

Little Big Meals for Toddlers

Good, wholesome meals without added salt, sugar or flavourings or preservatives, these meals come as single meals (200g tubs).

Zesty Sweet Potato and Pumpkin Soup *V	5.00
Chickpea Curry with Brown Rice *V	5.00
Vegetable and Barley Soup *V	5.00
Beef Bolognese Sauce (2 meals per serve)	8.00
Lentil and Vegetable Soup *V	5.00
Chicken, Lentil and Vegetable Soup	8.00
Mixed Vegetables in White Sauce (great to serve with fish, or on its own) *V	5.00
Baked Beans (iron rich) *V	5.00
Beef Casserole with Creamy Polenta	8.00
Roast Vegetables with Cous Cous and Tahini *V	5.00
Lamb Stew with Potato and Parsnip Mash	8.00
Chicken and Vegetable Soup	8.00
Spring Vegetable Risotto	5.00
BabyDahl with Brown Rice *V	5.00

Things that aren't frozen

Mini Muesli with dried fruit, linseed and ground almond	250g 5.00	500g 10.00
Baby Hommus	200g 5.00	

Please FAX, Email or Phone us with your order, and delivery will be made on the next delivery day.

Delivery days are Monday, Wednesday and Friday.

PH/F 08 94441531 € Hannah@organicbeginnings.com.au

*Ocean caught wild snapper, not organic

*V - Vegetarian