

Suggested Light Meals

Vegetable Cannelloni (Carrot, Cream Cheese, Spinach suted with onion Garlic and Herb- bound in White Sauce rolled in Lasagna Sheets)

Tomato & Basil Couli Base, Blanched Sticks of 15g Zucchini, 15g Turned Pumpkin.

Frittata – Seafood (10g Shrimp, 20 Shirami Crab Meat & 10g Calamari), 6 Asparagus, Sautéed Potato Slices in onion/Garlic. Combine with egg and Cheese. Served with Sautéed Bean & tomato Cocasse

Chicken Fajita Roll: 90g (Grilled) Marinated Chicken Thigh (Coriander Powder, Cummin Powder, Garlic) 40g Vegetable strifried Juliennes of Carrot, Capsicum and red onion (combined in spicy tomato, coriander Sauce) rolled in Tortilla Flour. Sprinkled with cheese. Lightly Baked.

Lamb & Vegetable Samosa: 90g Finely Diced Lamb Curried stirred with 10g Peas & 10g Carrot wrapped in Samosa/Sesame Pastry. Served with 20g Baked Cummin Pumpkin

Vegetable Calzoni: Thick Stewed Vegetable (light Herb) 40g Potato, 40g Eggplant, 20g R&G Capsicum, 10g Beans Encased in Foccacia Pastry & Baked