

MEALS *of the* WEEK



MONDAY, 25th May

- Beef stroganoff served with steamed brown rice (gf)(halal)
- Stir fried vegetables, teriyaki sauce, steamed rice (vegan)(gf)(df)(halal)

TUESDAY, 26th May

- Curry beef udon noodle (df)(halal)
- Mushroom ragu served with gluten free pasta (vegan)(gf)(df)(halal)

WEDNESDAY, 25th May

- Beef chilli con carne, black beans, melted cheese, coriander, brown rice & corn rib (gf)(halal)
- Chickpea & pumpkin tagine, cumin & spinach, kaffir lime rice (vegan)(gf)(df)(halal)

THURSDAY, 24th May

- Tuscan chicken, creamy sundried tomato sauce, green beans & mashed potato (gf)(halal)
- Hokkien Pad Thai, seasonal vegetables & tofu (vegan)(df)(halal)

FRIDAY, 23rd May

- Chicken & vegetable velouté stew and rice (gf)(halal)
- Curried dhal, steamed quinoa, curry leaves (vegan)(gf)(df)(halal)

only
\$15.95

PER PERSON

prices exclude GST

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

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days prior

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