

L B F WHOLEFOODS

HOT MEAL ROTATING MENU OPTIONS

MEAT	JERK CHICKEN	GREEN CHICKEN CURRY	BEEF STROGANOFF	BUTTER CHICKEN	BEEF KORMA
&	CHICKEN KORMA	BEEF MASSAMAN	APRICOT CHICKEN	LAMB ROGAN JOSH	CHICKEN CACCIATORE
RICE	RED CHICKEN CURRY	INDIAN BEEF CURRY	SPANISH CHICKEN	VEGETABLE RATATOUILLE	CHICKEN & MUSHROOM RISOTTO
PASTA	SPINACH & RICOTTA CANNELLONI	FETTUCINI BOSCIOLA	PESTO GNOCCHI	SILKY PENNE CARBONARA	TUNA & SWEET CORN BAKE
&	VEGETARIAN LASAGNE	CHICKEN & SWEET POTATO BAKE	SPAGHETTI BOLOGNESE	SHEPHERDS PIE	HEALTHY MAC & CHEESE WITH SPINACH
BAKES	CHILLI CHICKEN PASTA	CHICKEN SPIRAL PASTA w ROAST CAPSICUM, PESTO, SNOWPEAS & SPANISH ONION	BEEF LASAGNE	PENNE MATRICIANA	VEAL RAVIOLI w CREAM SAUCE OF MUSHROOM & THYME