

Ingredients List

<u>Butter Chicken</u> <u>T501</u>	<u>Pineapple Chicken</u> <u>T505</u>	<u>Chicken Pot Pie</u> <u>T502</u>	<u>Chicken Stew</u> <u>T503</u>	<u>Lemon Dill chicken</u> <u>T506</u>	<u>Harvest Chicken</u> <u>T507</u>
Chicken Paprika parsley oil	Chicken Paprika parsley oil	Chicken Paprika parsley oil	Chicken Paprika parsley oil	Chicken Paprika parsley oil	Chicken Paprika parsley oil
<u>Vegetables</u> Diced tomato cream Butter Sour Cream crushed garlic ginger root Onions Zucchini mushrooms Cilantro Brown Sugar Pepper Chili Powder Turmeric Cinnamon Chicken Base	<u>Vegetables</u> crushed garlic Pineapple Currants stock Ketchup vinegar Green pepper Onions carrots brown sugar Basil Pepper Coriander Chicken Base rice flour	<u>Vegetables</u> Miripoix stock Parsley Oregano Basil Tarragon Thyme Chicken Base potato paprika vegetable oil flour	<u>Vegetables</u> Onion Celery Carrots Peas Honey Garlic Parsley Chicken Base Oregano Basil potato paprika vegetable oil rice flour	<u>Vegetables</u> Diced Tomato Onion zucchini Carrots Mushrooms Lemon juice Basil Oregano Parsley dill Chicken base Lemon Pepper rice flour	<u>Vegetables</u> Diced Tomato Cream Onion Mushrooms zucchini Green Peppers corn Garlic Chicken Base Basil Oregano Parsley Black Pepper rice flour
<u>Potato</u> Sweet potato Potato	<u>rice</u> rice carrots	<u>Potato</u> Diced Potato paprika	<u>Potato</u> Diced Potato paprika	<u>rice</u> rice carrots	<u>rice</u> rice carrots

Ingredients List

Celery
Onions
Parsley
Garlic
Oil
Chicken Base

Oil
Seasoning salt

Oil
Seasoning salt

Celery
Onions
Parsley
Garlic
Oil
Chicken Base

Celery
Onions
Parsley
Garlic
Oil
Chicken Base

Ingredients List

<u>Bar B Q Chicken</u> T533	<u>Bowtie Chicken</u> T545	<u>Souvlaki Chicken</u> T536	<u>Liver & Onions</u> T510	<u>Beef Stew</u> T512	<u>Mushroom Chicken</u> T540
Chicken	Chicken	Chicken	Liver	Steak	Chicken
BBQ sauce	Olive oil	Oil	Gravy Mix	Oil	BBQ sauce
chicken base	Basil Pesto	Parsley	Basil	Gravy Mix	chicken base
Garlic	garlic	Basil	Black Pepper	Basil	Garlic
basil	Chicken base	Oregano	soya	Black Pepper	basil
Oregano	Parmesan	Lemon Juice	dry garlic sauce	soya	Oregano
Pepper		Lemon Pepper		dry garlic sauce	Pepper
	<u>Vegetables</u>	Pepper	<u>Vegetables</u>	<u>Vegetables</u>	<u>Vegetables</u>
<u>Vegetables</u>	Diced Tomato	Garlic	Onion	Spanish Onions	Diced Tomato
Diced Tomato	turkey stock	Chicken Base	Turnips	Carrots	Crushed Tomato
Onion	Onion		Carrots	Celery	Spanish onion
zucchini	celery	<u>Vegetables</u>	Peas	Peas	Carrots
Carrots	Oil	Diced Tomato	Beef Soup Base	Beef Soup Base	Zucchini
Mushrooms	Olive oil	Onion	Gravy Mix	Gravy Mix	Mushrooms
Lemon juice	Basil Pesto	zucchini	Basil	Basil	Honey Garlic
Basil	garlic	Green Peppers	Parsley	Parsley	Basil
Oregano	Chicken base	Basil	Rice Flour	Rice Flour	Oregano
Parsley	Parmesan	Oregano			Parsley
dill	Rice Flour	Parsley			Chicken Base
Chicken base		garlic			Rice Flour
Lemon Pepper		Chicken base			
rice flour		Lemon Pepper			
		Rice Flour			
<u>rice</u>	<u>Pasta</u>	<u>rice</u>	<u>Mashed Potato</u>	<u>Potato</u>	<u>rice</u>
rice	Bowtie Pasta	rice	Potato	Diced Potato	rice
carrots		carrots	cream	paprika	carrots

Ingredients List

Celery
Onions
Parsley
Garlic
Oil
Chicken Base

Celery
Onions
Parsley
Garlic
Oil
Chicken Base

butter
Chicken Base

Oil
Seasoning salt

Celery
Onions
Parsley
Garlic
Oil
Chicken Base

Ingredients List

<u>Roast Beef</u> T513	<u>Swedish Meatballs</u> T516	<u>HG Meatballs</u> T511	<u>Chili</u> T529	<u>Beef Stroganoff</u> T517
Roast Beef Gravy Mix Basil Black Pepper soya dry garlic sauce	Meatballs Gravy Mix Basil Black Pepper soya dry garlic sauce	Meatballs soya dry garlic sauce	Ground Beef	Steak Oil Gravy Mix Basil Black Pepper soya sauce dry garlic sauce
<u>Vegetables</u> Green Beans Rice Flour	<u>Vegetables</u> onion Green peppers Flour	<u>Vegetables</u> Mushrooms Onions Green Peppers	<u>Vegetables</u> celery Green peppers Spanish onions Chopped garlic Oregano Crushed chili Basil Beef Base Chicken Base Chili powder Black pepper Crushed Tomato Water Diced Tomato Kidney beans	<u>Vegetables</u> Spanish Onions Zucchini Mushroom Beef Soup Base Gravy Mix Basil Oregano Parsley Black Pepper Flour
<u>Potato</u> Diced Potato paprika	<u>Pasta</u> Egg Noodle	<u>rice</u> rice carrots		<u>Pasta</u> Egg Noodle

