

LT LANKAN TUCKER AT HOME

MEALS FOR YOUR CONVENIENCE

EASY TO EAT MEALS FOR YOU TO STOCK UP, FRIDGE OR FREEZE

**ORDER
NO.**

SINGLE MEALS

1	LENTIL CURRY RICE	10
2	COCONUT VEG CURRY STRINGHOPPERS	10
3	COCONUT VEG CURRY ROTI	10
4	PUMPKIN CURRY WHITE RICE	10
5	CHICKEN CURRY EGGPLANT RELISH, SPICE RICE	14
6	CHICKEN CURRY COCONUT SAMBOL, RICE	15
7	CHICKEN CURRY LENTIL, RICE	15
8	CHICKEN CURRY LENTIL, STRINGHOPPERS	15
9	CHICKEN CURRY LENTIL, ROTI	15
10	LENTIL PANCAKE COCONUT VEG CURRY, COCONUT SAMBOL	15

INDIVIDUAL CURRIES

(SERVES 2)

11	OKRA CURRY	11
12	PUMPKIN CURRY	11
13	GREEN BEAN & TOMATO CURRY	11
14	COCONUT VEG CURRY	11
15	LENTIL CURRY	11
16	POTATO FRY	11
17	CHICKEN CURRY	12
18	FISH CURRY	14

EXTRAS

PAN ROLL (BEEF / VEG) - FRIED OR FROZEN	6 EACH
ROTI BREAD	5 EACH
LENTIL PANCAKE	5 EACH
STRINGHOPPERS (4 PCS)	4
EGGPLANT RELISH	10
COCONUT SAMBOL	8
PAPPADUMS (2 PCS)	2
COCONUT GRAVY	5
RICE	7

CONDIMENTS / ACCOMPANIMENTS

SOLD BY THE JAR TO STOCK YOUR PANTRY

CHILLI OIL	12
APRICOT CHUTNEY	10
PAPA'S HOT SAUCE	10

ORDER AND COOKING INSTRUCTIONS ON REVERSE



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COOKING INSTRUCTIONS

HEAT IN MICROWAVE:



1 1/2 - 2 MINS*

- TESTED USING 1200 WATT MICROWAVE AND GIVEN AS GUIDE ONLY
*THAW OUT IF YOU NEED TO

ONCE COOKED, CONSUME IMMEDIATELY AND DO NOT RE-FREEZE
CAUTION: CONTENT WILL BE HOT

STORAGE INSTRUCTIONS



STORE 4°C OR LOWER

FREEZEABLE SAVE FOR LATER

ORDER INSTRUCTIONS

VIA PHONE: (03) 9386 8248

CALL US TO PLACE AN ORDER OR COME IN AND PICK UP DURING
OUR TRADING HOURS.

USE ORDER NUMBERS FOR A QUICK AND EASY EXPERIENCE

#LTSDOPE
@LANKANTUCKER



(03) 9386 8248

WWW.LANKANTUCKER.COM

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