



# Healthy Kiwi Dinners

*Healthy Choices make Healthy Kiwis!*

**PH: 03 982 4980**

## **FROZEN MEALS ALL ONLY \$15**

The containers we use are **ONLY SUITABLE** for **MICROWAVE** use.

Please lift the lid slightly prior to placing it in the microwave

**Heating Times:** Microwave on high 8 minutes from frozen, 4 minutes if defrosted.

**Oven:** approx 25 minutes in a covered ovenproof dish.

*SERVED WITH POTATO AND 3 SEASONAL VEGES*

**MILD CURRIED SAUSAGES**  
**SAVORY MINCE**  
**LAMBS FRY & BACON**  
**BEEF & RED WINE CASSEROLE**  
**HAWAIIAN BEEF**  
**LAMB CASSEROLE**  
**IRISH STEW**  
**BUTTER CHICKEN WITH RICE**  
**FISH & WHITE SAUCE**  
**SAUSAGE & ONION GRAVY**

**DEVILLED SAUSAGES**  
**CHICKEN CASSEROLE**  
**MEAT LOAF**  
**APRICOT CHICKEN**  
**COTTAGE PIE**  
**BEEF STROGANOFF**  
**FISH PIE**  
**SWEET N SOUR PORK**  
**WITH RICE & STIR FRY VEGES**  
**OR 3 VEGES**



**BUY 10 FROZEN MEALS**  
and get **1 FREE**

*PICK UP ONLY APPLIES TO THIS SPECIAL*

**ORDER 10 OR MORE**  
**FROZEN MEALS**

**TO QUALIFY FOR FREE DELIVERY**  
*WITHIN CHRISTCHURCH METRO AREA ONLY*

*SERVED WITH 3 SEASONAL VEGES*

**BACON AND EGG PIE WITH VEGETABLES**  
**LASAGNE WITH VEGETABLES**  
**MACARONI CHEESE WITH VEGETABLES**

# **ALL \$15**

*All prices subject to change without notice*

NewPark, Unit 14,  
 14 Broad Street, Woolston  
[www.healthykiwidinners.co.nz](http://www.healthykiwidinners.co.nz)

**MONDAY - FRIDAY**  
 10am - 1.30pm and 4pm - 6pm  
**SATURDAY CLOSED**  
**SUNDAY** 4pm - 6pm

**PUBLIC**  
**HOLIDAYS**  
**CLOSED**