



CHEF MADE

IMPACT FOCUSED

LOVE CENTERED

FROZEN MEALS

CHICKEN TERIYAKI

Ingredients: Brown sugar, white vinegar, GF soy sauce, ketchup, garlic, bell peppers, onions, broccoli, carrots, chicken, rice, cornstarch, sesame seeds, green onion.

Allergens: Soy, Alliums, Sesame, Sulphites

CHICKEN POT PIE

Ingredients: onion, carrots, garlic, salt, pepper, herbs, chicken, chicken stock, milk powder, cornstarch, corn, peas, potato, milk, margarine.

Allergens: Alliums, Soy, Dairy, Sulphites

CHICKEN CURRY

Ingredients: chicken, spices, tomato paste, milk, margarine, onion, garlic, celery, carrot, sweet potato, rice.

Allergens: sulphites, alliums, soy, dairy

CHICKEN ALFREDO WITH BROCCOLI

Ingredients: Chicken stock, milk powder, pepper, salt, herbs, onion, garlic, margarine, flour, broccoli, mushroom, chicken, pasta, parmesan, breadcrumbs.

Allergens: Dairy, Alliums, Gluten, Mushrooms, Soy, Sulphites

CHICKEN PARMESAN

Ingredients: Chicken, breadcrumb, pasta, tomato paste, tomatoes, onion, carrots, vegetable stock, garlic, pepper, herbs, parmesan.

Allergens: Alliums, Gluten, Soy, Dairy

CHICKEN SOUVLAKI

Ingredients: Chicken, garlic, lemon, canola oil, olive oil, chicken stock, rice, bell peppers, mayonnaise, spices, herbs, carrots, lentils

Allergens: Alliums, Egg, Sulphites, Soy

MEATLOAF WITH TANGY BBQ & MASH

Ingredients: Beef, garlic powder, spices, onion powder, salt, pepper, milk powder, ketchup, apple cider vinegar, onion, brown sugar, herbs, green peas, potato, milk, margarine, garlic.

Allergens: Alliums, Dairy, Soy

SWEET & SOUR BEEF STIR-FRY

Ingredients: Brown sugar, white vinegar, GF soy sauce, ketchup, garlic, bell peppers, onions, broccoli, carrots, beef, rice, cornstarch, sesame seeds, green onions.

Allergens: Soy, Alliums, Sesame, Sulphites

SHEPHERD'S PIE

Ingredients: onions, carrots, celery, herbs, salt, pepper, beef, garlic, margarine, beef stock, milk powder, peas, corn, potato, milk.

Allergens: Alliums, Soy, Gluten, Dairy, Sulphites

BEEF BOLOGNESE

Ingredients: Tomato paste, tomatoes, onion, carrots, vegetable stock, garlic, pepper, herbs, beef, salt, pasta, parmesan, breadcrumbs.

Allergens: Alliums, Gluten, Soy, Dairy

BEEF STROGANOFF

Ingredients: Chicken stock, milk powder, pepper, salt, herbs, onion, garlic, margarine, flour, beef, beef stock, cream, mushrooms, pasta, parmesan

Allergens: Dairy, gluten, mushrooms, alliums, soy, sulphites

MEATBALL MARINARA

Ingredients: Beef, tomato paste, tomatoes, onion, carrots, vegetable stock, garlic, pepper, herbs, pasta, parmesan, breadcrumb.

Allergens: Alliums, Gluten, Soy, Dairy

VEGAN

TOFU TERIYAKI

Ingredients: tofu, gluten-free soy sauce, brown sugar, vegetable stock, pepper, ginger, garlic, honey, tomato paste, ketchup, carrot, onion, celery, broccoli, sesame seeds, rice

Allergens: Soy, Alliums, Sesame

VEGAN SHEPHERD'S PIE

Ingredients: mushrooms, onion, carrot, salt, pepper, rosemary, garlic, canola oil, herbs, vegetable stock, cornstarch, potato, soy milk.

Allergens: alliums, mushroom, soy

CHICKPEA CURRY

Ingredients: shallots, onion, garlic, jalapeno, ginger, red hot peppers, olive oil, canola oil, eggplant, tahini, brown sugar, gluten free soy sauce, coconut milk, chickpeas, vegetable stock.

Allergens: Alliums, Sesame, Soy, Coconut