

# MEALS of the WEEK

## MONDAY, 9th March

- Butter chicken curry & steamed jasmine rice (gf)(halal)
- Sichuan-style mapo tofu with, seasonal vegetables and steamed rice (vegan)(df)(halal)(gf)

## TUESDAY, 10th March

- Beef and Guinness stew, colcannon mash (gf)(halal)
- Thai vegan rainbow salad, fresh herbs, spicy peanut & hoisin dressing (gf)(df)(vegan)(halal) *served cold*

## WEDNESDAY, 11th March

- Spicy szechuan pork noodles (df)
- Eggplant puttanesca gluten free pasta, vegan parmesan (vegan)(gf)(df)(halal)

## THURSDAY, 12th March

- Sumac roasted white fish, roast thyme tomatoes with spinach, lemon scented rice (gf)(df)(halal)
- Sicilian aubergine stew in a slow cooked sweet and sour Mediterranean sauce, roasted sweet potato (vegan)(gf)(df)(halal)

## FRIDAY, 13th March

- Tuscan chicken, creamy sundried tomato sauce, green beans & mashed potato (gf)(halal)
- Japanese soy-glazed onion steaks, teriyaki medley & rice (vegan)(gf)(df)(halal)



only  
**\$15.95**

PER PERSON

prices exclude GST

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

Order cut-off  
3PM 2 business  
days prior

Call **1300 368 605** or email  
[orders@flavourscatering.com.au](mailto:orders@flavourscatering.com.au)  
*to place your order now*