

MENU over **130 OPTIONS**

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pg. 2



Chicken nuggets ceaser salad chicken rice



chicken fillet peas corn carrot sweet pot



Lentil patty ceaser salad



falafel tabouli brown rice



Veggie ball ceaser salad without eggs



Vegan kofta ceaser salad

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**pg. 3**



Beef mince broccoli kidney beans



Mexican nuggets broccoli basmati rice



Chicken patty sweet nutty quinoa broccoli penne pasta



Mexican chicken fillet stir fry penne



Mexican chicken fillet stir fry penne



Chicken patty red cabbage white pot

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pg. 4



4 bean mix garden salad basmati rice



4 bean mix garden salad 4 bean mix pasta garden salad



Beef mince broccoli basmati rice



beef patty, stir fry and brown rice



Veggie balls tabouli white pot



Veggie balls tabouli sweet pot

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chicken fillet peas corn carrot sweet pot



chicken fillet broccoli kidney beans



Chicken nuggets green beans pasta



Chicken fillet green bean sweet pot



Chicken fillet broccoli basmati rice



Chicken pattie ceasar salad

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pg. 6



Veggie ball red cabbage sweet pot



vegan kofta tabouli white pot



Veggie balls tabouli brown rice



vegan kofta tabouli white pot



Veggie balls ceaser salad



Veggie ball ceaser salad without eggs

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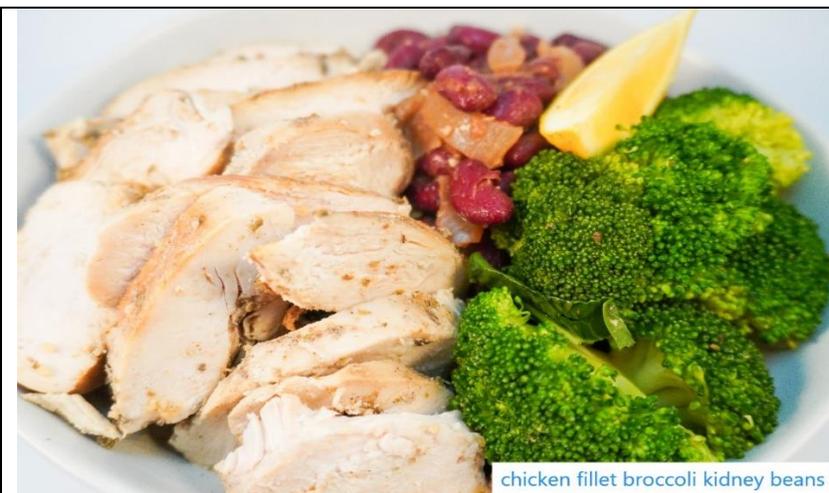
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**CHICKEN OPTIONS ONLY:**



chicken fillet broccoli kidney beans



chicken fillet chickpea salad



chicken patty broccoli kidney beans



chicken patty cous cous salad



Chicken patty chickpea salad



Mexican Chicken Stir fry sweet pot

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satay chicken fillet stir fry sweet pot



chicken fillet stir fry penne



Mexican chicken fillet stir fry penne



Chicken patty stir fry sweet pot



satay chicken fillet stir fry penne



Chicken fillet stir fry sweet pot

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Chicken patty red cabbage white pot



Chicken fillet red cabbage white pot



Mexican Chicken Fillet red cabbage white pot



Chicken fillet green bean sweet pot



Satay Chicken Fillet red cabbage white pot



Mexican chicken fillet green beans sweet pot

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Satay chicken fillet green beans sweet pot



satay chicken patty peas corn carrot sweet pot



Mexican chicken nuggets green beans sweet pot



Mexican chicken patty peas corn carrot sweet pot



Satay chicken nuggets green beans sweet pot



chicken Pattie peas corn carrot sweet pot

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Mexican chicken fillet peas corn carrot sweet pot



Mexican chicken fillets green bean penne



chicken fillet peas corn carrot sweet pot



Chicken patty sweet nutty quinoa broccoli penne pasta



satay chicken fillets green bean penne



Chicken pattie ceasar salad

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chicken Pattie ceaser salad chicken rice



Chicken Pattie's broccoli basmati rice



Satay chicken stir fry brown rice



Chicken fillet broccoli basmati rice



Mexican chicken stir fry brown rice



Chicken nuggets sweet nutty quinoa broccoli penne pasta

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Chicken nuggets green beans pasta



Chicken nuggets - chicken rice



Chicken nuggets ceaser salad chicken rice



Chicken nuggets ceaser salad

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## Vegan options



chickpea salad broccoli sweet pot



chickpea salad tabouli brown rice



Chickpea salad lentil rice red cabbage



chickpea salad tabouli white pot



chickpea salad broccoli penne



lentil patty ceaser salad Lentil patty ceaser salad without eggs

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Lentil patty stir fry sweet pot



lentil patty tabouli sweet pot



Lentil patty red cabbage basmati rice



Vegan kofta ceaser salad without eggs



lentil patty tabouli brown rice



Vegan kofta garden salad lentil rice

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vegan kofta tabouli white pot



