



READY MADE MEAL MENU

CHOOSE FROM THE FOLLOWING MENU ITEMS

- *Butter chicken with cauliflower rice
- *Falafels with herb & almond quinoa salad and hummus
- *Chicken Cacciatore with roasted broccoli and roasted cauliflower mash
- *Korean beef with bok choy and cauliflower Rice
- *Chicken pot pie with grilled zucchini and roasted broccoli
- *Moroccan chickpea stuffed eggplant
- *Pesto Chicken with zucchini & sun-dried tomato quinoa
- *Beef stew with pumpkin mash & steamed broccoli
- *Pulled Pork with sweet potato mash & roasted cauliflower
- *Beef Silverside with white sauce, honey roasted carrots & asparagus
- *Creamy Tuscan chicken with roasted broccoli and pumpkin
- *Vegetarian chili with cauliflower rice
- *BBQ spare ribs with cauliflower mash & asparagus
- *Thai chicken curry with sweet potato noodles
- *Quinoa patties with roasted capsicum sauce and broccoli
- *Lemongrass & Coriander Pork Meatballs with bok choy & zucchini noodles
- *Beef cottage pie with roasted pumpkin and green beans
- *Herb Chicken Schnitzel with apple & dill coleslaw

MUST ORDER AT LEAST 2 PORTIONS OF THE SAME MEAL FOR PACKS 3-7 DAY

4 OF THE SAME MEAL FOR COUPLE & 10 DAY PACKS

8 OF THE SAME MEAL FOR THE FAMILY PACK