Ingredients List

Oil
Seasoning salt

Celery
Onions
Parsley
Garlic
Oil
Chicken Base

Ingredients List

<u>Steak and Mush Pi</u> T538	<u>Shepherds Pie</u> T514	<u>Meatloaf</u> T519	<u>Cabbage Rolls</u> T509	<u>Swiss Steak</u> T515	<u>Lasagna</u> T520
Steak	Ground Beef	ground beef	ground beef	Steak	Ground Beef
Oil	Chicken Base	Whole eggs	Whole eggs	Oil	
Gravy Mix	Basil	BBQ sauce	BBQ sauce	Gravy Mix	
Basil	Oregano	chicken base	Chicken Base	Basil	
Black Pepper			Cooked rice	Black Pepper	
soya sauce				soya sauce	
dry garlic sauce				dry garlic sauce	
<u>Vegetables</u>	<u>Vegetables</u>	<u>Vegetables</u>	<u>Vegetables</u>	<u>Vegetables</u>	<u>Vegetables</u>
Miripoix	Corn	Carrots	Diced Tomato	Diced Tomato	Oregano
Mushroom	Cream Corn	Gravy Mix	Crushed Tomato	water	Basil
Dry garlic sauce	Rice Flour	Basil	Spanish onion	Soya	Pepper
Beef Soup Base		Black Pepper	Carrots	Onions	Chicken Base
Gravy Mix		soya	Zucchini	Green Peppers	Beef Base
Basil		dry garlic sauce	Mushrooms	Carrots	crush red pepper
Oregano		Rice Flour	Honey Garlic	turnip	Mushroom
Parsley			Basil	Basil	onion
Black Pepper			Oregano	Beef Base	Green Peppers
Flour			Parsley	Gravy mix	Celery
Pie Crust			Chicken Base	Parsley	Diced tom.
			Rice Flour	Rice Flour	Crushed Tomato
					Parmesan cheese
<u>Potato</u>	<u>Mashed Potato</u>	<u>Mashed Potato</u>	<u>rice</u>	<u>Potato</u>	<u>Pasta</u>
Diced Potato	Potato	Potato	carrots	Diced Potato	Lasagna
paprika	cream	cream	Celery	paprika	
Oil	butter	butter	Onions	Oil	

Ingredients List

Seasoning salt

Chicken Base

Chicken Base

Parsley

Garlic

Oil

Chicken Base

Seasoning salt

Ingredients List

<u>Italian Casserole</u> T521	<u>Spaghetti</u> T522	<u>Maple Ham</u> T535	<u>Pork Tenderloin</u> T523	<u>Pulled Pork</u> T534	<u>Dill Haddock</u> T527
Ground Beef	Ground Beef	Ham	Pork Tenderloin Oil Gravy Mix Basil Black Pepper soya dry garlic sauce	Pork Bar B Q Sauce Basil Chicken Base	haddock
<u>Vegetables</u> Oregano Basil Pepper Chicken Base Beef Base crush red pepper Mushroom onion Green Peppers Celery Diced tom. Crushed Tomato Parmesan cheese	<u>Vegetables</u> Oregano Basil Pepper Chicken Base Beef Base crush red pepper Mushroom onion Green Peppers Celery Diced tom. Crushed Tomato Parmesan cheese	<u>Vegetables</u> Carrots Pineapple Maple Syup Honey Garlic brown sugar Pepper Chicken Base Parsley Rice Flour	<u>Vegetables</u> Onions Celery carrots Stock Garlic sauce Soya Gravy Mix peppercorns Basil Oregano Parsley Beef Base Rice Flour	<u>Vegetables</u> Diced Tomato Crushed Tomato Spanish onion Carrots Zucchini Mushrooms Honey Garlic Basil Oregano Parsley Chicken Base Rice Flour	<u>Vegetables</u> Diced Tomato Onion zuchinni Carrots Mushrooms Lemon juice Basil Oregano Parsley dill Chicken base Lemon Pepper rice flour
<u>Pasta</u> Macaroni	<u>Pasta</u> Spaghetti	<u>Scalloped Potato</u> Potato onion butter	<u>Potato</u> Diced Potato paprika Oil	<u>rice</u> carrots Celery Onions	<u>rice</u> carrots Celery Onions

Ingredients List

Milk
Parmesan
Chicken Base
Basil
rice flour

Seasoning salt

Parsley
Garlic
Oil
Chicken Base

Parsley
Garlic
Oil
Chicken Base

Ingredients List

<u>Turkey</u> T525	<u>Salmon fusion</u> T541	<u>Breakfast</u> T544	<u>Mac n Cheese</u> T543
Turkey	Salmon	Bacon	cheese sauce hot water Chopped onion green peppers Butter Breadcrumbs Shredded Cheese Parmesan
<u>Vegetables</u> Peas Carrots Turkey stock thyme rosemary Chicken Base Parsley Rice Flour	<u>Vegetables</u> Onion celery Corn Black beans Pinto beans Oil Olive oil Pesto garlic Chicken base Lemon Pepper Lemon Juice Rice Flour	Eggs Milk	<u>Pasta</u> Scoobie Doo Noodles
<u>Mashed Potato</u> Potato cream butter	<u>rice</u> carrots Celery Onions	<u>Potatoes</u> Roast Potatoes Onion Seasoning salt	

Ingredients List

Chicken Base

Parsley

Garlic

Oil

Chicken Base