

OUR FAMILY KITCHEN

FREEZER LABELS · CHICKEN DINNERS · COLOUR

MEDITERRANEAN CHICKEN

CHICKEN DINNERS · NO. 1

Frozen on: ___ / ___ / ___

Frozen as: Chicken & sauce

Servings: _____

THAW & REHEAT

Thaw overnight in the fridge. Reheat gently until piping hot, adding a splash of stock if needed. Serve with fresh pasta, rice or mash.

KEEP FROZEN
BEST WITHIN 3 MONTHS

CHICKEN & SWEET POTATO CURRY

CHICKEN DINNERS · NO. 2

Frozen on: ___ / ___ / ___

Servings: _____

THAW & REHEAT

Thaw overnight in the fridge. Reheat gently, stirring, until piping hot. Add a splash of water or stock if needed.

KEEP FROZEN
BEST WITHIN 3 MONTHS

CREAMY CHICKEN PESTO SPAGHETTI

CHICKEN DINNERS · NO. 3

Frozen on: ___ / ___ / ___

Frozen as: Chicken & sauce

Servings: _____

THAW & REHEAT

Thaw overnight in the fridge. Reheat gently until piping hot. Serve with freshly cooked spaghetti.

KEEP FROZEN
BEST WITHIN 3 MONTHS

CHICKEN FRITTERS

CHICKEN DINNERS · NO. 4

Frozen on: ___ / ___ / ___

Fritters: _____

THAW & REHEAT

Thaw overnight in the fridge. Reheat in the oven or air fryer until piping hot.

KEEP FROZEN
BEST WITHIN 3 MONTHS

Print at 100% (actual size) on A4. Each label is 85 × 110 mm. Cut around the border.

Write the date and portions before freezing.

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CREAMY TOMATO & BASIL CHICKEN

CHICKEN DINNERS · NO. 5

Frozen on: ____ / ____ / ____

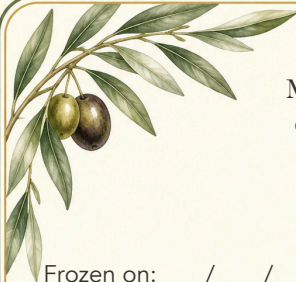
Frozen as: Chicken & sauce

Servings: _____

THAW & REHEAT

Thaw overnight in the fridge. Reheat covered until piping hot, loosening with a little milk or cream.

KEEP FROZEN
BEST WITHIN 3 MONTHS



CREAMY HONEY MUSTARD CHICKEN

CHICKEN DINNERS · NO. 6

Frozen on: ____ / ____ / ____

Frozen as: Chicken & sauce

Servings: _____

THAW & REHEAT

Thaw overnight in the fridge. Reheat gently until piping hot, stirring well.

KEEP FROZEN
BEST WITHIN 3 MONTHS



CHICKEN BIG MAC WAFFLES

CHICKEN DINNERS · NO. 7

Frozen on: ____ / ____ / ____

Frozen as: Waffles only

Waffles: _____

THAW & REHEAT

Thaw overnight in the fridge. Reheat in the oven or air fryer until piping hot, then add the fillings.

KEEP FROZEN
BEST WITHIN 3 MONTHS



EASY CHICKEN LASAGNA

CHICKEN DINNERS · NO. 8

Frozen on: ____ / ____ / ____

Frozen as: Unbaked

Servings: _____

THAW & BAKE

Thaw fully in the fridge. Bake until tender and piping hot in the centre.

KEEP FROZEN
BEST WITHIN 3 MONTHS



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CHICKEN, BROCCOLI & CHEDDAR HASH BROWN CASSEROLE

CHICKEN DINNERS · NO. 9

Frozen on: ___ / ___ / ___

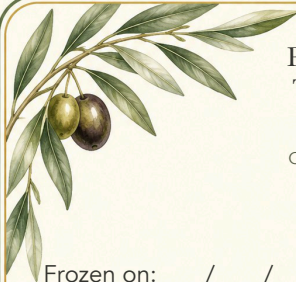
Frozen as: Filling only

Servings: _____

THAW & BAKE

Thaw in the fridge. Top with the cheese and hash browns and bake until piping hot.

