



Weekly Meal Order Spring (2)

Menu date: Mon Sept 6th – Sun Sept 12th

Order By: 11am on Mon, Wed & Fri

To place your order please call or email Get Tossed Salad Bar direct on **02 6047 3029**

Deliveries are made on Mon, Wed & Fri between 4pm-6pm. * Tues, Thurs, Sat & Sun meals are delivered with the previous day's meals. Eg: Mon/Tues are delivered on Monday. Wed/Thur meals on Wed.

		Tick to order
Mon	Chorizo, cannellini bean & kale soup	
	Zucchini & eggplant tart with almond & brown rice pastry (GF)	
	Seasonal Fruit Salad with yoghurt & almonds	
Tues	Chorizo, cannellini bean & kale soup	
	Chicken, pumpkin & parmesan salad	
	Roasted Strawberry Buckwheat Crepes with Cinnamon Mascarpone	
Wed	Roasted Carrot, coconut and turmeric soup	
	Beef Ragu (slow cooked beef & tomato sauce) with pan fried Gnocchi	
	Black rice sticky pudding with roasted banana	
Thu	Roasted Carrot, coconut and turmeric soup	
	Roast Pork medallions with scalloped potato and pan fried greens	
	Lemon meringue tart	
Fri	Lamb Shank & Barley Soup	
	Hot baked potato with cheese, coleslaw, bacon & sour cream	
	Ginger Cake	
Sat	Lamb Shank & Barley Soup	
	Coq au Vin (Chicken & wine stew) with simple French green salad	
	Cheese Board for One. 3 cheeses, quince paste, crackers & blueberries	
Sun	Lamb Shank & Barley Soup	
	Toasted ham, cheese and fresh tomato sourdough sandwich.	
	Fruit Salad with Yoghurt & Honey	

Please indicate any dietary considerations. NB: An extra charge of \$2.50 per day may apply to these options

Gluten Free ___ **Dairy Free** ___ **Vegan** ___ **Other** _____

Prices:

3 courses: \$20 per day 2 courses: \$16 per day 1 Course: \$10 per day

Delivery: \$3 per day

For all queries and dietary needs please call **Cheryl on 0418 605 107**

Email: fresh@gettossedsaladbar.com.au New menus are delivered every Friday to your letterbox.

Name:	
Address:	
Phone:	Alt Contact: _____
Email:	