

Vienrose

Finest Cuisine Catering

Freezer Meals Menu

Our Menu Accommodates Halaal Substitutions On All Our Meals, Please Enquire With Us To Specify Any Special Requests Or Dietary Restrictions.

Frozen Meal Deliveries Will Be Done On Friday's For The Following Week. Meals are freshly prepared On The Day & Frozen

Order Values From R600,00 Will Qualify For The Free 20km Delivery & 25% Off (Rate/Km) , Standard Delivery Rates are @R4,00/Km

Vienrose Soups:

	Single	Double	Family of 4
Creamy Butternut Soup Roasted Butternut Simmered With Tumeric, Cinnamon, Carrots, Fresh Cream, Minced Onions & Herbs	R55	R105	R209
Spiced Carrot & Lentil Soup Carrots & Lentils Braised With Olive Oil, Onions, Fresh Herbs Ginger & Garlic	R55	R105	R209
Tomato Soup Prepared With Roasted Tomatoes, Onion, Butter & Herbs	R55	R105	R209
Pumpkin Soup Prepared With Roasted Pumpkin, Onions, Cream & Herbs	R58	R110	R220
Hearty Chicken Soup Tender Chicken, Potatoes, Carrots, Turnips, Baby Spinnach & Cream With Garlic Croutons	R58	R110	R220
Mushroom Soup Mushroom & Potatoes Creamed With Herbs & Light Spicing	R58	R110	R220
Vegetable Soup Mixed Fresh Vegetables, Carrots, Peas, Sweet Potatoes, Onion, Broccoli, Celery, Butternut, Baby Cabbage & Spinach Slow Cooked With Ginger Garlic & Spicing	R58	R110	R220
Chicken Noodle Soup Shredded Chicken Fillet Breast, Chopped Carrots, Celery, Onion, Fresh Thyme & Garlic With Noodles & A Hearty Chicken Broth	R58	R110	R220
Coconut Squash Soup Shredded Fresh Coconut, Coconut Milk, Spices, Roasted Squash, Fresh Herbs & Light Spicing	R58	R110	R220
Bacon, Bean & Tomato Soup Grilled Chopped Bacon With Tomatoes, Butter Beans, Kidney Beans, Garlic, Ginger & Herbs Slow Cooked	R58	R110	R220
Potato & Leek Soup Potatoes, Leek, Spring Onion Creamed With Fresh Cream, Light Spicing	R58	R110	R220
Beef Goulash Soup Soft Braised & Slow Cooked Rump Prepared With Tomatoes, Chickpeas, Vegetables & Warm Spices With Paprika	R58	R110	R220

Main Dishes:

Low GI/Low Carb Meals

Chicken with Mushrooms Low Calorie Chicken Casserole With Bacon, Peas & Parsley Sauce Served With Rice	R75	R143	R285
Barley, Chicken & Mushroom Risotto Creamy Risotto Made With Pearl Barley, Chicken, Leeks & Mushroom	R72	R137	R274
Moroccan Chicken With Sweet Mash Tender Chicken & Creamy Sweet Potato Mash With A Moroccan Sauce Served with Baby Peas And Baby Carrots	R72	R137	R274
Minced Beef & Sweet Potato Stew Minced Beef Casserole Prepared with Sweet Potatoes Served With Seasonal Greens And Rice	R82	R156	R312
Steamed Fish With Ginger & Spring Onion Asian Steamed Fish With Pak Choi, Mirin, Garlic & Soy Topped With Coriander	R92	R175	R350
Smoked Haddock With Lemon & Dill Delicate Fish With Flavoured Pulses	R90	R171	R342
Grilled Chicken Wings Grilled Chicken Wings In Light Seasoning Served With Greens & Salsa	R70	R133	R266
Grilled Salmon And Asparagus Lightly Seasoned Salmon Grilled In Olive Oil Served With Asparagus, Grilled Cherry Tomatoes, Grilled Peppers & Mushrooms	R98	R186	R372