KEEP FROZEN
BEST WITHIN 3 MONTHS



PESTO & SUN-DRIED TOMATO CHICKEN ORZO

CHICKEN DINNERS · NO. 10

Frozen on: ___ / ___ / ___

Frozen as: Chicken & sauce

Servings: _____

THAW & REHEAT

Thaw overnight in the fridge. Reheat gently until piping hot, loosening with stock or milk. Cook the orzo fresh.

KEEP FROZEN
BEST WITHIN 3 MONTHS



CREAMY CHICKEN & BROCCOLI PIE FILLING

CHICKEN DINNERS · NO. 11

Frozen on: ___ / ___ / ___

Frozen as: Filling only

Servings: _____

THAW & REHEAT

Thaw fully in the fridge. Heat until piping hot, then add your pastry, potato or pasta.

KEEP FROZEN
BEST WITHIN 3 MONTHS



CHICKEN ALFREDO PUFF-PASTRY CASSEROLE

CHICKEN DINNERS · NO. 12

Frozen on: ___ / ___ / ___

Frozen as: Filling & sauce set

Servings: _____

THAW & BAKE

Thaw in the fridge and whisk the sauce. Assemble with fresh pastry and cheese and bake until piping hot.

KEEP FROZEN
BEST WITHIN 3 MONTHS



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CHICKEN TORTILLA ENCHILADA CASSEROLE

CHICKEN DINNERS · NO. 13

Frozen on: ___ / ___ / ___

Frozen as: Unbaked

Servings: _____

THAW & BAKE

Thaw fully in the fridge. Bake until piping hot,
then add fresh toppings.

KEEP FROZEN
BEST WITHIN 3 MONTHS

NOT BUTTER CHICKEN

CHICKEN DINNERS · NO. 14

Frozen on: ___ / ___ / ___

Servings: _____

THAW & REHEAT

Thaw overnight in the fridge. Reheat gently,
stirring, until piping hot. Add water if needed.

KEEP FROZEN
BEST WITHIN 3 MONTHS

GREEK LEMON CHICKEN

CHICKEN DINNERS · NO. 15

Frozen on: ___ / ___ / ___

Frozen as: Chicken & sauce

Servings: _____

THAW & REHEAT

Thaw overnight in the fridge. Reheat gently,
covered, until piping hot. Add a splash of stock
if needed.

KEEP FROZEN
BEST WITHIN 3 MONTHS

CHICKEN MEATBALLS & PARMESAN BROTH

CHICKEN DINNERS · NO. 16

Frozen on: ___ / ___ / ___

Frozen as: Meatballs & broth

Servings: _____

THAW & REHEAT

Thaw overnight in the fridge. Reheat gently,
covered, until piping hot. Cook the pasta fresh.

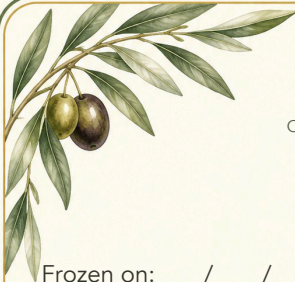
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LEMON GARLIC CHICKEN
CHICKEN DINNERS · NO. 17

Frozen on: ____ / ____ / ____
Frozen as: Chicken & sauce
Servings: _____

THAW & REHEAT
Thaw overnight in the fridge. Reheat gently, covered, until piping hot. Cook the potatoes fresh.

KEEP FROZEN
BEST WITHIN 3 MONTHS



MARRY ME CHICKEN
CHICKEN DINNERS · NO. 18

Frozen on: ____ / ____ / ____
Frozen as: Chicken & sauce
Servings: _____

THAW & REHEAT
Thaw overnight in the fridge. Reheat gently on the stove until piping hot, adding milk or stock if needed.

KEEP FROZEN
BEST WITHIN 3 MONTHS



CREAMY CHICKEN & PEPPER RICE
CHICKEN DINNERS · NO. 19

Frozen on: ____ / ____ / ____
Servings: _____

THAW & REHEAT
Thaw overnight in the fridge. Reheat with a splash of stock until piping hot.

KEEP FROZEN
BEST WITHIN 1 MONTH



CREAMY PESTO & PARMESAN CHICKEN
CHICKEN DINNERS · NO. 20

Frozen on: ____ / ____ / ____
Frozen as: Chicken & sauce
Servings: _____

THAW & BAKE
Thaw overnight in the fridge. Bake until piping hot. Cook the pasta fresh.

