


We are offering authentic Italian pasta and other prepared meals that are delivered frozen.							
We are committed to supplying high quality, wholesome, preservative free, free range products which include vegetarian and vegan options.							
Frozen blueberries are included at the top of the order form.							
We offer a no contact and free delivery service to your door.							
							
NAME:							
ADDRESS:							
EMAIL:							
CEL:							
Product Description	Price per 1kg	Order	Price per 350g	Order			
Frozen Blueberries	R90						
Ready made FROZEN MEALS:							
Gnocchi & Blue Cheese Sauce	R230		R80				
Gnocchi with Bechamel	R210		R80				
Gnocchi with Cheese Sauce	R190		R70				
Gnocchi with Arrabiata Sauce	R210		R80				
Gnocchi with Tomato Sauce	R210		R75				
Chicken in Tomato Sauce	R300		R110				
Chicken in Creamy Mushroom Sauce	R350		R130				
Meatballs in Tomato Sauce	R320		R115				
Vegetable Lasagne (Vegetarian or Vegan)	R250		R90				
Lentil Lasagne (Vegetarian or Vegan)	R250		R80				
Lentil Meatballs in Tomato Sauce	R220						
Macaroni Cheese	R155		R60				
Cottage Pie	R185		R65				
	Price per 1 kg		Price per 500g				
Beef Lasagne	R300						
Chicken Ravioli	R280		R140				
Beef Ravioli	R300		R150				
Butternut Ravioli							
Tortellini (chicken, beef, spinach, 4 cheese or mushroom)	R320		R160				
Butternut Sage Pazerotti	R270		R135				
Sundried Tomato & Mozzarella Pansotti	R300		R150				
Smoked Salmon Panzerotti	R320		R160				
Potato Gnocchi	R200		R100				
Spinach Gnocchi	R220		R110				
Butternut Gnocchi	R220		R110				
Focaccia – plain 56x36	R270		R135				
Focaccia – 56x36 topped with onions or olives or tomatoes	R320		R160				
Totals							
Ordering details: Send order to info@foundationsforlife.co.za							
Banking details for EFT payment:		FFL Holistic Family Centre					
		First National Bank					
		Cheque Act: 62691816121					
Please use your full name as reference.							