnamon squash x2
Creamed spinach x2
Mixed vegetables x4
Broccoli cheese x4



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FAMILY BOX R2190

2 WEEKS SUPPLY - FEEDS 2 - 3

- Beef lasagna
- Beef bobotie
- Beef cottage pie
- Bolognaise mince
- Chicken ala king
- Chicken and veg casserole
- Indian chicken curry
- Chicken stroganoff
- Pork stroganoff
- Pork stew
- Honey, soy and garlic pork
- Fish cottage pie
- Rice x2
- Creamy mash
- Sweet cinnamon squash
- Creamed spinach
- Mixed vegetables x2
- Broccoli cheese x2

Complimentary Malva Pudding

DOUBLE FAMILY BOX R3990

MONTH'S SUPPLY - FEEDS 2 - 3

- Beef lasagna X2
- Beef bobotie X2
- Beef cottage pie X2
- Bolognaise mince X2
- Chicken ala king X2
- Chicken and veg casserole X2
- Indian chicken curry X2
- Chicken stroganoff x2
- Pork stroganoff x2
- Pork stew x2
- Honey, soy and garlic pork x2
- Fish cottage pie x2
- Rice x4
- Creamy mash x2
- Sweet cinnamon squash x2
- Creamed spinach x2
- Mixed vegetables x4
- Broccoli cheese x4

Complimentary Malva Pudding x2



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Meal Boxes 2026

LOW-CARB FAMILY

BOX R2390

Banting beef lasagna
Beef bobotie
Beef cottage pie with caulimash
Bolognaise mince
Chicken ala king
Chicken and veg casserole
Indian chicken curry
Chicken stroganoff
Pork stroganoff
Pork stew
Honey, soy and garlic pork
Fish cottage pie with caulimash
Cauli rice x2
Creamy caulimash
Cinnamon squash
Creamed spinach
Mixed vegetables x2
Broccoli cheese x2

LOW-CARB DOUBLE FAMILY

BOX R4290

Banting beef lasagna x2
Beef bobotie x2
Beef cottage pie with caulimash x2
Bolognaise mince x2
Chicken ala king x2
Chicken and veg casserole x2
Indian chicken curry x2
Chicken stroganoff x2
Pork stroganoff x2
Pork stew x2
Honey, soy and garlic pork x2
Fish cottage pie with caulimash x2
Cauli rice x4
Creamy caulimash x2
Cinnamon squash x2
Creamed spinach x2
Mixed vegetables x4
Broccoli cheese x4

2 WEEKS SUPPLY - FEEDS 2 - 3

MONTH'S SUPPLY - FEEDS 2 - 3



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PENSIONER BOX – R1890

KIDDIES BOX – R500

MONTH'S SUPPLY – FEEDS 1

Beef lasagna X2
Beef bobotie X2
Beef cottage pie X2
Bolognese mince X2
Chicken ala king X2
Chicken and veg casserole X2
Indian chicken curry X2
Chicken stroganoff x2
Pork stroganoff x2
Pork stew x2
Fish cottage pie x2
Rice x2
Creamy mash
Sweet cinnamon squash
Creamed spinach
Mixed vegetables x2
Broccoli cheese x2
Butternut OR pumpkin soup x2
Chicken and veg soup x2
Potato, broccoli and leek soup x2
Complimentary Malva pudding x2

10X MEALS

Beef Lasagna
Spaghetti bolognese x2
Spaghetti and meatballs x2
Chicken ala king and rice
Chicken and veg stew with rice
Chicken stroganoff with pasta
Bangers, mash and peas x2
Complimentary Malva Pudding x2



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