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Single Double Family of 4

Main Dishes: Traditional Chicken

Chicken A-La-King	R75	R143	R285
Grilled Chicken Tossed In A Creamy Sauce Of Mushrooms, Onions, Green Peppers & Baby Peas Served With White Rice & Caramelized Butternut			
Parmesan Chicken	R75	R143	R285
Two Breaded Chicken Breasts Grilled In Lemon Topped With A Tomato Passata Sauce, Sweet Basil, Mozzarella & Parmesan Served With Grilled Baby Potatoes Prepared In Garlic Butter.			
Chicken Stirfry	R68	R129	R258
Tender Chicken Strips Sauteed With Onion, Carrots, Cabbage, Peppers And Pineapple In A Sweet Soya Sauce Served With Chinese Noodles			
Creamy Chicken	R75	R143	R285
Tender Chicken Breasts Served In A Creamy White Wine Sauce Served With Roasted Baby Potatoes, Broccoli & Green Beans			
Chicken Fried Rice	R68	R129	R258
Tender Grilled Chicken Strips Tossed With Onion, Green Peppers, Egg, Grated Carrots, Mushrooms & Spices With Rice			
Chicken Cordon-Bleu	R75	R143	R285
Crispy Breaded Chicken Fillet Filled With Ham & Cheddar Cheese Pan-Fried & Served With A Creamy Mushroom Sauce, Baked Potatoes And Spinach			
Roast Chicken	R75	R143	R285
Crispy Roast Chicken Fillet Prepared With Mustard, Lemon Served With Roast Potatoes, Whole Mushrooms, Broccoli, Sweet Carrots & Savoury Gravy			
Crispy Chicken	R75	R143	R285
Fried Chicken Breasts Breaded In Parmesan Served With A Creamy Garlic Potato Bake, Grilled Green Beans And Carrot Satini			
Chicken Stew	R75	R143	R285
Hearty Chicken Stew Prepared In With Carrots, Potatoes, Green Beans In A Savoury Gravy Served With Basmati Rice And Sweet Butternut			
Creamy Herb Chicken	R75	R143	R285
Chicken Strips Grilled In Olive Oil & Fresh Lemon With A Light Cream, Rosemary & Thyme Sauce Served With Rice Pasta			
Chicken And Mashed Potatoes	R75	R143	R285
Pan-Fried Chicken Breasts Served with Creamy Mashed Potatoes Topped With A Cheese Crust, Baby Marrow, Gempsquash And Baby Carrots			

Beef

Beef Stroganoff	R85	R162	R323
Beef Fillet Strips Pan-Fried In Soya Sauce, Garlic, Onion, Green Peppers And Mushrooms Simmered With A Light Cream Sauce Served With Rice & Sweet			
Beef Brisket	R75	R143	R285
Grilled Brisket With Roasted Pumpkin, Baby Marrow, Mushrooms & Broccoli Served With A Creamy Potato Bake			
Cottage Pie	R75	R143	R285
Savoury Mince With Vegetables Topped With Creamy Mash Potatoes & Cheddar Cheese			
Beef & Mushroom Wine Sauce	R89	R169	R338
Tender Beef Fillet Cooked In A Red Wine And Soya Sauce With Mushrooms Served With A Potato And Green Bean Mash And Pumpkin Satini			
Oxtail Casserole	R120	R228	R456
Fall Off The Bone Oxtail Prepared With Carrots, Celery & Onion In A Thick Gravy With Red Wine Baked & Served With Rice/Mash/Polenta			
Meatballs & Mash	R75	R143	R285
Baked Beef Mince Meatballs With A Tomato & Cream Sauce Served With Creamy Mash Potatoes, Sweet Butternut And Seasonal Greens			
Beef Stew	R85	R162	R323
Slow Cooked Beef Cooked With Potatoes, Carrots, Green Beans In A thick Savoury Gravy Served With Rice & Coleslaw Vinaigrette Salad			
Beef Fillet Steak	R145	R276	R551
Beef Fillet Steak Pan-Fried With A Lemon Garlic Sour Cream Sauce Served With Scalloped Potatoes And Greens			
Rump Steak	R125	R238	R475
Pan Fried Rump Steak Prepared In Butter, Garlic, Olive Oil & Herbs Served With Roast Potatoes & Fresh Grilled Mixed Vegetables			
Stir Fry Beef	R95	R181	R361
Tender Beef Fillets Stir-Fried With Onions, Peppers, Carrots, Thin Cabbage, Green Beans Served With Chinese Egg Noodles In Soya Sauce			
Beef Trinchado	R95	R181	R361
Thin Beef Slices Prepared In A Light & Spicy Cream Sauce Served With Warm Bread For Dipping			

