

MEALS *of the* WEEK



MONDAY, 30th March

- Creamy lemon pepper chicken thigh with seasonal vegetables and rice (gf)(halal)
- Quinoa and lentil bolognese with gluten free pasta (vegan)(gf)(df)(halal)

TUESDAY, 31st March

- Stir fried beef with black pepper sauce, Hokkien noodles (df)(halal)
- Saag paneer, creamed spinach curry with paneer cheese served on rice (v)(gf)(df)(halal)

WEDNESDAY, 1st April

- Stir fried pork mince with Thai basil & fresh chilli oil, served with steamed rice (gf)(df)
- Spiced eggplant and tomato sugo with herbed cous cous (vegan)(gf)(df)(halal)

THURSDAY, 2nd April

- Traditional beef lasagne (halal)
- Zucchini, red pepper, parmesan & basil frittata (v)(gf)(halal)

FRIDAY, 3rd April GOOD FRIDAY

only
\$15.95

PER PERSON

prices exclude GST

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individually portioned
eco containers ready to eat!

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days prior

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