KEEP FROZEN
BEST WITHIN 3 MONTHS



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CHICKEN & CHICKPEA STEW

CHICKEN DINNERS · NO. 21

Frozen on: ___ / ___ / ___

Servings: _____

THAW & REHEAT

Thaw overnight in the fridge. Reheat gently until piping hot.

KEEP FROZEN
BEST WITHIN 3 MONTHS

HONEY GARLIC CHICKEN

CHICKEN DINNERS · NO. 22

Frozen on: ___ / ___ / ___

Frozen as: Chicken & sauce

Servings: _____

THAW & REHEAT

Thaw overnight in the fridge. Reheat gently until piping hot.

KEEP FROZEN
BEST WITHIN 3 MONTHS

GREEN CHICKEN CURRY BASE

CHICKEN DINNERS · NO. 23

Frozen on: ___ / ___ / ___

☐ With chicken ☐ Without

Servings: _____

THAW & REHEAT

Thaw overnight in the fridge. Reheat gently until piping hot. Serve with fresh noodles, rice or mash.

KEEP FROZEN
BEST WITHIN 3 MONTHS

THAI COCONUT & LEMONGRASS CHICKEN

CHICKEN DINNERS · NO. 24

Frozen on: ___ / ___ / ___

Frozen as: Chicken & sauce

Servings: _____

THAW & REHEAT

Thaw overnight in the fridge. Reheat gently, stirring well, until piping hot. Cook the noodles fresh.

KEEP FROZEN
BEST WITHIN 3 MONTHS

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STICKY CHILLI & SOY CHICKEN
CHICKEN DINNERS · NO. 25

Frozen on: ____ / ____ / ____
Frozen as: Chicken & vegetables
Servings: _____

THAW & REHEAT
Thaw overnight in the fridge. Reheat until piping hot, adding water to loosen the glaze. Cook the noodles fresh.

KEEP FROZEN
BEST WITHIN 3 MONTHS



COCONUT CURRY CHICKEN & RICE
CHICKEN DINNERS · NO. 26

Frozen on: ____ / ____ / ____
Frozen as: Fully cooked
Servings: _____

THAW & REHEAT
Thaw overnight in the fridge. Add a splash of water and reheat, covered, until piping hot.

KEEP FROZEN
BEST WITHIN 1 MONTH



RED THAI CHICKEN CURRY
CHICKEN DINNERS · NO. 27

Frozen on: ____ / ____ / ____
Servings: _____

THAW & REHEAT
Thaw overnight in the fridge. Reheat gently on the stove, stirring, until piping hot. Cook the rice fresh.

KEEP FROZEN
BEST WITHIN 3 MONTHS



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OUR FAMILY KITCHEN

FREEZER LABELS · CHICKEN DINNERS · LINE-ART



MEDITERRANEAN CHICKEN
CHICKEN DINNERS · NO. 1

Frozen on: ____ / ____ / ____
Frozen as: Chicken & sauce
Servings: _____

THAW & REHEAT
Thaw overnight in the fridge. Reheat gently until piping hot, adding a splash of stock if needed. Serve with fresh pasta, rice or mash.

KEEP FROZEN
BEST WITHIN 3 MONTHS



CHICKEN & SWEET POTATO CURRY
CHICKEN DINNERS · NO. 2

Frozen on: ____ / ____ / ____
Servings: _____

THAW & REHEAT
Thaw overnight in the fridge. Reheat gently, stirring, until piping hot. Add a splash of water or stock if needed.

KEEP FROZEN
BEST WITHIN 3 MONTHS



CREAMY CHICKEN PESTO SPAGHETTI
CHICKEN DINNERS · NO. 3

Frozen on: ____ / ____ / ____
Frozen as: Chicken & sauce
Servings: _____

THAW & REHEAT
Thaw overnight in the fridge. Reheat gently until piping hot. Serve with freshly cooked spaghetti.

KEEP FROZEN
BEST WITHIN 3 MONTHS



CHICKEN FRITTERS
CHICKEN DINNERS · NO. 4

Frozen on: ____ / ____ / ____
Fritters: _____

THAW & REHEAT
Thaw overnight in the fridge. Reheat in the oven or air fryer until piping hot.

