

Playford Food Co-op Meal Packs

All meal packs include all meat, seasonings and vegetables needed to make the dish.

Meal Packs (serving 4 adults)	Cost
Apricot Chicken	\$5.95
Italian Chicken	\$5.95
Tasty Tuna Bake	\$4.85
Tomato Macaroni Cheese Bake	\$4.85
Oven Baked Sausage and Tomato Risotto	\$4.95
Fish Cakes	\$3.95
Kai Si Ming	\$3.95
Spaghetti Bolognaise	\$3.95
Cottage Pie	\$3.95
Chilli Con Carne	\$3.95
Vegetable Curry	\$3.95
Potato and Bacon Soup	\$2.95
Minestrone Soup	\$2.95
Vegetable Soup	\$2.95
Tomato, Bean and Pasta Soup	\$2.95
Salmon Slice	\$3.95
Meal Packs (serving 2 adults)	
Tomato and Tuna Bake	\$2.95
Easy to make Co-op treats	
Co-op cookies	\$1.00
Individual chocolate puddings	\$1.50
Simple scones	\$1.00
Delicious damper	\$1.00

Playford Community Food Co-op Cookbook:

Lots of simple, easy to follow recipes. Available from the Co-op for \$4.00

Playford Community Food Co-op is located at:

Shop 3a, 240 Peachey Road, Smithfield Plains 5114

Telephone: 8254 3641

Open: Monday - Friday 9.30am - 4.30pm

Shop 5, 4 Hamblynn Road, Elizabeth Downs 5112

Telephone: 8287 4299

Open: Monday 11.00am - 2.00pm / Tuesday - Friday 11.00am - 3.00pm