

MEALS *of the* WEEK

MONDAY, 17th May

- Beef sausage & mushroom boscaiola style pasta bake with parsley oil (halal)
- Tom yum creamy coconut soup, seasonal vegetables, semi-dried tomatoes and noodles (vegan)(gf)(df)(halal)

TUESDAY, 12th May

- Grilled chicken thigh, smooth polenta, green beans & creamy mushroom sauce (gf)(halal)
- Udon noodles with winter vegetables, egg and furikake (v)(df)(halal)

WEDNESDAY, 13th May

- Fish, leek and soft herbs cottage style pie, buttery mashed potato (gf)(halal)
- Minestrone stew, seasonal vegetables, pasta, beans and bread roll (vegan)(df)(halal)

THURSDAY, 14th May

- Stir fried pork, hokkien noodle, Asian vegetables (df)
- Chilli con veggie, black beans, guacamole, brown rice & corn salsa (vegan)(gf)(df)(halal)

FRIDAY, 15th May

- Beef stroganoff served with steamed brown rice (gf)(halal)
- Korean bibimbap rice bowl, boiled egg, fresh pickled & sautéed vegetables (v)(gf)(df)(halal)

only
\$15.95

PER PERSON

prices exclude GST

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eco containers ready to eat!

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