

MEALS *of the* WEEK

MONDAY, 29th April

- Chicken & bacon penne, tomato cream sauce & parmesan
- Vegetable curry, steamed rice (vegan)(gf)(df)

TUESDAY, 30th April

- Beef stroganoff, mash potato & spinach (gf)
- Spiced veggie fried rice (vegan)(gf)(df)

WEDNESDAY, 1st May

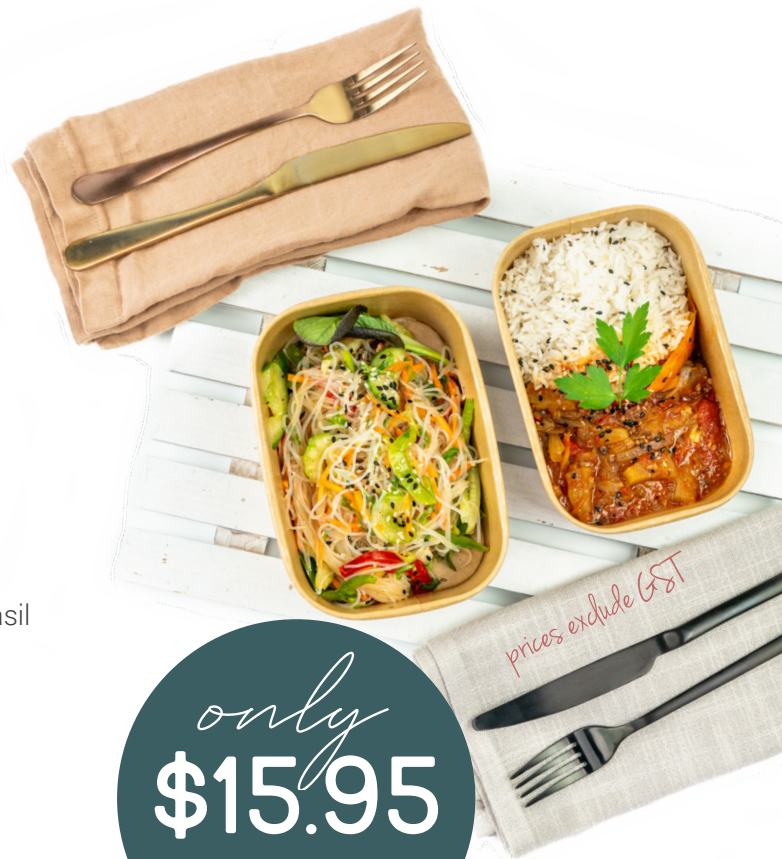
- Peri peri chicken, roasted corn & quinoa salsa, brown rice (gf)(no nuts)
- Gluten free penne pasta, roasted capsicum, tomato & basil sauce (vegan)(gf)(df)

THURSDAY, 2nd May

- Beef rendang curry, coconut rice (gf)(df)
- Lemon, basil, sundried tomato & broccoli creamy pasta (vegan)(df)

FRIDAY, 3rd May

- Tomato & thyme white fish with crispy potatoes & green beans (gf)(df)
- Roasted pumpkin with szechuan black beans (vegan)(gf)(df)



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