

#MHAWNz

Menu

EST. 2016

**Friday 14th
October**

**12 pm to 1 pm
Clinical Area**

Join us for lunch to celebrate Mental Health Awareness Week

\$10 FOR ONE SIDE + ONE MAIN + ONE DESSERT

UPSIZE: additional \$5 for one extra option from any category

Proceeds will be donated to the Mental Health Foundation NZ

Mains

Herby roast chicken {GF,DF}

Lamb, feta & caramelised onion OR Mediterranean-style vegetarian pizza (2 slices)

Chorizo & vegetable quiche

Paleo butter chicken with broccoli "rice" (no side option & limited servings) {GF,DF}

Sides

Broccoli & bacon salad {GF,DF}

Orzo pasta & grilled vegetable salad {DF,V}

Pumpkin soup {GF}

Quinoa, beetroot & feta salad {GF,V}

Tomato, mozzarella & basil skewers (x3) {V}

Dessert

Sour cherry strudel {DF}

Vanilla cupcake

Louise slice

Fruit kebabs (x2) {GF}

Peanut butter bliss balls (x2) {GF}

Check your email for further details

Place your order in the spreadsheet by **Wednesday 12th October**

To keep with the environmental theme, please BYO plate/cutlery/container

Celebrate MENTAL HEALTH AWARENESS WEEK with us and...

**Connect
WITH
nature**

for good mental
health and wellbeing



#mhawnz
www.mhawnz

10-16 October 2016