Easy Meals serve 4 people and include the recipe and all ingredients needed to make the meal.

**HEALTHY FOOD CO.**

**Smithfield Plains**
The Precinct
112 Coventry Rd,
Smithfield Plains SA 5114
Phone 8254 3641

Monday-Friday
9:30am-4:30pm

**Elizabeth Downs**
Elizabeth Downs Shopping Centre
Shop 5, 26 Hamblynn Rd,
Elizabeth Downs SA 5113
Phone 8287 4299

Monday-Friday
9:30am-3:30pm

playford.sa.gov.au/healthyfoodco
Beef Casserole $9.00
Beef Curry $9.00
Savoury Mince $9.50
Chilli Con Carne $9.50
Cottage Pie $10.00
Chow Mein $9.50
Pasta Bolognaisse $10.00
Curried Sausages $7.50
Tomato Macaroni Cheese Bake $5.50
Apricot Chicken $8.50
Chicken Noodle Soup $4.50
Creamy Chicken Pasta $8.50
Chicken Stir Fry $8.50
Mexican Chicken $8.50
Minestrone Soup $4.50
Pumpkin Soup $4.50
Vegetable Curry $5.50
Roasted Pumpkin Couscous $5.50
Tasty Tuna Bake $8.00
Tuna Mornay $8.00
Fluffy Pancakes $1.50
Simple Scones $1.50
SNACK PACK

- 250ml water
- variety snack pack
- vegemite & crackers
  or cheese & crackers
  or sultanas
- fruit

$1.60
Energy Pack

600ml water
Energy bar
25gm nuts
25gm rice crackers

$2.50