

MEALS *of the* WEEK

MONDAY, 14th July

- Stir fried pork mince with Thai basil & fresh chilli oil steamed rice (gf)(df)
- Sweet & sour tofu, mixed vegetables served with rice (vegan)(gf)(df)(halal)

TUESDAY, 15th July

- Creamy chicken lasagna with spinach (halal)
- Chilli con veggie, salsa, grilled corn & cauliflower rice (vegan)(gf)(df)(halal)

WEDNESDAY, 16th July

- Chilli con carne, black beans, melted cheese, coriander, brown rice & corn salsa (gf)
- Potato, leek & lentil soup, toasted carraway seeds, served with bread roll (vegan)(halal)

THURSDAY, 17th July

- Grilled chicken thigh, mashed potato, green beans & creamy mushroom sauce (gf)(halal)
- Gluten free penne pasta, roasted capsicum, tomato & basil sauce (vegan)(gf)(df)(halal)

FRIDAY, 18th July

- Steamed white fish, soy ginger sauce, green beans & rice (halal)(gf)(df)
- Tom Yum fried rice (vegan)(gf)(df)(halal)



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PER PERSON



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