

**NAME:**



## FEBRUARY 2020 MENU

*Please enter the quantity of each item you want delivered on Monday/Tuesday & Thursday/Friday*

<b>BREAKFAST</b>	<b>MON</b>	<b>THU</b>	<b>MEAT</b>	<b>MON</b>	<b>THU</b>
chocolate chip pancake (v)			chicken & beef meatball marinara pasta (h)		
protein rolled oats			chili beef con carne (h)		
<b>VEGAN &amp; VEGETARIAN</b>			<b>POULTRY</b>		
bangers & mash			savoury chicken korma (h)		
vegetable shepherd's pie			firecracker turkey (h)		
vegan chili			piripiri chicken wrap (h)		
vegan chili wrap			<b>SEAFOOD</b>		
lentil & sweet potato daal			grilled aromatic seabass		
vegan quiche cheese crumble			cod fish cakes		
grilled halloumi wrap (veg)			hot bbq salmon		
Let us know below if you have any allergies or preferences!			<b>FITREATS- PROTEIN SNACKS (v)</b>		<b>QUANTITY (box of 12)</b>
			pb chocolate bar red velvet muffins "cookie dough" cookie brownie bites		

(v) *vegan* (veg) *vegetarian* (h) *halal*