

# Meals to you

by  Life Ready Mobile

FROZEN (READY TO EAT. JUST REHEAT)

## BREAKFASTS

PLAIN OMELETTE W/ PORK CHIPOLATA & BAKED BEANS	\$10.00
SCRAMBLED EGG W/ CHIPOLATAS & HASH BROWNS	\$10.20
HAM & CHEESE OMELETTE W/ HASH BROWNS & TOMATOES (GF)	\$12.00
POACHED EGG MORNAY W/ BEEF SLIDER & SPINACH	\$13.00
PUMPKIN CREOLE CRUSH W/ BAKED BEANS (V) (GF) (LF)	\$12.30

## LUNCH/ DINNER

BEEF TORTELLINI W/ NAPOLI SAUCE	\$10.60
CAPE MALAY CURRY CHICKEN W/ YELLOW RICE & PEAS (GF) (LF)	\$8.90
BEEF TANGINE W/ COUS COUS & CARROTS (LF)	\$10.00
SUMAC CHICKEN W/ BASMATI RICE & VEGETABLES (GF) (LF)	\$8.90
PUMPKIN TOFU & CHICKPEA CURRY W/ BASMATI RICE (V) (GF) (LF)	\$7.20
ROAST CHICKEN W/ VEGETABLES (GF) (LF)	\$13.00
PENNE PASTICCHIATI (VG)	\$8.70

FRESH

## SANDWICHES

COUNTRY CHICKEN W/ WATERCRESS AIOLI SANDWICH	\$5.25
ROAST BEEF ENGLISH MUSTARD MAYO & PICKLED ONIONS SANDWICH	\$6.75
CHEDDAR AND PICKLE SANDWICH (VG)	\$5.00
EGG DIJONNAISE SANDWICH (VG)	\$4.70
TUNA & SALAD ROLL	\$7.50
CHICKEN CAESAR ROLL	\$6.50
PULLED PORK & ASIAN SLAW WRAP	\$6.50

## SALADS

BEEF & COUS COUS SALAD (LF)	\$13.00
BLACK EYE PEA CHICKEN SALAD (LF)	\$11.25
QUINOA SALAD W/ GINGER & SESAME PORK (LF)	\$12.70
POTATO SALAD TUNA SALAD (GF)	\$11.40
EGG & FUSILLI SALAD (VG)	\$11.40
GREEN BEAN SALAD W/ SWISS CHEESE (VG) (GF)	\$11.40
DICED FRUIT SALAD (V) (GF) (LF)	\$4.35

V= VEGAN VG= VEGETARIAN GF= GLUTEN FREE LF= LACTOSE FREE

Free Delivery for orders over \$100.

Orders must be placed 3 days before desired delivery day.

Place your order on our website

[www.lifereadymobile/mealstoyou](http://www.lifereadymobile/mealstoyou) OR call us on 1300 730 852