

MEALS of the WEEK



MONDAY, 28th September

- Irish beef stew, cabbage & mashed potato (gf)(halal)
- Sichuan-style mapo tofu with, seasonal vegetables and steamed rice (vegan)(gf)(df)(halal)

TUESDAY, 29th September

- Butter chicken curry & steamed jasmine rice (gf)(halal)
- Vegetable curry, steamed rice (vegan)(gf)(df)(halal)

WEDNESDAY, 30th September

- Smoked ham & wild mushroom pasta, silky cream sauce
- Smoky vegan loaf, roasted vegetables, onion gravy (vegan)(gf)(df)(halal)

THURSDAY, 1st October

- Grilled chicken thigh, smooth polenta, green beans & mushroom sauce (gf)(halal)
- Chilli con veggie, black beans, guacamole, brown rice & corn salsa (vegan)(gf)(df)(halal)

FRIDAY, 2nd October

- New England-style fish chowder (gf)(halal)
- Tom Yum fried 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!

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days prior

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