

Kids Meal Prep Menu

All dishes serve 4

Pasta Dishes

- Pasta and bolognaise
- Pasta carbonara
- Hey Pesto
- Pasta and tomato sauce
- Mac & Cheese

Rice dishes

- Pork con carne and rice
- Tomato and pea risotto
- Veggie stir fry with rice

Protein based dishes

- Bread crumb chicken nuggets and roasted potatoes
- Crumbed fish and roasted potatoes
- Lamb meat balls, mash and vegetables
- Shepard's pie and steamed carrots
- Chicken and corn patties with rice
- Bangers and mash with carrots

Vegetarian dishes

- Potato and and cheese frittata
- Pumpkin and sweet potato soup
- Minestrone soup

MOST DISHES CAN BE CHANGED TO SUIT ANY DIETARY REQUIREMENTS.
PLEASE CONTACT US IF YOU WOULD LIKE TO ADD ONE OF YOUR FAVOURITE
DISHES TO YOUR SELECTION.