

# FOMO

FROZEN MEALS

# MENU

## WITH OUR NEW RANGE OF FROZEN MEALS, WE'RE MAKING IT EASIER THAN EVER TO FEED YOUR FAMILY THE RIGHT KIND OF FOOD

– Dishes that are both flavourful and wholesome. Each of the meal options is made with love from fresh, seasonal ingredients of the highest quality and served in handy foil containers, so all you have to do is heat and eat.

### ? HOW TO ORDER

1

PLACE YOUR  
ORDER ONLINE

2

PAY IMMEDIATELY VIA EFT, OR ON  
COLLECTION WITH ZAPPER OR CASH

3

COLLECT FROM OUR  
KITCHEN IN BALLITO

Unit 9 Monza Park, 2 Garlicke Drive, Ballito. We are open most week days from 7am to 3pm but please do give us a call on (032) 946-3173 before you collect to check that we are open.



ALL MEALS CAN  
BE FROZEN FOR UP  
TO 3 MONTHS



DEFROST AS  
REQUIRED



PREHEAT OVEN  
TO 180°C



COOK IN FOIL  
CONTAINERS FOR  
THE TIME SPECIFIED



### CHICKEN AVONDALE

Succulent chicken breast cooked in mustard, lemon and tarragon sauce, with an almond, bread crumb and herb crust. Contains wheat and dairy.



### CHICKEN À LA KING

Diced chicken cooked with red and green peppers, mushrooms, herbs and spices in a delicious creamy sauce. Contains wheat and dairy.



### SCRUMPTIOUS CHICKEN

Sliced tender chicken breasts cooked with leeks, onion, garlic, mustard, and orange. Seasoned with herbs and spices. Contains wheat, dairy and alcohol.



### LAMB KNUCKLE CURRY

Succulent lamb knuckle slow cooked in a sauce of onion, tomato, ginger, garlic, curry powder, herbs and spices.



### BEEF STROGANOFF

Tender beef fillet strips cooked with onion, mushrooms, herbs and spices in a creamy sauce, seasoned with herbs and spices. Contains wheat, dairy and alcohol.



### COUNTRY-STYLE OXTAIL

Succulent beef oxtail in a sauce with carrots, celery, leeks, onions, tomato, beans, garlic, and seasoning. Contains wheat and alcohol.



### CHICKEN + MUSHROOM PIE

Diced chicken and mushrooms in a creamy sauce, seasoned with herbs and spices, and baked within a crispy crust. Contains wheat, dairy and vegetable fat.



### BEEF LASAGNE

Layers of egg pasta sheets, tomato, cheese and beef mince, seasoned with herbs and spices. Contains wheat and dairy.



### CHICKEN LASAGNE

Layers of egg pasta sheets, tomato, cheese and chicken, seasoned with herbs and spices. Contains wheat and dairy.



**R115**  
2 PORTIONS

### SPINACH + FETA LASAGNE

Layers of egg pasta sheets, spinach, and feta cheese, seasoned with herbs and spices. Contains wheat and dairy.



**R105**  
2 PORTIONS

### CHICKEN + LEEK PIE

Diced chicken breasts and leeks, topped with a delicious crisp phyllo pastry. Seasoned with herbs and spices. Contains wheat, dairy and vegetable fat.



**R85**  
2 PORTIONS

### LENTIL + SWEET POTATO BAKE

Braised lentils and roasted Mediterranean vegetables, topped with sweet potato mash. Seasoned with herbs and spices. Contains wheat.



**R105**  
2 PORTIONS

### MELANZANE PARMIGIANA

Sliced brinjal, layered with cheese and tomato sauce, and seasoned with herbs and spices. Contains wheat, dairy and egg.



**R135**  
2 PORTIONS

### EXOTIC MUSHROOM RISOTTO

Delicious arborio rice dish made with mushrooms, onion and porcini stock, and seasoned with garlic and herbs. Contains dairy and alcohol.



**R100**  
2 PORTIONS

### SWEET POTATO, CHICKPEA + SPINACH COCONUT CURRY

A delicious combination of sweet potato, chickpeas and spinach cooked in a fragrant coconut cream sauce, and seasoned with herbs and spices.



**R115**  
2 PORTIONS

### SPINACH + RICOTTA CANNELLONI

Rolls of egg pasta filled with spinach and ricotta, smothered with cheese sauce, seasoned with herbs and spices and garnished with tomato sauce. Contains wheat and dairy.