



Monday November 29

**Coconut Prawns** GF DF

Large gulf prawns, coconut milk, fresh coconut and panko, deep fried and crispy

w/ wasabi ranch dipping sauce

**(v) Panko Coconut Tofu** GF DF w/ wasabi ranch dipping sauce

**Ginger Green Onion Rice** GF DF & **Sweet Chili Sesame Green Beans** GF DF

Tuesday November 30

**Piri Piri Chicken** GF DF

Chiles, lime juice and fresh herb marinated grilled chicken

**(v) Roasted Vegetable Stuffed Pepper** GF DF

Seasoned roasted vegetables, fresh herbs & piri piri tofu stuffed bell pepper

**Herb Potatoes** GF DF & **Broccoli Fennel Sauté** GF DF

Wednesday December 1

**Moroccan Beef Satay** GF DF

Marinated grilled flank steak kabob

**(v) Moroccan Chickpea Purse** contains gluten contains dairy

Chickpeas and roasted vegetables wrapped in flaky puff pastry

**Couscous Salad** contains gluten, Df & **Ginger Carrots** GF DF

Thursday December 2

**Santa Fe Chicken Pasta** contains gluten, contains dairy

Chicken Breast, mushrooms, fresh herbs & peppers in adobo cream sauce over penne pasta

**(v) Santa Fe Cremini Spinach Pasta** contains gluten contains dairy

Cremini mushrooms, spinach, fresh herbs & peppers in adobo cream sauce over penne

***Cilantro Garlic Bread***

Friday December 3

**Chicken Parmesan** contains gluten contains dairy

Italian bread crumb crusted chicken breast, marinara, parmesan, mozzarella & fresh herbs

**(v) Eggplant Parmesan** contains gluten contains dairy

Italian bread crumb crusted eggplant, marinara, parmesan, mozzarella & fresh herbs

***Buttered parsley noodles, contains gluten, df Caprese salad Contains Dairy, gf***