KEEP FROZEN
BEST WITHIN 3 MONTHS



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CREAMY TOMATO & BASIL CHICKEN
CHICKEN DINNERS · NO. 5

Frozen on: ____ / ____ / ____
Frozen as: Chicken & sauce
Servings: _____

THAW & REHEAT
Thaw overnight in the fridge. Reheat covered until piping hot, loosening with a little milk or cream.

KEEP FROZEN
BEST WITHIN 3 MONTHS



CREAMY HONEY MUSTARD CHICKEN
CHICKEN DINNERS · NO. 6

Frozen on: ____ / ____ / ____
Frozen as: Chicken & sauce
Servings: _____

THAW & REHEAT
Thaw overnight in the fridge. Reheat gently until piping hot, stirring well.

KEEP FROZEN
BEST WITHIN 3 MONTHS



CHICKEN BIG MAC WAFFLES
CHICKEN DINNERS · NO. 7

Frozen on: ____ / ____ / ____
Frozen as: Waffles only
Waffles: _____

THAW & REHEAT
Thaw overnight in the fridge. Reheat in the oven or air fryer until piping hot, then add the fillings.

KEEP FROZEN
BEST WITHIN 3 MONTHS



EASY CHICKEN LASAGNA
CHICKEN DINNERS · NO. 8

Frozen on: ____ / ____ / ____
Frozen as: Unbaked
Servings: _____

THAW & BAKE
Thaw fully in the fridge. Bake until tender and piping hot in the centre.

KEEP FROZEN
BEST WITHIN 3 MONTHS



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**CHICKEN, BROCCOLI &
CHEDDAR HASH BROWN
CASSEROLE**

CHICKEN DINNERS · NO. 9

Frozen on: ____ / ____ / ____
Frozen as: Filling only
Servings: _____

THAW & BAKE

Thaw in the fridge. Top with the cheese and hash browns and bake until piping hot.

KEEP FROZEN
BEST WITHIN 3 MONTHS



**PESTO & SUN-DRIED
TOMATO CHICKEN
ORZO**

CHICKEN DINNERS · NO. 10

Frozen on: ____ / ____ / ____
Frozen as: Chicken & sauce
Servings: _____

THAW & REHEAT

Thaw overnight in the fridge. Reheat gently until piping hot, loosening with stock or milk. Cook the orzo fresh.

KEEP FROZEN
BEST WITHIN 3 MONTHS



**CREAMY CHICKEN &
BROCCOLI PIE FILLING**

CHICKEN DINNERS · NO. 11

Frozen on: ____ / ____ / ____
Frozen as: Filling only
Servings: _____

THAW & REHEAT

Thaw fully in the fridge. Heat until piping hot, then add your pastry, potato or pasta.

KEEP FROZEN
BEST WITHIN 3 MONTHS



**CHICKEN ALFREDO
PUFF-PASTRY
CASSEROLE**

CHICKEN DINNERS · NO. 12

Frozen on: ____ / ____ / ____
Frozen as: Filling & sauce set
Servings: _____

THAW & BAKE

Thaw in the fridge and whisk the sauce. Assemble with fresh pastry and cheese and bake until piping hot.

KEEP FROZEN
BEST WITHIN 3 MONTHS



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**CHICKEN TORTILLA
ENCHILADA CASSEROLE**
CHICKEN DINNERS · NO. 13

Frozen on: ____ / ____ / ____
Frozen as: Unbaked
Servings: _____

THAW & BAKE
Thaw fully in the fridge. Bake until piping hot,
then add fresh toppings.

KEEP FROZEN
BEST WITHIN 3 MONTHS



NOT BUTTER CHICKEN
CHICKEN DINNERS · NO. 14

Frozen on: ____ / ____ / ____
Servings: _____

THAW & REHEAT
Thaw overnight in the fridge. Reheat gently,
stirring, until piping hot. Add water if needed.

KEEP FROZEN
BEST WITHIN 3 MONTHS



GREEK LEMON CHICKEN
CHICKEN DINNERS · NO. 15

Frozen on: ____ / ____ / ____
Frozen as: Chicken & sauce
Servings: _____

THAW & REHEAT
Thaw overnight in the fridge. Reheat gently,
covered, until piping hot. Add a splash of stock
if needed.

