

Menu for Week Mon 12th – Fri 16th Dec 2016



Meal Only Option \$75/day (inc. delivery)
Lunch & Build Your Own Combo \$100.00/day (inc. delivery):
(Fruit Bowl/Smoothie/Fruit Juice/Parfait Cup/ Snack of the Day (Enquire within))

For orders please use the Place Order button on our site www.gosmartfood.co
Email orders@gosmartfood.co or Call/Whats App/Text 39SMART (397-6278) By 9.00 A.M
We can be flexible with our protein & starch options where possible V Option = Vegetarian

REMEMBER WE HAVE A LOW CARB OPTION EVERY DAY!

Mon 12th Dec

***Seasonal Inclusion**

Lamb/Chicken Massaman Curry w. Cardamom & Cashew Basmati Rice w. Cucumber, Raisin & Red Onion Raita Salald w. Minted Yogurt Dressing

or

Chick Pea Massaman Curry w. Cardamom & Cashew Basmati Rice w. Cucumber, Raisin & Red Onion Raita Salald w. Minted Yogurt Dressing (V)

Tues13th Dec

Chicken/*Pork Yuletide Stuffing w. Orange Chutney & Rosemary Roasted Red Potato, Broccoli & Carrots w. Apple, Walnut, Cabbage & Basil Slaw

or

Lentil Loaf Stuffing w. Orange Chutney & Rosemary Roasted Red Potato, Broccoli & Carrots w. Apple, Walnut, Cabbage & Basil Slaw (V)

Wed 14th Dec

Chicken/Seafood (Shrimp, Salmon & Tuna) Caribbean Christmas Stew & Sorrel Glazed Roasted Cassava & Dasheen w. Tomato, Cucumber & Iceberg Lettuce Salad w. Honey-Lime Vinaigrette

or

Mixed Bean Caribbean Christmas Stew & Sorrel Glazed Roasted Cassava & Dasheen w. Tomato, Cucumber & Iceberg Lettuce Salad w. Honey-Lime Vinaigrette (V)

Thurs 15th Dec

Chicken/Beef w. Pomegranate-Apple Chutney w. Minted Mediterranean CousCous Salad of Star Fruit, Almonds & Craisins on Bed of Kale w. Lemon-Chia Dressing

or

Edamame w. Pomegranate-Apple Chutney w. Minted Mediterranean CousCous Salad of Star Fruit, Almonds & Craisins on Bed of Kale w. Lemon-Chia Dressing (V)

Fri 16th Dec

Salmon/*Turkey w. Maple-Mustard Glaze w. Sweet Potato-Garlic Mash & Corn on the Cob w. Cinnamon Butter on Mixed Greens

or

Lentil Loaf w. Maple-Mustard Glaze w. Sweet Potato-Garlic Mash & Corn on the Cob w. Cinnamon Butter on Mixed Greens (V)

We guarantee Everything is handmade for You Fresh Everyday using the Best & Highest Quality Organic Ingredients