

Elite Meals Week 4

- *BBQ Beef Bulgogi with Cabbage Kimchi, Veggies & Black Rice*
- *Rosemary Lamb Racks, Lentil & Garlic Kale, Carrot and Beans*
- *Teriyaki Turkey Patties with Broccoli, Carrot, Mixed Black Rice*
- *Poached Chicken Truffle Cream, Burnt Leek, Asparagus, Potatoes*
- *Mirror John Dory, Mirin Garlic Sauce, Saute Spinach, Steamed Rice*
- *Honey Spiced Glazed Duck Breast, Balsamic Brussel Sprout, Veggies, Butternut Squash*
- *Baked Karaage Chicken, Cucumber & Carrot Daikon Salad, Steamed Rice*
- *Braised Barramundi, with Wong Bok, Baby Corn, Sugar Peas, Mushroom, Steamed Rice*
- *Red Miso Glazed Salmon, Edamame, Carrots, Green beans & Soba*
- *Vietnamese Grilled Chicken Chop, Stir Fry Greens & Brown Rice*

**All menu with no trace of nuts*