

MEALS of the WEEK



MONDAY, 27th October

- Butter chicken curry & steamed jasmine rice (gf)(halal)
- Vegetable stir fry with Singapore noodles (vegan)(gf)(df)(halal)

TUESDAY, 28th October

- Raw harvest salad - Chickpeas, beetroot, broccoli, kale & radish, sprinkled with salad seeds & a creamy tahini dressing (vegan)(gf)(df)(halal) served cold
- Mexican beef & black bean ragu with brown rice & coriander (gf)(halal)

WEDNESDAY, 29th October

- Pulled pork, mac & cheese, grilled corn rib
- Chilli con veggie, black beans, guacamole, brown rice & corn salsa (vegan)(gf)(df)(halal)

THURSDAY, 30th October

- Slow braised beef, mushrooms, steamed rice (gf)(df)(halal)
- Sweet potato, chickpea & spinach curry, steamed rice (vegan)(gf)(df)(halal)

FRIDAY, 31st October

- Cozy beef stew, mashed potato (gf)
- Chilli con veggie, salsa, grilled corn, guacamole & brown rice (vegan)(gf)(df)(halal)

only
\$15.95

PER PERSON

prices exclude GST

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eco containers ready to eat!

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days prior

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