

The Farm Food Factory  
Frozen Homemeals

**IMMUNE BOOSTING**      **EAT BETTER FEEL BETTER**

Our frozen Homemade meals are launching Tuesday 24th!  
All orders to be placed on Fridays and deliveries or collections will be ready for the following Tuesday

Menus available in the following options

- Meat chicken and Fish •
- Vegetarian (contains dairy) •
- Vegan (no meat or dairy) •

Carb / Gluten free options available on most meals at a R25 surcharge per meal

EMAIL orders to  
[thefarmfoodfactory@gmail.com](mailto:thefarmfoodfactory@gmail.com)

call on 039 004 0055

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MAIN MEALS  
VEGAN-  
R260 FAMILY  
R60 SINGLES

BUTTERNUT FETA LENTIL LASAGNE  
• GREEK(V)MEAT BALLS IN TOMATO SAUCE • BUTTERBEAN CANALINI BEAN CHICKPEA RATATOULLIE BAKE • (V)CHICKEN BROCCOLI BAKE • LENTIL AND VEG COTTAGE PIE • FRAGRANT (V) CHICKEN AND CORN CURRY • (V) CHICKEN AND BROCCOLI

We deliver to  
your door

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MAIN MEALS  
VEGETARIAN -  
R200 FAMILY  
R52 SINGLES

BUTTERNUT FETA LENTIL LASAGNE  
• MUSHROOM STRAGONOFF •  
BUTTERBEAN CANALINI BEAN  
CHICKPEA RATATOULLIE BAKE •  
CREAMED SPINACH AND FETA  
PHYLLO PIE • LENTIL AND VEG  
COTTAGE PIE • FRAGRANT  
COURGETTE AND CORN CURRY •  
BROCCOLI AND CULIFLOWER  
GRATIN

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MAIN MEALS  
MEAT CHICKEN FISH -  
R250 FAMILY  
R58 SINGLES

BEEF LASAGNE • BEEF  
STRAGONOFF • GREEK MEAT BALLS  
IN TOMATO SAUCE • CHICKEN  
LASAGNA • CHICKEN A LA KING •  
BEEF THYME AND ONION POT PIE •  
CHICKEN BROCCOLI BAKE • COTTAGE  
PIE • THAI FISH CAKES AND STIR  
FRY VEGETABLES • CHILLI CON  
CARNE • FRAGRANT CHICKEN CORN  
CURRY

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**SOUPS R38**  
**500ML 1 TO 2 SERVINGS**

- TRADITIONAL BUTTERNUT (VEG & VEGAN) •
- SLOW ROASTED TOMATO & BASIL (VEG & VEGAN) •
- HEARTY VEGETABLE (VEG & VEGAN) •
- ASIAN BLACK BEAN (VEG & VEGAN) •
- DETOX BROTH (VEG & VEGAN) •
- CAULIFLOWER CUMIN & BACON •
- CREAMY CHICKEN & VEGETABLES •
- BROCCOLI CHICKEN & BACON

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**SIDES DISHES R37**  
**1 TO 2 SERVINGS**

- TRADITIONAL GREEN BEANS & POTATO (VEG & VEGAN) •
- SLOW ROASTED ROOT VEGGIES (VEG & VEGAN) •
- LOADED VEGETABLE BROWN RICE & BARLY (VEG & VEGAN) •
- CHEESY VEGGIE BAKE (VEG ONLY) •
- ROASTED BUTTERNUT (VEG & VEGAN) •
- CANDIED SWEET POTATO (VEG & VEGAN)
- CREAMED SPINACH (VEG ONLY) •

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