

# Eat TNK Everyday



## Monday



**Pick up** from 8.00am



Banana & Blueberry Porridge



Freekeh Pumpkin Salad + Chicken



Walnut Bolognese + Feta



Muesli Bites

## Tuesday



Morning Mix



Falafel Salad



Mexican Bowl + Corn Chips

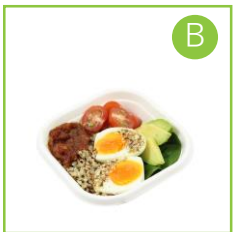


Apple, Kale & Mint Juice

## Wednesday



**Pick up** from 8.00am



Dukkah Egg Pot



Classic Salad



Asian Noodle Salad + Chicken



Veggie Snack Pot + Beetroot Hummus

## Thursday



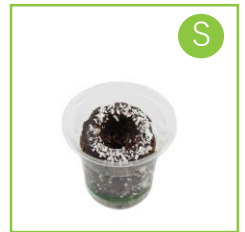
Yoghurt Cup



Pesto Pasta Salad + Feta

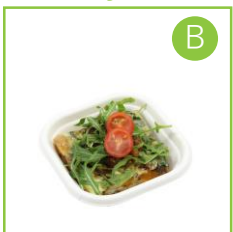


Satay Vegetable Bowl + Chicken



Choc Rough Bites

## Friday



Frittata



Falafel Salad



Walnut Bolognese + Feta



Banana + Coconut Bread