

Family Menu

This menu is:





Our Kid-Friendly Range

Apricot Chicken With Quinoa And Peas

Balsamic Braised Beef With Green Beans And Rice

Beef And Fig Tagine With Quinoa And Green Beans

Beef Chilli With Lemon Rice And Corn

Beef Cottage Pie

Beef Massaman And Pumpkin Curry With Rice

Beef Moussaka



Butter Chicken With Basmati Rice And Peas

Chicken Biryani With Apricot Chutney

Chicken Cacciatore With Brown Rice And Green Beans



Chicken Cashew Satay With Confetti Rice

Chicken, Leek And Sweet Potato Soup With Gluten Free Bread

Chicken Verjus With Spinach And Roast Pumpkin



Chickpea Cacciatore With Brown Rice And Green Beans 🕞 M V

Chickpea Cacciatore With Quinoa And Green Beans



Chilli Con Carne With Polenta And Salsa

Gluten Free Pasta With Tomato And Prosciutto Sauce



Greek Chicken With Zucchini And New Potatoes

Lebanese Lemon Chicken With Sweet Potato And Green Beans F M



Lemon And Dill Barramundi, With Capers Spinach And Baby Potatoes F

Mexican Beans With Polenta And Salsa

















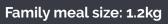
paleo



low FODMAPs



mediterranean





Family Menu

This menu is:





Our Kid-Friendly Range

Middle Eastern Lamb And Pumpkin Quinoa Salad

Miso Chicken, Sesame Broccoli, Ginger Carrots And Rice Noodles

Miso Pork And Asian Vegetables And Rice

Mixed Pea And Leek Risotto With Pinenuts M



Moroccan Lamb Mince With Roast Pumpkin And Pepitas And Rainbow Veggies

Moroccan Lamb Mince With Roast Pumpkin, Quinoa And Cauliflower

Moroccan Pork Casserole With Quinoa



Mushroom, Spinach And Truffle Risotto With Broccoli And Pepitas

Smoked Salmon Dill And Caper Risotto With Green Beans 📻 M

Poached Pesto Chicken With Potato Medley And Green Beans



Pumpkin And Lentil Soup With Gluten Free Bread



Pumpkin And Zucchini Savoury Slice



Slow Cooked Lamb Shoulder With Roasted Cherry Tomatoes, Green Beans And Mixed Rice 🕞 M





Spaghetti Bolognaise With Gluten Free Pasta



Sweet And Sour Chicken With Rice



Sweet And Sour Chicken With Sesame Green Beans.

Cherry Tomatoes And Brown Rice Noodles

Tandoori Chicken With Capsicum Rice, Green Beans And Raita F

Tofu And Pineapple Massaman Curry With Sweet Potato

And Mixed Rice

Vegan Cottage Pie M



Vegetable Lasagne



Vegan Moussaka











gluten free



vegan



low FODMAPs





mediterranean

Family meal size: 1.2kg

www.wholesomeness.com.au email us on care@wholesomeness.com.au