

MEALS of the WEEK

MONDAY, 26th October

- Chicken cacciatore, black olives, red peppers, steamed rice, fresh parsley (gf)(df)(halal)
- Wild mushroom, roasted garlic & gluten free penne, fresh herbs (vegan)(gf)(df)(halal)

TUESDAY, 27th October

- Mexican-spiced beef, simmered with black beans & sweet corn, brown rice (gf)(halal)
- Tom Yum fried rice (vegan)(gf)(df)(halal)

WEDNESDAY, 28th October

- Crispy grilled chicken, green pepper sauce, mash & green beans (gf)(halal)
- Hokkien noodles, capsicum, snow peas, coriander, mint and roasted coconut (vegan)(df)(halal)

THURSDAY, 29th October

- Red wine & rosemary braised pork ragù with fusilli, parmesan
- Korean gochujang tofu & vegetable bibimbap bowl, steamed rice (vegan)(gf)(df)(halal)

FRIDAY, 30th October

- Soy & miso marinated white fish, green beans & rice (gf)(df)(halal)
- Sweet potato, chickpea & spinach curry, steamed rice (vegan)(gf)(df)(halal)

only
\$15.95
PER PERSON

prices exclude GST

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eco containers ready to eat!

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