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	Single	Double	Family of 4
Lamb			
Lamb Pancakes	R95	R181	R361
Two Lamb Pancakes Filled With Pulled Grilled Lamb, Hoisin Sauce, Cucumber Strips, Spring Onion & Plum Sauce			
Lamb Chops	R95	R181	R361
Grilled Lamb Chops In Coriander & Lemon Served With Rice & Grilled Vegetables			
Roast Lamb	R95	R181	R361
Crumbed Roasted Lamb Cutlets Baked And Served With Roasted Baby Potatoes, Gemquash & Creamy Spinach			
Lamb Shanks	R155	R295	R589
Slow Cooked Lamb Shanks Prepared In A Light Red Wine & Tomato Puree Gravy With Carrots Served With Mash, Fettucine Or A Crispy Baked Potato			
Lamb Pie	R89	R169	R338
Pulled Roasted Lamb Served With A Sweet Gravy, Carrots, Beans & Peas Topped With A Crust Of Mashed Potatoes & Fresh Herbs			
Two Lamb Wraps	R89	R169	R338
Tender Pulled Lamb Prepared In Olive Oil & Parsley Wrapped In A Tortilla Wrap With Shredded Lettuce, Tomato, Mozarella, Sundried Feta & Cream Cheese			
Pork			
Chorizo Portuguese Rice	R75	R143	R285
Tomato Style Portuguese Rice With Tomatoes, Chorizo, Mushrooms, Peppers, Garlic & Smoked Paprika With Fresh Thyme & Rosemary			
Sweet & Sour Pork	R75	R143	R285
Tender, Battered Fried Pork Tossed In A Sweet & Sour Sauce With Bell Peppers, Onion & Pineapple Served With Chinese Egg Noodles/Rice			
Pork Tenderloin	R89	R169	R338
Tender Pork Stuffed With Garlic & Herb, Cream Cheese & Bacon Topped With Maple Apple Sauce Served With Grilled Baby Potatoes & Mixed Vegetables			
Pork Fried Rice	R75	R143	R285
Pork Strips Fried In Sweet & Sour Sauce & Tossed With Chinese Rice, Onions, Sweet Peppers, Pineapple And Shredded Cabbage And Carrots			
Pork Stir Fry	R68	R129	R258
Pork Strips Pan-Fried With Onions, Peppers, Pineapple, Carrots, Thin Cabbage In a Sweet & Sour Sauce Served With Chinese Egg Noodles/Rice			
Sticky Pork	R85	R162	R323
Glazed Pork Strips With Ginger & Garlic In Soya & Honey Served With Spicy Asian Roasted Broccoli & Rice			
Roast Pork	R85	R162	R323
Roast Pork Slices Baked & Grilled In Garlic, Mustard & Thyme Served With Roast Potatoes, Mixed Vegetables & A Light White Wine Gravy			
Italian Dishes			
Minced Beef Lasagna	R85	R162	R323
A Classic Baked Lasagna Pasta With Minced Beef, Italian Tomato Passata Sauce & A Creamy Bechamel Sauce Topped With Mozarella			
Chicken Lasagna	R85	R162	R323
Layers of Lasagna Pasta Baked With Sweet Butternut, Tender Grilled Chicken Breasts & Bechamel Sauce Topped With Mozarella & Parmesan			
Spaghetti Bolognese	R85	R162	R323
A Classic Italian Dish With Mince In A Bolognese Sauce Served With Spagetti & Parmesan			
Chicken Fettucine Alfredo	R85	R162	R323
Creamy Garlic Parmesan Fettucine Pasta Tossed With Tender Strips Of Chicken & Mushrooms			
Gnocchi	R75	R143	R285
Potato Gnocchi Prepared In A Tomato Basil Sauce & Fresh Herbs			
Bacon Alfredo	R85	R162	R323
Bacon And Spinach In A Creamy Alfredo Sauce With Fettucine Pasta			
Traditional Macaroni & Cheese	R75	R143	R285
Baked Macaroni Pasta With Cheddar Cheese Topped With Cheddar Cheese & Baby Tomatoes			
Bacon Macaroni & Cheese	R89	R169	R338
Baked Macaroni Pasta With Crispy Bacon, Onion, Cheddar Cheese Topped With Cheddar Cheese & Baby Tomatoes			
Veal Marsala	R95	R181	R361
Veal Cutlets Prepared In Cream With Mushrooms, Marsala Wine, Butter, Rosemary, Thyme & Parsley Served With Roasted Baby Potatoes & Greens			

