

fresh news

Your handpicked fruit & veg newsletter

What's NEW!

PUDDING LANE

Patrick and I had the dreadful job of taste testing all Pudding Lanes range so we would know if they were good enough for you.

We found that they are all absolutely delicious.

We really can't decide which is best! The Triple Chocolate is to die for and the Classic Christmas Pudding is one of the tastiest I have ever eaten, while the Date and Toffee is also up there with the best.

If you would like one, 2 or 10 you need to order straight away as some have already sold out. Pudding Lane only use whole ingredients like your Nana would have used (minus the pennies). The list and sizes are over the page, so get in quickly.

MUDGE HONEY

Now available

500g bottle \$5.50

1kg bottle \$10.00

HOT GIFTS! (excuse the pun)

Remember The Chilli Factory sauces for the hard to buy for family members at Christmas. They have nice cardboard gift boxes that fit 2 bottles. 2 bottles plus box for only \$16.00

Did you know?

Sally & Patrick's Specialty Meat deliveries have started in selected areas:

Paterson, Vacy, Largs, Bolwarra, Lorn, Maitland, Rutherford, Telarah, Lochinvar, Metford, East Maitland, Ashtonfield, Thornton, Beresfield, Tarro, Woodberry, Raymond Terrace, Medowie, Seaham, Brandy Hill

I made a mistake with the prices.

The "Whole Fresh Free Range Chicken" should read \$14 each.

Everyone who has received an order so far, that I have spoken to have been very happy with their meat orders. So save more time and have your fresh meat delivered by us.

Deliveries are early Friday morning before everyone goes to work and School.

Refer a Friend during
November 2009
and you will receive a
**free 500g Log Classic
Christmas Pudding**
(value \$25)

Once your friend has received their first delivery you will receive your pudding with your next order.

RECIPE CORNER

If you have a family secret which you can share with us let me know. If we use your recipe **your delivery will be FREE for one week.** (the week the newsletter goes out)

The recipe must be easy, a winner with your family and contain fruits or vegetables.

Apple & Banana Pan Cakes

2 eggs

2 teaspoons margarine, melted

2 ½ cups low fat milk

2 cups self-raising flour

2 tablespoons sugar

3 medium apples, peeled, cored and grated

1 teaspoon vegetable oil

3 ripe bananas, sliced

1 tablespoon honey

In a large bowl beat eggs, milk and margarine. In a separate bowl mix flour and sugar and gradually stir into wet mixture until smooth. Fold in apple. Heat oil in a non-stick pan over medium heat. Add 2-3 tablespoons of mixture, flip when bubbles appear in the centre of the pancake and cook until golden brown. Serve with banana and drizzled honey.

Sally & Patrick's
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Taste the freshness



Order your Christmas Puddings now
(So you don't miss out).
Delivery can be any time in December
with your fruit and veggie order.

Classic Christmas

500g Round	\$24
1kg Round	\$38
2kg Round	\$65
3kg Round	\$86
500g Log - Sold out	
1kg Log	\$40

Macadamia & Brandy

500g Round	\$25
1kg Round	\$40
2kg Round	\$68
500g Log	\$26
1kg Log	\$42

Gluten Free Plus

500g Round	\$26
1kg Round	\$40
500g Log - Sold Out	
1Kg Log	\$42

Triple Chocolate

500g Round	\$22
1kg Log - Sold Out	

Chocolate & Orange

500g Round	\$22
500g Log - Sold Out	
1kg Log - Sold Out	

Chocolate Rum & Raisin

500g Round	\$22
500g Log - Sold Out	
1kg Log - Sold out	

Chocolate Macadamia

500g Round	\$22
1kg Log - Sold Out	

Date & Toffee

500g Log	\$22
1kg Log	\$36

These Puddings make EXCELLENT GIFTS for your friends, staff and clients.
Save \$8.50 freight > Delivery is free when delivered with your fruit and veggie order.

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