



F45 CHALLENGE – Main Stream Menu

WEEK 4 (24 - 29 February)

Order online: <https://www.jackgreens.com.au/order-online/>

Monday & Tuesday Lunch:

CHAR SIU PORK WITH VEGETABLE BROWN RICE

Monday & Tuesday Dinner:

GRILLED CAJUN CHICKEN BREAST WITH SOUTHERN DIRTY BROWN RICE

Wednesday & Thursday Lunch:

RAINBOW COLESLAW, SWEET POTATO, EDAMAME AND CHICKEN SALAD, MISO TAHINI DRESSING

Wednesday & Thursday Dinner:

PAN FRIED FISH WITH MIXED VEGETABLE MASH

Friday & Saturday Lunch:

KASUNDI BEEF, QUINOA WITH MINT YOGHURT DRESSING

Friday & Saturday Dinner:

CHICKEN, MUSHROOM AND CHIVE CASSEROLE



F45 CHALLENGE – Main Stream Menu

WEEK 5 (2 – 7 March)

Order online: <https://www.jackgreens.com.au/order-online/>

Monday & Tuesday Lunch:

CHICKEN HARISSA AND SPINACH WRAP

Monday & Tuesday Dinner:

LAMB WITH VIETNAMESE STYLE COLESLAW

Wednesday & Thursday Lunch:

*THAI RED FISH CURRY WITH SEASONAL
VEGETABLES*

Wednesday & Thursday Dinner:

VIETNAMESE STYLE CHICKEN NOODLE SALAD

Friday & Saturday Lunch:

NAKED CHIPOTLE BBQ BEEF FAJITA BOWL

Friday & Saturday Dinner:

*SAUTÉED GARLIC CHICKEN WITH FETA GREEN
BEANS*