

easy feast

healthy home-cooking made *easy!*

This is a complete meal pack that includes meat, vegetables, eggs and cheese for a family of 4-6 for under \$10.50.

Easyfeast™ meals is the perfect family meal pack that was originally devised in conjunction with the Foodies programme and SA Health to provide healthy low salt and sugar free affordable nutritional meal at low cost for families.

All meal packs have verified nutritional panels published.

The range of Easyfeast™ meals includes many traditional family favourites with something to satisfy all taste buds...



THE FOOD CENTRE

A not-for-profit community organisation

The Food Centre is a "Not for Profit" and registered Charity organisation that was originally founded in 1990 to establish and operate a Food Centre for the residents of the City of Port Adelaide Enfield and the surrounding areas. We provide affordable groceries, clothing and household goods and social interaction through our grocery shop, Mel's Op Shop and Arnolds Place Coffee



Shop 5, 580 Main North Rd.

Gepps Cross

Phone: 8262 7345

E-mail: admin@thefoodcentre.com.au



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**MEALS DESIGNED TO SERVE
4 TO 6 PEOPLE FOR UNDER
\$10.50**

**On-line ordering available
www.thefoodcentre.com.au**

8:30am to 5pm

Monday to Friday

Save money on your food bill with **Easy Feast™**







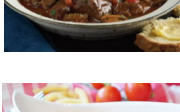







MENU LIST

	APRICOT CHICKEN A family favourite of tender chicken and luscious apricots, delivers full, rich flavours every time.	\$7.95
	CHICKEN CACCIATORE This is such a delicious dish - it's hard to believe how economical it is...	\$8.75
	CHICKEN FRIED RICE an easy midweek dinner, a one-skillet recipe that's ready in 20 minutes and better than takeout	\$6.85
	CLASSIC SPAGHETTI BOLOGNESE A traditional recipe with juicy beef, that will really impress! So simple yet so yummy!	 \$8.45
	CHILLI CON CARNE Is a spicy dish containing chili, meat, tomatoes, beans and an aromatic blend of spices.	\$8.89
	COTTAGE PIE A classic comfort meal. This hearty dish is pretty special to share with the family.	\$7.85
	DEVILLED SAUSAGES A popular sausage meal, with a little 'curry kick'. That is a generational favourite.	\$6.75
	TUNA FISH CAKES Tuna Cakes is a lifesaver when you need to rustle up a simple and healthy dinner,	\$5.45
	TUNA MORNAY An all in one dish, that is wonderfully comforting for the whole family.	\$8.45
	PIZZA BASE Create the pizza base and load it with your family's favourite toppings.	\$2.95

MENU LIST

	VEGETABLE FRIED RICE an easy dinner, meal in itself, or a perfect accompaniment to another dish	\$5.25
	VEGETABLE LASAGNE This meatless recipe is packed with capsicum, zucchini and carrots, sautéed until golden.	\$7.95
	VEGETABLE RISOTTO Cook up an Italian rice pot packed with veggies and all the rich flavours of the Mediterranean	\$6.90
	VEGETABLE PIZZA You don't need to be a vegetarian to love this pizza. bold flavours to appease pizza	\$5.75
	VEGETABLE SLICE The slice can be served hot or cold. Perfect for dinner or a lunch box snack	\$7.95
	VEGETABLE & BARLEY HOT-POT Warming and hearty, this is perfect for those cold evenings.	\$4.95
	RATATOUILLE a bright and chunky summer vegetable stew, rich and fragrant with garlic and herbs.	\$4.25
	CORN & TOMATO SALAD You can serve this refreshing salad, as a topping or as a salsa with grilled fish or chicken.	\$5.95
	COUSCOUS SALAD Comes together in 10 minutes and has tons of flavour!	\$3.25

MENU LIST

	CHICKEN & VEGETABLE SOUP This dish is low cost and is one of the healthiest .	\$7.45
	MINISTRONE SOUP This soup is not only mouth wateringly beautiful, super & easy to make.	\$3.95
	CHICKEN & CORN SOUP A very quick and easy soup, perfect for to warm your soul.	 \$7.45
	IRISH BEEF STEW A traditional dish, classic winter warming dish that is perfect for slow cooking,	 \$9.95
	BEEF RAGÙ unashamedly easy to make, A rich dish full of flavour, perfect for a family gathering	 \$10.50
	BANGERS & MASH bangers and mash served with peas and onion gravy.	 \$6.50
	BEEF & BACON PASTA BAKE. This meaty & cheesy dish is a perfect meal or served hot or cold.	 \$9.95
	CHICKEN CURRY. A delicious mild creamy coconut curry full of flavour.	 \$7.45

We are very proud of having developed our economical and nutritional meal pack, Easyfeast™ meals.



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