



Wholesomeness™

# Family Menu

This menu is:

DF

GF

## 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 Cacciatore With Quinoa 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

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

Lemon And Dill Barramundi, With Capers Spinach And Baby Potatoes

Mexican Beans With Polenta And Salsa

M

M

M

F

M

V

F

M

F

M

F

M

V

F

M

V

M

M

F

M

F

V



KEY

DF

dairy free

GF

gluten free

P

paleo

V

vegan

F

low FODMAPs

M

mediterranean

Family meal size: 1.2kg

[www.wholesomeness.com.au](http://www.wholesomeness.com.au)

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## 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 M

Mushroom, Spinach And Truffle Risotto With Broccoli And Pepitas

Poached Pesto Chicken With Potato Medley And Green Beans M

Pumpkin And Lentil Soup With Gluten Free Bread M

Pumpkin And Zucchini Savoury Slice F M

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

Smoked Salmon Dill And Caper Risotto With Green Beans F M

Spaghetti Bolognese With Gluten Free Pasta F

Sweet And Sour Chicken With Rice F

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 V

Vegan Cottage Pie M V

Vegetable Lasagne M V

Vegan Moussaka M V



KEY



dairy free



gluten free



paleo



vegan



low FODMAPs



mediterranean

Family meal size: 1.2kg

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