

# MEALS of the WEEK



only  
**\$15.95**  
PER PERSON

*prices exclude GST*

## MONDAY, 29<sup>th</sup> January

- Chinese beef, mushrooms, onion & steamed rice (gf)(df)
- Vegan red lentil Thai curry with steamed rice (vegan)(gf)(df)

## TUESDAY, 30<sup>th</sup> January

- Chicken coque au vin with mashed potato (gf)(df) (contains bacon)
- Hokkien noodle, hoi sin, sesame vegetable (vegan)(df)

## WEDNESDAY, 31<sup>st</sup> January

- Sweet & sour pork, pineapple & steamed rice (gf)(df)
- Sweet potato, chickpea & spinach curry, steamed rice (vegan)(gf)(df)

## THURSDAY, 1<sup>st</sup> February

- Chicken cacciatore, black olives, roasted red peppers, penne pasta
- Roasted vegetable ratatouille with wilted spinach & quinoa (vegan)(gf)(df)

## FRIDAY, 2<sup>nd</sup> February

- Tandoori white fish w crispy potatoes (gf)
- Creamy feta, tomato & basil risoni (v)

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*