

COLOUR OUR MEALS WITH VEGGIES



Grilled fish, creamed spinach and vegetable chips



Seafood and vegetable soup with wholegrain bread



Pork mince chow mein and colourful vegetables



Chicken, corn and vegetable soup with cassava



Chicken, carrot and potato curry with broccoli, cauliflower and peas



Egg fried rice with mixed vegetables



Fish with palusami, sweetcorn and green banana



Beef chop suey with colourful vegetables



Roast pork, cabbage and mixed vegetables with roast cassava



Corn and mussel fritters with chopped salad and cassava