Peas corn carrot long green beans lentil rice



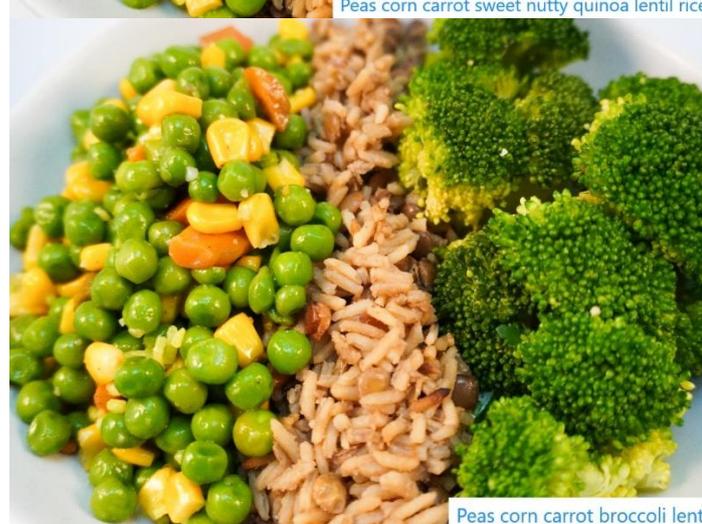
Vegan kofta tabouli brown rice



Peas corn carrot sweet nutty quinoa lentil rice



Vegan kofta tabouli sweet pot



Peas corn carrot broccoli lentil r

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Peas corn carrot mix red cabbage basmati rice



4 bean mix garden salad 4 bean mix pasta garden salad



Peas corn carrot mix tabouli basmati rice



4 bean mix garden salad basmati rice



Falafel ceaser salad without eggs



Falafel red cabbage brown rice

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Falafel garden salad four bean



falafel tabouli brown



Falafel chickpea salad basmati rice



Falafel tabouli sweet pot

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Cous cous salad chickpea salad



Cous cous salad white pot red cabbage



Cous cous salad broccoli penne



Cous cous salad tabouli sweet pot



cous cous salad tabouli white pot

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## Vegetarian



falafel ceaser salad



Veggie balls ceaser salad



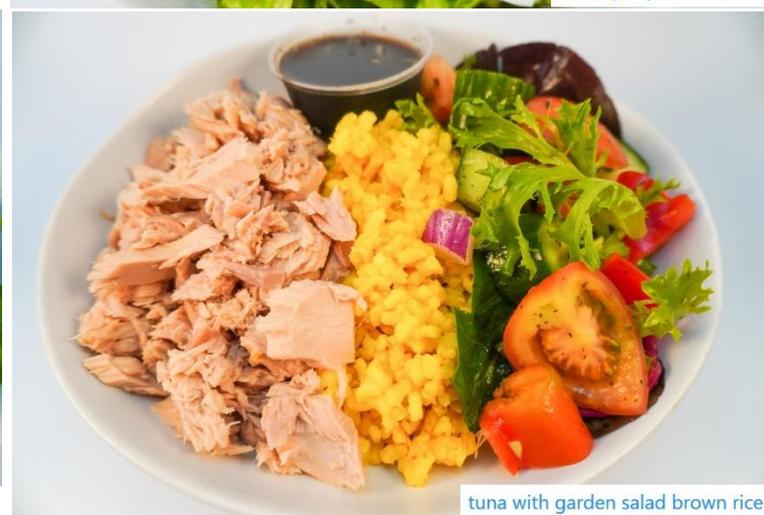
Vegan kofta ceaser salad



Lentil patty ceaser salad



tuna with ceaser salad



tuna with garden salad brown rice

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Tuna tabouli brown rice



Veggie balls ceaser salad



Veggie ball red cabbage sweet pot



Veggie balls tabouli white pot



Veggie balls tabouli sweet pot



Veggie balls tabouli brown rice

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## Beef



beef patty broccoli kidney beans



Beef patty chickpea salad



Beef mince broccoli kidney beans



Beef mince cous cous salad



Beef mince chickpea salad



Beef patty cous cous salad

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**pg. 23**



Mexican beef patty stir fry penne



Satay Beef patty stir fry penne



beef patty stir fry penne



Mexican Beef patty stir fry sweet pot



satay beef stir fry sweet pot



Beef patty Stir fry sweet pot

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Beef patty green beans sweet pot



Mexican Beef patty green beans sweet pot



Satay beef patty green beans sweet pot



beef patty peas corn carrot penne



beef mince peas corn carrot penne



Beef mince peas corn carrot sweet pot

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Satay beef patty green beans penne



Mexican beef patty Stir fry brown ri



Satay beef patty stir fry brown rice



beef patty, stir fry and brown rice



Satay beef patty broccoli basmati rice



Mexican beef patty broccoli basmati rice



beef patty broccoli basmati rice



Beef mince sweet nutty quinoa and broccoli penne pasta

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Beef patty peas corn carrot sweet pot



Mexican Beef patty peas corn carrot sweet pot



Beef patty ceaser salad chicken rice



Beef patty sweet nutty quinoa broccoli penne pasta



Mexican beef mince green beans penne



Satay beef patty green beans penne



Mexican beef Stir fry brown rice



Mexican beef mince broccoli basmati



Beef mince broccoli basmati rice