

MEALS *of the* WEEK

MONDAY, 5th February

- Ground beef cottage pie with a mashed potato crust (gf)
- Vegemite scroll frittata, spring onion & roasted cherry tomatoes (vegetarian)

TUESDAY, 6th February

- Penang, coconut pork curry with steamed rice & coriander (gf)(df)
- Vegan tofu carbonara fettuccine (vegan) (df) (contains cashews)

WEDNESDAY, 7th February

- Spicy szechuan pork noodles (df)
- Eggplant puttanesca gluten free pasta, vegan parmesan (vegan)(gf)(df)

THURSDAY, 8th February

- Bbq pulled chicken on mac n cheese with spring onion
- Light & refreshing glass noodle salad, fresh vegetables, herbs, sesame oil dressing (vegan)(gf)(df) served cold

FRIDAY, 9th February

- Mediterranean fish with tomato & olive tapenade crispy potatoes (gf)(df)
- Chilli con veggie, salsa, grilled corn, guacamole & brown rice (vegan)(gf)(df)



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