

Snack Packs

school & kindly approved snacks



From \$2 - Contents may vary
Full selection in store
*pictured with water for \$2.50

About Healthy Food Co & our Easy Meals

Proudly operated by
the City of Playford



Supporting our
community
since 1996



volunteer run
service



30 + choices
of Easy Meals



Using quality
ingredients



Everybody
welcome



Optional
member
program

Smithfield Plains



112 Coventry Rd
Smithfield Plains
8254 3641

Monday: 9am - 3pm
Tuesday - Friday: 9am - 4:30pm

Elizabeth Downs

Elizabeth Rise Shopping Centre
Shop 5, 26 Hamblynn Rd
Elizabeth Downs
8287 4299

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

John McVeity Centre

182 Peachey Rd
Smithfield Plains
**Pre-paid Easy Meal order
collection point only**

playford.sa.gov.au/healthyfoodco



Find us on
Facebook



facebook.com/PlayfordFoodCoop

Easy Meals



HEALTHY FOOD CO.

Prices as of
July 2026

Vegetarian

Scones	\$2.50
Pancakes	\$2.90
Pumpkin Soup	\$4.50
Vegetable Curry	\$6.00
Minestrone Soup	\$6.00
Fried Rice	\$6.50
Quiche	\$9.25
Vegetable Enchiladas	\$10.50

**Each Easy Meal kit
serves 4 people***



from this

to this

Italian Chicken
Serves 4
\$12.90
= \$3.23
per serve



NEW Spiced Lentil Soup
Serves 6
\$7.00
= \$1.17
per serve

**Some kits serve 6 as listed
All ingredients included*

Chicken

Chicken Noodle Soup	\$7.00
Creamy Chicken Pasta	\$11.50
Apricot Chicken	\$13.25
Mexican Chicken	\$13.50
Chicken Stir Fry**	\$14.00
Moroccan Chicken	\$14.50
Sweet & Sour Chicken	\$14.90
Okonomiyaki	\$15.00
Greek Lemon chicken	\$15.00
African Chicken	\$15.90
Butter chicken (*serves 6)	\$24.00

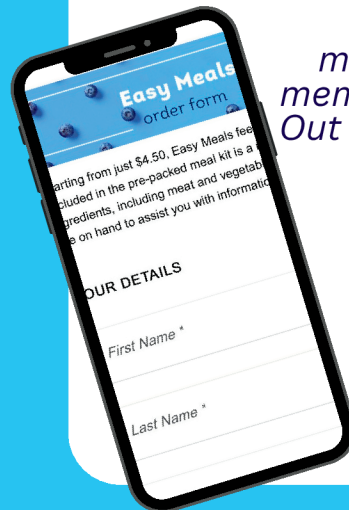
Pork & Bacon

Cauliflower & Bacon Soup	\$7.00
Tomato macaroni	\$7.50
Sweet & Sour Pork	\$16.50

Tuna

Tuna Bake	\$10.90
Tuna Mornay	\$10.90

*Scan here for
more information on
memberships, our stores,
Out of Hours pick ups and
online ordering*



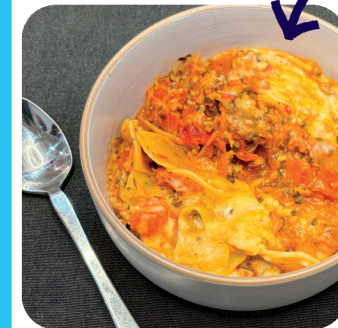
Beef

Curried Sausages	\$10.50
Beef Casserole	\$14.00
Chow Mein	\$14.00
Chilli Con Carne	\$14.25
Meatloaf	\$15.50
Cottage Pie	\$15.50
Pasta Bolognese	\$16.00
Beef Stir Fry**	\$16.00

***pad thai or vermicilli noodles available*

Seasonal

Stovetop Lasagne (*serves 6)	\$20.50
Sundried Tomato & chicken Pasta	\$16.90
Italian Chicken	\$12.90
Spiced Lentil & veggie Soup (*serves 6)	\$7.00



NEW Stovetop Lasagne
serves 6
\$20.50
= \$3.42
per serve

NEW Chicken & Sundried Tomato Pasta
Serves 4
\$16.90
= \$4.23
per serve



Prices as of July 2026