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	Single	Double	Family of 4
Italian Chicken Skillet	R85	R162	R323
Casserole With Chicken Breasts Prepared With Zucchini, Tomatoes, Fresh Basil & Peppers			
Focaccia	R55	R105	R209
With Garlic, Butter & Herbs			
Ciabatta Garlic Bread/Bruschetta	R55	R105	R209
Pistachio Panna Cotta	R75	R143	R285
Creamy Dessert Served With Chopped Pistachios			
Indian Dishes			
Butter Chicken	R85	R162	R323
Creamy And Spiced Chicken Fillets in Tomato & Yoghurt, Butter Chicken Gravy With Warm Spices Served With Naan Bread			
Beef Curry	R85	R162	R323
Soft Braised Beef & Cooked Potatoes With Carrots & Peas Served With Basmati Rice & Raita Salad			
Chicken & Coconut Curry	R75	R143	R285
Chicken Fillets Prepared With A Creamy Coconut Milk & Spices Served With Saffron Basmati Rice & Carrot Satini			
Tandoori Masala Chicken Curry	R75	R143	R285
Chicken Marinated & Cooked With Yoghurt & Spices Served With Saffron Basmati Rice			
Paneer Tikka Masala	R85	R162	R323
Marinated Paneer Cheese Served In A Spicy Rich & Creamy Gravy Served With Warm Naan Bread			
Lamb Biryani	R95	R181	R361
Casserole Of Tender Lamb Curry & Fragrant Saffron Rice			
Chicken Biryani	R75	R143	R285
Classic Chicken Biryani Served With Basmati Rice/Roti & A Creamy Cucumber & Mint Raita Salad			
Naan/Roti (Two Portions)	R20	R38	R76
Vegetarian Dishes			
Gnocchi With Mushrooms & Blue Cheese	R75	R143	R285
Soft Creamy Blue Cheese With Philadelphia Creamy Sauce, Spinach, Mushrooms Grilled With Gnocchi, Garlic & Herbs			
Aubergine & Mozzarella Bake	R85	R162	R323
Thin Slices Of Aubergine & Mozzarella Baked In Olive Oil, Tomato, Garlic With A Crispy Parmesan Topping			
Vegetarian Lasagna	R75	R143	R285
Baked Layers Of Lasagna Pasta With Sweet Butternut, Baby Peas, Mushrooms, Peppers, Broccoli & Bechamel Sauce Topped With Mozzarella			
Exotic Mushroom Risotto	R75	R143	R285
A Light Risotto Prepared With Mushrooms, Garlic, Onion, Peppers & Thyme			
Red Lentil And Chickpea Curry	R78	R148	R296
A Rich & Hearty Lentil Curry Served With Basmati Rice & Sambals			
Zucchini Noodles	R78	R148	R296
Pan-Fried Cherry Tomatoes, Mushrooms, Fresh Basil & Shallots In A Light Creamy Sauce Topped On A Bed Of Zucchini Noodles			
Aubergine, Potato & Goats Cheese Gratin	R85	R162	R323
Layers Of Potato, Aubergine Slices & Goats Cheese In A Creamy Cheese Sauce Baked With Parmesan Topping			
Vienrose Pastry Pies			
<i>Served With Roasted Potato Wedges And A Side Of Baby Peas And Savoury Gravy</i>			
Chicken & Mushroom	R65	R124	R247
Steak & Onion	R65	R124	R247
Roast Chicken	R65	R124	R247
Beef Curry	R65	R124	R247

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Single Double Family of 4

Quiche

Served With A Fresh Greek Salad

Bacon, Spinach & Mushroom	R55	R105	R209
Chicken, Mushroom & Spinach	R65	R124	R247
Bacon, Cheese & Tomato	R58	R110	R220
Spinach, Feta & Caramelised Onion	R55	R105	R209
Butternut, Feta & Spinach	R55	R105	R209
Cheese & Tomato	R55	R105	R209
Sweet Tuna & Onion With Baby Peas	R55	R105	R209

Pizza/Subs

Pizza Base With The Following Toppings

Sweet & Sour Chicken	R75	R143	R285
Tender Chicken Strips With Pineapple, Onion, Peppers In A Sweet & Sour Sauce Topped With Mozarella Cheese			
Chicken Tikka	R75	R143	R285
Tender Chicken Strips With Sweet Pepperdews, Onion & Tikka Sauce Topped With Mozarella Cheese			
Four Seasons	R75	R143	R285
Olive Oil , Mozzarella Cheese, Mushrooms, Prosciutto, Olives			
Margarita	R65	R124	R247
Tomato & Mozzarella			
Hawaiian	R75	R143	R285
Topped with Tomato Sauce, Mozzarella Cheese, Pineapple & Ham			
Capricciosa	R85	R162	R323
Ham, Spinach & Mushroom			
Sweet Tuna	R75	R143	R285
Topped with Tomato Sauce, Shredded Tuna, Peppers & Pineapple			
Smoked Salmon	R89	R169	R338
Smoked Salmon With Cream Cheese, Onion, Garlic, Fresh Basil Topped With Mozarella Cheese			

