

# MEALS *of the* WEEK

## MONDAY, 15<sup>th</sup> December

- Stir fried beef with black pepper sauce Hokkien Noodles (df)(halal)
- Chilli con veggie, black beans, guacamole, brown rice & corn salsa (vegan)(gf)(df)(halal)

## TUESDAY, 16<sup>th</sup> December

- Butter chicken curry & steamed jasmine rice (gf)(halal)
- Wild mushroom & white bean cassoulet, gluten free pasta (vegan)(gf)(df)(halal)

## WEDNESDAY, 17<sup>th</sup> December

- Sweet & sour pork, pineapple & steamed rice (gf)(df)
- Mexican fiesta salad, brown rice & quinoa, corn & black bean salsa, avocado, green goddess dressing (vegan)(gf)(df)(halal) served cold

## THURSDAY, 18<sup>th</sup> December

- Roasted beetroot with kale, cous cous, poached chicken & tahini dressing (df)(halal)(served cold)
- Spiced veggie fried rice (vegan)(gf)(df)(halal)

## FRIDAY, 19<sup>th</sup> December

- Grilled white fish, roast potatoes, green beans & yellow romesco sauce (gf)(halal)
- Korean kimchi fried noodles (vegan)(df)(halal)



*prices exclude GST*

ALL MEALS DELIVERED HOT IN  
*individually portioned*  
eco containers ready to eat!

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3PM 2 business  
days prior

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