

MEALS *of the* WEEK

MONDAY, 27th June

- Chicken cacciatore, black olives, red peppers, scalloped potatoes, fresh parsley (gf)(df)
- Penne pasta, roasted tomato, olive, chilli & capers (vegan)(df)

TUESDAY, 28th June

- Slow braised beef, mushrooms, red wine, roasted garlic chats (gf)
- Vegetable frittata (v)(gf)

WEDNESDAY, 29th June

- Creamy coconut & lime pork, coriander & steamed rice (gf)(df)
- Mushroom stroganoff, steamed rice (v)(gf)

THURSDAY, 30th June

- Butter chicken, steamed rice (gf)(df)
- Vegetable curry, steamed rice (v)(gf)

FRIDAY, 1st July

- Chorizo, vegetable & bacon paella (gf)(df)
- Italian mushroom marsala, spaghetti & fresh parsley (v)



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PER PERSON

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