



ALL SERVE IN MEDIUM SIZE BOWL **VEG** NON-VEG RICE BOWL With Roasted Chicken With Roasted Cottage 350 350 Cheese Chunks Slow cooked rice with low sodium gravy, and assorted steamed vegetables **PASTA** With Pulled Chicken 350 380 Classic Cheese Penne in low sodium gravy sauce **STEAK** Chicken Breast 380 Pan grilled choice of meat, Sole Fillet 420 and sauteed vegetables **Scrambled Eggs** 85 High Omega Eggs **Boiled Eggs** 80 Serve two