



MASHED
HIGHLY NUTRITIOUS PUREED FOOD

2021 ORDER LIST

Place Orders at:

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or

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PRODUCT	SERVING SIZE	PRIZE	QUANTITY
VEGETABLES			
BROCCOLI	100 g	R 20,00	
BROCCOLI	200 g	R 28,00	
BROCCOLI	1500 g	R 215,00	
CAULIFLOWER	100 g	R 20,00	
CAULIFLOWER	200 g	R 28,00	
CAULIFLOWER	1500 g	R 215,00	
BUTTERNUT	100 g	R 16,00	
BUTTERNUT	200 g	R 26,00	
BUTTERNUT	1500 g	R 205,00	
GLAZED CARROTS	100 g	R 17,00	
GLAZED CARROTS	200 g	R 27,00	
GLAZED CARROTS	1500 g	R 210,00	
GREEN BEANS	100 g	R 18,00	
GREEN BEANS	200 g	R 27,00	
GREEN BEANS	1500 g	R 210,00	
POTATO MASH	100 g	R 15,00	
POTATO MASH	200 g	R 25,00	
POTATO MASH	1500 g	R 180,00	
SPINACH	100 g	R 15,00	
SPINACH	200 g	R 25,00	
SPINACH	1500 g	R 200,00	
SWEET POTATO MASH	100 g	R 20,00	
SWEET POTATO MASH	200 g	R 28,00	
SWEET POTATO MASH	1500 g	R 215,00	
BEETROOT	100 g	R 15,00	
BEETROOT	200 g	R 25,00	
BEETROOT	1500 g	R 200,00	



PRODUCT	SERVING SIZE	PRIZE	QUANTITY
PROTEINS			
BOEREWORS MASH	100 g	R 23,00	
BOEREWORS MASH	200 g	R 32,00	
BOEREWORS MASH	1500 g	R 280,00	
BEEF BOLOGNESE	100 g	R 25,00	
BEEF BOLOGNESE	200 g	R 35,00	
BEEF BOLOGNESE	1500 g	R 300,00	
COTTAGE PIE	100 g	R 24,00	
COTTAGE PIE	200 g	R 34,00	
COTTAGE PIE	1500 g	R 290,00	
ROAST CHICKEN	100 g	R 26,00	
ROAST CHICKEN	200 g	R 36,00	
ROAST CHICKEN	1500 g	R 307,00	
CREAMY CHICKEN	100 g	R 25,00	
CREAMY CHICKEN	200 g	R 35,00	
CREAMY CHICKEN	1500 g	R 300,00	
TUNA AND CORN BAKE	100 g	R 29,00	
TUNA AND CORN BAKE	200 g	R 39,00	
TUNA AND CORN BAKE	1500 g	R 315,00	
CURRY AND MASH	100 g	R 25,00	
CURRY AND MASH	200 g	R 35,00	
CURRY AND MASH	1500 g	R 300,00	



PRODUCT	SERVING SIZE	PRIZE	QUANTITY
SOUPS			
CHICKEN & VEGETABLE	500 ml	R 45,00	
CHICKEN & VEGETABLE	1000 ml	R 75,00	
BEEF & VEGETABLE	500 ml	R 45,00	
BEEF & VEGETABLE	1000 ml	R 75,00	
BUTTERNUT	500 ml	R 35,00	
BUTTERNUT	1000 ml	R 65,00	
CREAMY BROCCOLI & CAULIFLOWER	500 ml	R 35,00	
CREAMY BROCCOLI & CAULIFLOWER	1000 ml	R 65,00	
MINISTRONE	500 ml	R 40,00	
MINISTRONE	1000 ml	R 60,00	
VEGETABLE MEDLEY	500 ml	R 35,00	
VEGETABLE MEDLEY	1000 ml	R 65,00	
POTATO & LEEK	500 ml	R 35,00	
POTATO & LEEK	1000 ml	R 65,00	



PRODUCT	SERVING SIZE	PRIZE	QUANTITY
DESSERTS			
CHEESECAKE	100 g	R 25,00	
CHEESECAKE	200 g	R 40,00	
CHEESECAKE	400 g	R 75,00	
CHOCOLATE MOUSSE	100 g	R 22,00	
CHOCOLATE MOUSSE	200 g	R 35,00	
CHOCOLATE MOUSSE	400 g	R 60,00	
MILKTART	100 g	R 20,00	
MILKTART	200 g	R 30,00	
MILKTART	400 g	R 55,00	
MELKKOS	100 g	R 15,00	
MELKKOS	200 g	R 25,00	
MELKKOS	400 g	R 55,00	

