

INGREDIENTS

Bolgonaise

Lean Mince Beef
Onion
Garlic
Tomato Puree
Tomato Paste
Italian Herbs
Parmesan Cheese
Beef Stock (GF)
S&P
Served wiyj Penne Pasya

Chicken Curry

Chicken Thigh
Onion
Garlic
Korma Paste (GF)
Carrot
Potato
Sweet Potato
Curry Powder
Brown Sugar
S&P

Carbonara

Onion
Garlic
Bacon
Cream
Chicken Stock (GF)
Tasty Cheese
S&P

Pumpkin Soup

Onion
Garlic
Roasted Pumkin
Roasted Carrot
Roasted Sweet Potato
Vegetable Stock (GF)
Water
S&P

Cauliflour Soup

Onion
Garlic
Cauliflour Soup
Leek
Vegetable Stock (GF)
Cream
S&P

Fried Rice

Onion
Bacon
Mixed Vegetables
Rice
Soy
Chicken Stock (GF)
S&P

Chicken Burger

Oven Baked Panko Chicken Breast Fillet
Lettuce
Tomato
Tasty Cheese
Mayonaise

Beef Burger

Angel Bay Beef Pattie
Lettuce
Tomato
Tasty Cheese
Relish

Chicken Wrap

Sweet Chicken Tender (2)
Lettuce
Mayoniase
Sweet Chilli Sauce

Lamb Wrap

Lamb Yiros Meat (Portioned)
Lettuce
Tomato
Tzatziki Sauce

Salad

Lettuce
Tomato
Cucumber
Capsicum
Carrot
Onion

Caesar Salad

Baby Cos Lettuce
Homemade Croutons
Bacon
Shaved Parmesan
Caesar Salad Dressing
Egg (optional)

Nachos

Corn Chips
Salsa (GF)
Tasty Shredded Cheese

Fruit Salad

Sesaonal Fruit

Granola Cup

Vanilla Greek Yoghurt
Raspberries or Passionfruit Pulp
Granola