



False Bay Kitchen

made with love

Menus

Normal / Everyday Box - 20 meals
2 of each meal

beef lasagne
cottage pie with peas
cheesy italian meatballs served with mash
thai chicken curry with jasmin rice & green beans
beef stroganoff with brown rice & pumpkin
traditional chicken curry with basmati rice & creamed spinach
spinach & mozzarella topped chicken fillets served with sweet potato
bacon & mushroom penne pasta
jamaican jambalaya
spaghetti bolognaise

Low Carb - 20 meals
2 of each meal

beef lasagne with melanzane instead of pasta
cottage pie with pumpkin mash
cheesy italian meatballs served with cauli mash
thai chicken curry with broccoli rice & green beans
beef stroganoff with cauli rice & pumpkin mash
traditional chicken curry with cauli rice & creamed spinach
spinach & mozzarella topped chicken fillets served with cinnamon pumpkin
bacon & mushroom topped chicken fillets served with creamed spinach
jamaican jambalaya (with broccoli rice)
bolognaise served on steamed zucchini

Vegan - 24 meals
4 of each meal & 2 of each soup

vegan jambalaya served with peas & carrots
vegan meatballs (bean balls) with pomodoro & crushed potato
vegan cottage pie
two bean chilli con carne served with sweet potato
chick pea & potato coconut curry served with brown rice
spiced red lentil soup
butternut & coconut soup

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