

Dineamic Meals

	GF	GF & VEG	GF & VEGAN	GF & DF	DF	LF	VEG	VEGAN	EF	No P/H	No RM	Diabetic	Low Fruc	Low FODMAP	KOSHER OR HALAL
Beef & Bean Burrito With Sweet Potato Wedges	✓	X	X	✓	✓	✓	X	X	✓	✓	X	✓	X	X	X
Beef Bolognese With Gluten Free Penne	✓	X	X	✓	✓	✓	X	X	✓	✓	X	✓	✓	✓	X
Beef Lasagne	X	X	X	X	X	X	X	X	✓	✓	X	✓	X	X	X
Butter Chicken With Wild Rice Blend	✓	X	X	✓	✓	✓	X	X	✓	✓	✓	X	✓	✓	X
Chicken Cacciatore With Mixed Potato Mash	✓	X	X	✓	✓	✓	X	X	✓	✓	✓	✓	✓	✓	X
Chicken Fajita With Red Capsicum & Red Onion on Brown Rice	✓	X	X	✓	✓	✓	X	X	✓	✓	✓	✓	X	X	X
Chicken & Vegetable Risotto	✓	X	X	✓	✓	✓	X	X	✓	✓	✓	✓	X	X	X
Falafels With Garlic Yoghurt & Tabbouleh	X	X	X	X	X	X	✓	X	✓	✓	✓	✓	X	X	✓
Indian Vegetable Curry With Basmati Rice	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	X	X	X	✓
Mexican 5-Bean Chilli With Brown Rice & Green Beans	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	X	X	X	✓
Pumpkin & Kale Risotto	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	X	X	X	✓
Sticky Thai Chicken Meatballs with Basmati Rice & Steamed Veggies	✓	X	X	✓	✓	✓	X	X	✓	✓	✓	X	X	X	X
Vegetable Lasagne	X	X	X	X	X	X	✓	X	X	✓	✓	✓	X	X	✓