Helen's EUROPEAN CUISINE®

Find Your Favourite

ATMOS FOODS
Efficiency delivered.



Curry Filo DF V
Approx 165g
8 portions per tray
Code: MAS100041



Steak & Mushroom Filo
Approx 180g
6 portions per tray
Code: MASfd18



Lamb & Rosemary Filo
Approx 180g
6 portions per tray
Code: MASfd52



Garden Spinach & Fetta Filo VT
Approx 180g
6 portions per tray
Code: MASfd01



Roasted Vegetable Scroll VT
Approx 180g
7 portions per tray
Code: MAS105004

Lean Beef Roll
Approx 180g
8 portions per tray
Code: MASRoll10

Roast Pumpkin & Ricotta Roll VT
Approx 180g
8 portions per tray
Code: MASRoll14

Gourmet Spinach Fetta Roll VT
Approx 180g
8 portions per tray
Code: MASRoll13

Spinach & Fetta Scroll VT
Approx 180g
7 portions per tray
Code: MAS105005



Traditional Home-Style Beef Lasagne

Approx 3kg
12 pre-cut portions per lasagne
Code: MAS120005



Sweet Potato, Pumpkin, Spinach & Fetta Frittata VT GF

Approx 200g
6 portions per tray
Code: MAS109006

Spinach & Fetta Frittata VT GF

Approx 200g
6 portions per tray
Code: MAS109005



Butter Chicken Filo

Approx 180g
6 portions per tray
Code: MAS100017



Roast Pumpkin Spinach & Fetta Filo VT

Approx 200g
6 portions per tray
Code: MASFD72



Creamy Chicken & Mushroom Filo

Approx 200g
6 portions per tray
Code: MASFD02

Sales Enquiries

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Legend

DF Dairy Free
GF Gluten Free
V Vegan
VT Vegetarian