

# MEALS *of the* WEEK

## MONDAY, 17<sup>th</sup> January

- Chicken stroganoff, mashed potato & broccoli (gf)
- Penne pasta, roasted capsicum, tomato & basil sauce (vegan)(df)

## TUESDAY, 18<sup>th</sup> January

- Slow cooked beef ragu, penne pasta, fresh parsley & sour cream
- Roasted pumpkin, sage, feta risotto (v)(gf)

## WEDNESDAY, 19<sup>th</sup> January

- Thai beef salad, pickled cucumber, red onion, cherry tomato, fresh herbs, roasted peanuts, crispy noodles (gf)(df) *served cold*
- Eggplant, zucchini & harrisa pasta bake, herbs, parmesan (v)

## THURSDAY, 20<sup>th</sup> January

- Steamed fish, lemon, butter, caper sauce & fresh vegetables (gf)
- Italian mushroom marsala, spaghetti & fresh parsley (v)

## FRIDAY, 21<sup>st</sup> January

- Chicken tikka & steamed jasmine rice (gf)
- Vegetable curry, steamed rice (vegan)(gf)(df)



only  
**\$13.95**  
PER PERSON



ALL MEALS DELIVERED HOT IN  
*individually portioned  
eco containers ready to eat!*

Order cut-off  
3PM 2 business  
days prior

Call **1300 368 605** or email  
[orders@flavourscatering.com.au](mailto:orders@flavourscatering.com.au)  
*to place your order now*