

## 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**

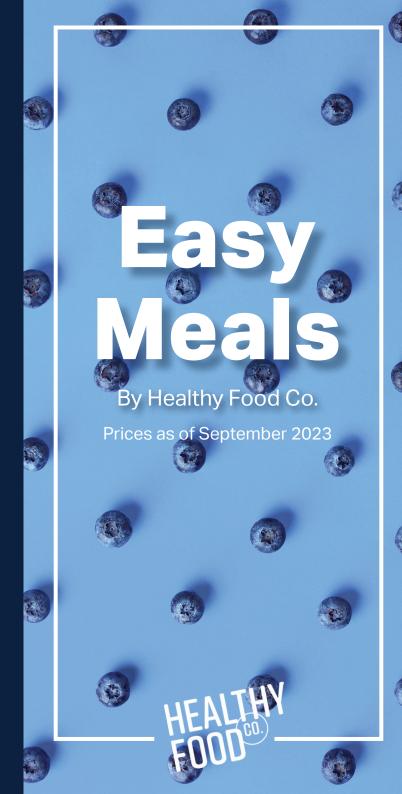
182 Peachey Road, Smithfield Plains SA 5114 \*After Hours Easy Meal Order collection only\*

playford.sa.gov.au/healthyfoodco







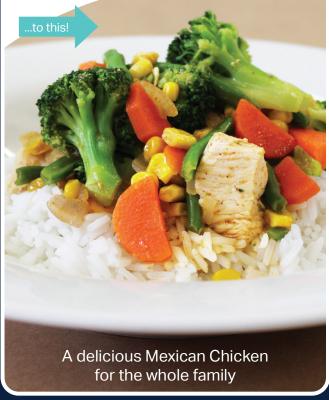


## \*Every Easy Meal kit serves 4

# **Easy Meals**

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





### **Beef** 10.50 **Curried Sausages** 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 🎃
Manada da L	
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	

Prices as of September 2023