Seafood

Fish Cakes	R75	R143	R285
Two Fish Cakes Portion Made With Fresh Grilled RedSnapper, Onion, Basil, Garlic, Lemon & Springonion Served With Roasted Potato Wedges			
Grilled Fish	R85	R162	R323
Grilled RedSnapper With Onions & Tomato Grilled In Lemon & Olive Oil Served With Rice, Creamy Lentils & Sambals Salad			
Baked Salmon	R95	R181	R361
Garlic Butter Baked Salmon Served With Crispy Roast Potatoes, Asparagus & Garlic Butter Sauce			
Salmon In White Wine	R95	R181	R361
Grilled Salmon With Lemon Dill & Garlic, A White Wine & Butter Sauce Served With Creamy Mashed Potatoes & Brussel Sprouts			
Tuna Steaks	R120	R228	R456
Tuna Fillet Steaks Grilled In Soya & A Tomato Sauce With Fresh Thyme Served With Rice & Sambals Salad			
Queen Prawns	R140	R266	R532
6 Grilled Queen Prawns In Garlic, Lemon Butter Served On a Bed Of Savoury Fried Rice, Crispy Potato Wedges & A Side Of Greek Salad			
Grilled Kingklip	R140	R266	R532
Kingklip Marinated & Grilled With Light Cream Sauce Served With Roasted Potato Wedges & Vegetables			

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Single Double Family of 4

Vegan Dishes

Crispy Buffalo Cauliflower Bites

Served With Potato Cakes

R75 R143 R285

Roasted Vegetable Pasta

Roasted Mediterrean Vegetables Tossed Prepared With Fresh Herbs

R85 R162 R323

Black Bean & Sweet Potato Quesadillas

Sweet Potato Mashed With Salsa, Rice & Fried Beans

R75 R143 R285

Chinese Noodles

Noodles Bok Choy Broccoli, Button Mushrooms & Carrots In A Ginger Garlic Sauce

R75 R143 R285

Lentil, Chard & Sweet Potato Curry

Spicy Curry Prepared With Vegan Yoghurt with Lentils, Chard & Sweet Potato

R75 R143 R285

Vegetable White Bean Hash

Potatoes, White Beans & Vegetables Pan - Sauteed Served With Chickpea Nuggets

R75 R143 R285

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Single Double Family of 4

We understand that business and family time is important to our customers & your time is essential, therefore we have selectively created a gourmet menu that you can enjoy in the comfort of your workspace or at home delivered to your door.

Please Tick Below Place Of Delivery i.e.; Office/home/gym in the drop-down list

<input type="checkbox"/> Home <input type="checkbox"/> Office <input type="checkbox"/> Gym <input type="checkbox"/> Specified Collection Point	Delivery Address: _____ Contact Person: _____ Contact Number: _____
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For any changes to existing orders or special dietary requirements, meal replacements please provide below in our comment box

Comment Box:

For custom quotes please kindly send your email to jacqueline@vienrose.co.za

Additional Information:

Portion size average (+/- 400g to 500g) per portion

Meals are grilled, steamed, no extra fat added, salt & limited spicing on all our Low Gi/Low Carb Recipes

Ingredients: we only use extra lean meat, fish & fresh vegetables in all recipes

Oven Heating Instructions: The Packaging: Can be used in a oven

Microwave Heating Instructions: Transfer into an Microwave-safe dish and re-heat (REMOVE PLASTIC LID)

Storage: Can be frozen up to -25°C

Time Saving Benefits with ordering at your convenience:

- Grocery Shopping (30-60 min a day/week)
- Cooking and cleaning up (60-120 min a day)

Cost Saving Benefits:

- Electricity/Gas and water required to prepare your meals and to wash dishes after cooking
- Groceries that are used for cooking

Our ready-made meals are designed with you in mind, a healthy approach to take away food just browse our many menu options and order online or email jacqueline@vienrose.co.za to request a