

Snack Packs

Great for lunch boxes
and only \$2.50

1



2



3



Energy Pack

\$2.50



Visit us at Healthy Food Co.

Smithfield Plains

The Precinct
112 Coventry Road,
Smithfield Plains SA 5114
Monday - Friday
9.00 a.m. - 4.30 p.m.
Phone 8254 3641

Elizabeth Downs

Elizabeth Downs Shopping Centre
Shop 5, 26 Hamblynn Road,
Elizabeth Downs SA 5113
Monday - Friday
9.30 a.m. - 3.30 p.m.
Phone 8287 4299

John McVeity Centre

182 Peachey Road,
Smithfield Plains SA 5114
After Hours Easy Meal Order collection only

playford.sa.gov.au/healthyfoodco



HEALTHY
FOOD CO.

Easy Meals

By Healthy Food Co.

Prices as of September 2023

HEALTHY
FOOD CO.

Easy Meals

Each Easy Meal kit serves 4 people and includes the recipe and all ingredients needed to make the meal!



...to this!



A delicious Mexican Chicken for the whole family

*Every Easy Meal kit serves 4

Beef

Curried Sausages	10.50	🍏
Beef Casserole	13.00	🍏
Beef Curry	13.00	🍏
Chilli Con Carne	13.00	🍏
Chow Mein	13.00	🍏
Mexican Beef	13.00	🍏
Savoury Mince	13.00	🍏
Beef Stir Fry	14.00	🍏
Cottage Pie	14.00	🍏
Pasta Bolognese	14.00	🍏

Chicken

Chicken Noodle Soup	7.00	🍏
Creamy Chicken Pasta	11.50	🍏
Italian Chicken	11.50	🍏
Chicken Curry	12.00	🍏
Mexican Chicken	12.00	🍏
Apricot Chicken	13.00	🍏
Chicken Stir Fry	13.00	🍏
Sweet and Sour Chicken	14.00	🍏

Beef Stir Fry



Pork & Bacon

Tomato Macaroni	7.00	🍏
Sweet and Sour Pork	15.00	🍏

Vegetarian 🌱

Pumpkin Soup	4.50	🍏
Vegetable Curry	5.50	🍏
Fried Rice	6.00	🍏
Minestrone Soup	6.00	🍏
Cheesy Rice Slice	7.00	🍏
Roasted Pumpkin Couscous	7.00	🍏
Quiche	8.50	🍏

Fish

Tuna Patties	8.00	🍏
Tuna Bake	10.50	🍏
Tuna Mornay	10.50	🍏

Flour

Fluffy Pancakes	2.50	🍏
Simple Scones	2.50	🍏

🍏 = Eat Most

🍏 = Eat Moderately

Quiche



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