



Menu for 15 – 19 October 2012

Salads

GF **Chicken, red pepper and feta salad (5 units)**

Chicken, griddled red pepper, mixed lettuce leaves and feta cheese with a sweet chilli dressing

GF **V** **Cranberry, apple and pecan salad (4 units)**

Crispy apple, pecan nuts, dried cranberries, baby spinach and lettuce with a honey balsamic dressing

GF **V** **Lentil, red pepper and feta salad (4 units)**

Brown lentils, red pepper, spring onion and feta cheese, with an oregano pesto dressing

GF **V** **Mixed leaf salad (3 units)**

Mixed lettuce leaves, rocket, toasted pumpkin and sunflower seeds and feta with a honey balsamic dressing

Soups

GF **V** **Chilled avocado, cucumber and chilli soup (3 units)**

Avocado, cucumber, chilli, basil and yoghurt

GF **V** **Black eyed bean soup (3 units)**

A tasty soup of creamy black eyed beans, tomatoes, vegetables and parsley

Meals

GF **V** **Chickpea and tomato curry with jasmine rice or roties (5 units)**

Curry of chickpeas, onions, tomatoes and spinach served with a sambals

Chicken and guacamole wrap with a side salad (5 units)

Wrap of grilled chicken and lettuce with avocado, red onion and chilli

V **Baby marrow and red onion quiche with a side salad (5 units)**

Baby marrow, red onion, cheddar, cream and eggs baked in pastry

V **Mushroom and cashew pasta with side salad (5 units)**

Farfalle with mushroom and cashew nuts in a coriander pesto

Drinks

Homemade lemonade (1 unit)

Strawberry and lime juice (2 units)

Orders may be emailed to **nourishgourmet@gmail.com** or called in/ texted to **0773.254.295**

Orders can be placed all at once at the beginning of the week or each day by **10:30am**.

Your order will be delivered to you at the times for your area.

V **Vegetarian**

GF **Gluten free**

All chicken strictly halaal