



Choose any 10 meals for just R700.

Meals will be delivered frozen, to your doorstep.

*Macaroni and Cheese* ✓

*Chicken Pastitsio*

*Vegetable Pastitsio* ✓

*Homemade Beef Pie*

*Homemade Chicken Pie*

*Homemade Vegetable Pie* ✓

*Pap, Wors and Sheba*

*Butternut Soup* ✓

*Minty Pea Soup* ✓

*Vegetable Soup* ✓

*Hearty Beef Soup*

*Chicken ala King*

*Traditional Cottage Pie*

*Vegetarian Cottage Pie* ✓

*Beef Lasagne*

*Chicken Lasagne*

*Vegetable Lasagne* ✓

*Chicken Curry*

*Vegetable Curry* ✓

*Beef Stroganoff with Rice*

*Bobotie and Rice*

*Chicken, Veg and Rice*

Contact us to book your delivery dates!

Tel: 083 451 9335

Email: [chris@greencupfoods.co.za](mailto:chris@greencupfoods.co.za)

Website: [www.greencupfoods.co.za](http://www.greencupfoods.co.za)