

MEALS *of the* WEEK

MONDAY, *4th May*

- Thai pork larb with vermicelli noodles & Chinese cabbage (df)(gf)
- Pasta al pesto, semi-dried cherry tomatoes (v)(halal)

TUESDAY, *5th May*

- Holy basil, tamarind stir-fry fish, steamed rice (gf)(df)(halal)
- Italian style cauliflower, silverbeet, parmesan bechamel gratin bake (v)(halal)

WEDNESDAY, *6th May*

- Paella-style rice with saffron marinated chicken (gf)(df)(halal)
- Curried lentil dhal, steamed quinoa, curry leaves (vegan)(gf)(df)(halal)

THURSDAY, *7th May*

- Udon noodle stir fry, gochujang pork belly, Asian vegetables, furikake (df)
- Sweet potato, chickpea & spinach curry, steamed rice (vegan)(gf)(df)(halal)

FRIDAY, *8th May*

- Tuscan chicken, creamy sundried tomato sauce, green beans & mashed potato (gf)(halal)
- Mushroom & lentil penne bolognaise, vegan parmesan, fresh herbs, lemon zest (vegan)(gf)(df)(halal)



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