

COOK

1 Portion Meals

Beef Bourguignon 1pt	Beef Stroganoff 1pt	Shepherds Pie 1pt	Chicken, Ham & Leek Pie 1 Pt	Chicken Dijon 1pt	Chicken Tikka Masala 1pt	Roast Vegetable Lasagne 1pt	Macaroni Cheese 1pt
Braised Beef in Brandy & Mushroom Sauce 1pt	Spaghetti Bolognese 1pt	Lamb Casserole with Mint New	Chicken Alexander 1pt	Moroccan Harrisa Chicken 1pt	Chicken Korma 1pt	Hearty Fisherman's Pie 1 Pt	Bread & Butter Pud 2pt
Cottage Pie 1 Pt	Chilli con Carne 1pt	Moroccan Lamb Tagine 1pt	Pork Dijon 1pt	Garlic Chicken Curry 1pt	Chicken Jalfrezi 1pt	Salmon & Asparagus Gratin 1pt	Belgium Choc Pud 2pt
Lasagne Verde 1 Pt	Steak and Red Wine Pie 1pt	Liver, Bacon & Onions 1pt	Lamb Moussaka 1pt	Green Thai Chicken 1pt	Red Thai Chicken Curry 1pt	Smoked Haddock & Sweet Potato Gratin 1 Pt	Brambly Apple Crumble 2pt

2 Freezers 1.5m

2 Freezer Plan

COOK

2 Portion Meals

Beef Bourguignon / Beef Stroganoff 2pt	Cottage Pie 2pt	Moroccan Lamb Tagine 2pt	Moroccan Harrisa Chicken 2pt	Green Thai Chicken Curry 2pt	Sticky Toffee Pudding 6pt
Braised Beef in Brandy & Mushroom Sauce 2pt	Steak and Red Wine Pie 2pt	Chicken Dijon 2pt	Chicken, Ham and Leek 2pt	Chicken Tikka Masala 2pt	Apple & Blackberry Pudding 8pt
Classic Lasagne Verde 2pt	Pork Dijon 2pt	Chicken and Mushroom Lasagne 2pt	Chicken Alexander 2pt	Hearty Fisherman's Pie 2pt	Roasted Vegetable & Lasagne 2pt

2 Freezers 1.5m

2 Freezer Plan