



BOWL MENU

Week 1

MONDAY

Mexican mince bowl with fresh spinach, sour cream, pineapple salsa, grated cheddar & guacamole.

TUESDAY

Pesto, egg & parmesan bowl with roasted tomatoes, mushrooms, avo, feta & baby spinach.

WEDNESDAY

Spicy Chicken, broccoli, quinoa & feta bowl.

THURSDAY

Smoked chicken, crispy green veg, quinoa, avo, spinach & feta bowl.

FRIDAY

Sticky Asian chicken bowl with sesame seeds, nuts, julienne veg, Japanese mayo & a chili soya dressing.

Week 2

MONDAY

Prego steak bowl with corn, avo & greens.

TUESDAY

Spicy Cajun chicken bowl with spinach, tomato, cucumber & feta.

WEDNESDAY

Chicken Caesar Bowl with sourdough croutons, parmesan, tomato, cucumbers & greens.

THURSDAY

Mediterranean roasted veggie bowl with falafel balls, olives, feta, sun dried tomato & hummus.

FRIDAY

Honey & mustard chicken, quinoa & feta bowl with toasted seeds, chickpeas & roasted butternut.