



Agrain
Menu

WEEK 6

Sep 16 - Sep 20

THURSDAY

Rosemary Chicken Breast

with Fragrant Brown Rice, Cajun Eggplant, and Harissa Cabbage

Turmeric Chicken Thigh

with Vegeroni Spiral Pasta, Garlic Pak Choy, and BBQ Cauliflower

Thips Seaweed Tempeh Chips

FRIDAY

Rosemary Chicken Breast

with Parsley Cauliflower Rice, Blistered Cherry Tomatoes, and Harissa Cabbage

Rosemary Chicken Breast

with Vegeroni Spiral Pasta, Harissa Cabbage, and Thyme Shimeiji Mushrooms

Kintry Chocolate Hazelnut Granola

MONDAY

Chickpea Stew

with Fragrant Brown Rice, Turmeric Tempeh, and Herbed Potatoes

Paprika Tempeh

with Baby Romaine, Nelson's Sweet Corn, and Blistered Cherry Tomatoes

Kintry Oat Cookies with Chocolate Chips

TUESDAY

Lemon Pepper Crusted Fish

with Fragrant Brown Rice, Cajun Eggplant, and Garlic Pak Choy

Rosemary Chicken Breast

with Parsley Cauliflower Rice, Turmeric Tempeh, and Nelson's Sweet Corn

Thips Sea Salt Tempeh Chips

WEDNESDAY

Lemon Pepper Crusted Fish

with Vegeroni Spiral Pasta, Blistered Cherry Tomatoes, and Garlic Pak Choy

Honey Soy Chicken Thigh

with Chunky Potato Salad, Turmeric Tempeh, and Sunny Full-Baked Egg

Thips Spicy Chilli Tempeh Chips



WEEK 2

Sep 30 - Oct 04



MONDAY

Chickpea Stew

with Fragrant Brown Rice, Turmeric Tempeh, and Herbed Potatoes

Turmeric Tempeh

with Baby Romaine, Nelson's Sweet Corn, and Blistered Cherry Tomatoes

Kintry Salted Egg Yolk Potato Crisps

TUESDAY

Lemon Pepper Crusted Fish

with Fragrant Brown Rice, Cajun Eggplant, and Garlic Pak Choy

Rosemary Chicken Breast

with Parsley Cauliflower Rice, Turmeric Tempeh, and Nelson's Sweet Corn

Kintry Oat Cookies with Chocolate Chips

WEDNESDAY

Lemon Pepper Crusted Fish

with Vegeroni Spiral Pasta, Blistered Cherry Tomatoes, and Garlic Pak Choy

Honey Soy Chicken Thigh

with Chunky Potato Salad, Turmeric Tempeh, and Sunny Full-Baked Egg

Thips Sea Salt Tempeh Chips

THURSDAY

Rosemary Chicken Breast

with Fragrant Brown Rice, Cajun Eggplant, and Harissa Cabbage

Turmeric Chicken Thigh

with Vegeroni Spiral Pasta, Garlic Pak Choy, and BBQ Cauliflower

Thips Spicy Chilli Tempeh Chips

FRIDAY

Rosemary Chicken Breast

with Parsley Cauliflower Rice, Blistered Cherry Tomatoes, and Harissa Cabbage

Rosemary Chicken Breast

with Vegeroni Spiral Pasta, Harissa Cabbage, and Thyme Shimeiji Mushrooms

Thips Seaweed Tempeh Chips



WEEK 3

Oct
07 — Oct
11

MONDAY

Tikka Masala Tofu

with Fragrant Brown Rice, Tandoori Okra, and Cajun Eggplant

Chickpea Stew

with Parsley Cauliflower Rice, Cajun Eggplant, and Herbed Potatoes

Kintry Chocolate Hazelnut Granola

TUESDAY

Honey Soy Chicken Thigh

with Fragrant Brown Rice, Thyme Shimeiji Mushrooms, and Tandoori Okra

Rosemary Chicken Breast

with Vegeroni Spiral Pasta, Garlic Pak Choy, and Sunny Full-Baked Egg

Kintry Macademia Cookies with White Chocolate Chips

WEDNESDAY

Honey Soy Chicken Thigh

with Vegeroni Spiral Pasta, Tandoori Okra, and Blistered Cherry Tomatoes

Rosemary Chicken Breast

with Parsley Cauliflower Rice, Turmeric Tempeh, and Nelson's Sweet Corn

Kintry Salted Egg Yolk Potato Crisps

THURSDAY

Honey Soy Chicken Thigh

with Fragrant Brown Rice, Garlic Pak Choy, and Onsen Egg

Rosemary Chicken Breast

with Vegeroni Spiral Pasta, Cajun Eggplant, and Nelson's Sweet Corn

Kintry Oat Cookies with Chocolate Chips



FRIDAY

Rosemary Chicken Breast

with Fragrant Brown Rice, Blistered Cherry Tomatoes, and Caramelized Pumpkin

Honey Soy Chicken Thigh

with Vegeroni Spiral Pasta, Charred Broccoli, and Nelson's Sweet Corn

Thips Sea Salt Tempeh Chips



