



Week 1:

Take home meal order form:

Name	
Mobile	
Email	
Address	
Dietary Requirements	
Allergies	

Meal Type: Individual serving	Price	Servings required
Miso Salmon, rice and greens	\$13.50	
Portuguese Chicken, Roasted Sweet Potato Mash, greens cashews	\$12	
Ginger shakin' beef with Miso and Pak Choi	\$13	
Pork chops, mushroom sauce, polenta and buttered cabbage	\$13	
Vegetable Bake	\$11	
	Total	\$

Meal Type: Family Tray Bake Meal – RAW approx. 4 servings	Price	Servings required
Summer Chicken Tray Bake	\$28	
Miso Chicken Drumsticks and rice	\$28	
Vegetarian Thai Curry Tray Bake	\$25	
Curried Sausage Tray Bake	\$25	
Laksa Salmon and Vermicelli noodles	\$45	
	TOTAL	\$

Order forms to be emailed to
hello@thefeelgoodfoodie.com.au
by 5pm Friday afternoon for Monday pm pickup

Payment to be made to
Account: The Feel Good Foodie
BSB: 064 823
Account: 1102 0003
Reference: Last name