

MEALS *of the* WEEK

MONDAY, 10th August

- Spaghetti bolognese, parsley & parmesan (halal)
- Sichuan-style mapo tofu with, seasonal vegetables and steamed rice (vegan)(gf)(df)(halal)

TUESDAY, 11th August

- Filipino style adobo chicken served with rice pilaf (gf)(df)(halal)
- Tomato & fresh thyme soup, white beans served with a dinner roll (vegan)(df)(halal)

WEDNESDAY, 12th August

- Beef meatloaf with tangy tomato glaze, creamy mash & green beans (gf)(halal)
- Gluten free penne pasta, olive, roasted capsicum, tomato & basil (v)(gf)(df)(halal)

THURSDAY, 13th August

- Pulled pork, mac & cheese, grilled corn rib
- Stir fried vegetables, teriyaki sauce, steamed rice (vegan)(gf)(df)(halal)

FRIDAY, 14th August

- Mediterranean fish with tomato & olive tapenade crispy potatoes (gf)(df)(halal)
- Vegan mushroom bourguignon, roasted potato (vegan)(gf)(df)(halal)

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PER PERSON



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