KEEP FROZEN
BEST WITHIN 3 MONTHS



**CHICKEN MEATBALLS &
PARMESAN BROTH**
CHICKEN DINNERS · NO. 16

Frozen on: ____ / ____ / ____
Frozen as: Meatballs & broth
Servings: _____

THAW & REHEAT
Thaw overnight in the fridge. Reheat gently,
covered, until piping hot. Cook the pasta fresh.

KEEP FROZEN
BEST WITHIN 3 MONTHS



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LEMON GARLIC CHICKEN
CHICKEN DINNERS · NO. 17

Frozen on: ____ / ____ / ____
Frozen as: Chicken & sauce
Servings: _____

THAW & REHEAT
Thaw overnight in the fridge. Reheat gently, covered, until piping hot. Cook the potatoes fresh.

KEEP FROZEN
BEST WITHIN 3 MONTHS



MARRY ME CHICKEN
CHICKEN DINNERS · NO. 18

Frozen on: ____ / ____ / ____
Frozen as: Chicken & sauce
Servings: _____

THAW & REHEAT
Thaw overnight in the fridge. Reheat gently on the stove until piping hot, adding milk or stock if needed.

KEEP FROZEN
BEST WITHIN 3 MONTHS



CREAMY CHICKEN & PEPPER RICE
CHICKEN DINNERS · NO. 19

Frozen on: ____ / ____ / ____
Servings: _____

THAW & REHEAT
Thaw overnight in the fridge. Reheat with a splash of stock until piping hot.

KEEP FROZEN
BEST WITHIN 1 MONTH



CREAMY PESTO & PARMESAN CHICKEN
CHICKEN DINNERS · NO. 20

Frozen on: ____ / ____ / ____
Frozen as: Chicken & sauce
Servings: _____

THAW & BAKE
Thaw overnight in the fridge. Bake until piping hot. Cook the pasta fresh.

KEEP FROZEN
BEST WITHIN 3 MONTHS



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CHICKEN & CHICKPEA STEW
CHICKEN DINNERS · NO. 21

Frozen on: ____ / ____ / ____
Servings: _____

THAW & REHEAT
Thaw overnight in the fridge. Reheat gently until piping hot.

KEEP FROZEN
BEST WITHIN 3 MONTHS



HONEY GARLIC CHICKEN
CHICKEN DINNERS · NO. 22

Frozen on: ____ / ____ / ____
Frozen as: Chicken & sauce
Servings: _____

THAW & REHEAT
Thaw overnight in the fridge. Reheat gently until piping hot.

KEEP FROZEN
BEST WITHIN 3 MONTHS



GREEN CHICKEN CURRY BASE
CHICKEN DINNERS · NO. 23

Frozen on: ____ / ____ / ____
☐ With chicken ☐ Without
Servings: _____

THAW & REHEAT
Thaw overnight in the fridge. Reheat gently until piping hot. Serve with fresh noodles, rice or mash.

KEEP FROZEN
BEST WITHIN 3 MONTHS



THAI COCONUT & LEMONGRASS CHICKEN
CHICKEN DINNERS · NO. 24

Frozen on: ____ / ____ / ____
Frozen as: Chicken & sauce
Servings: _____

THAW & REHEAT
Thaw overnight in the fridge. Reheat gently, stirring well, until piping hot. Cook the noodles fresh.

KEEP FROZEN
BEST WITHIN 3 MONTHS



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STICKY CHILLI & SOY CHICKEN
CHICKEN DINNERS · NO. 25

Frozen on: ____ / ____ / ____
Frozen as: Chicken & vegetables
Servings: _____

THAW & REHEAT
Thaw overnight in the fridge. Reheat until piping hot, adding water to loosen the glaze. Cook the noodles fresh.

KEEP FROZEN
BEST WITHIN 3 MONTHS



COCONUT CURRY CHICKEN & RICE
CHICKEN DINNERS · NO. 26

Frozen on: ____ / ____ / ____
Frozen as: Fully cooked
Servings: _____

THAW & REHEAT
Thaw overnight in the fridge. Add a splash of water and reheat, covered, until piping hot.

KEEP FROZEN
BEST WITHIN 1 MONTH



RED THAI CHICKEN CURRY
CHICKEN DINNERS · NO. 27

Frozen on: ____ / ____ / ____
Servings: _____

THAW & REHEAT
Thaw overnight in the fridge. Reheat gently on the stove, stirring, until piping hot. Cook the rice fresh.

KEEP FROZEN
BEST WITHIN 3 MONTHS



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