



Experience the difference of **food with heart**

Welcome to Wesley Catering's Eat Healthy return to work menu, designed to support your team's health and wellbeing as you transition back to in-person collaboration.

At Wesley Catering, we love food and we love people. Our guarantee is to deliver food that is cooked with love.

Inside, you'll discover mouth-watering flavour combinations and health-boosting options that capture Wesley Catering's commitment to food with heart, with every order supporting Sydney's most vulnerable.

Delectable lunchbox-style offerings are available to be delivered to you, all in eco-friendly packaging.

Choose from our healthy and delicious new options, which accommodate a range of dietary requirements to support your whole team.

We invite you to experience the difference food with heart makes to your team and the wider community.

Terms and Conditions (T&Cs):

All prices exclude GST.

Minimum order volume and delivery fees apply. Refer to our booking T&Cs for full details.

To find out more about how

Wesley Catering can provide food with heart for your next gathering, contact catering@wesleymission.org.au or call **1800 043 344**.

Eat Healthy salad specials

\$12.00 + GST

Minimum order 10 salads. Minimum order 5 per item.

**reduced carb (RC), keto (K), vegan (VEG), vegetarian (V),
gluten free (GF) and low-fat (LF)**

harissa spiced chicken with broccoli, baby spinach,
lemon and toasted walnuts **(GF, RC)**

roast pumpkin, tomato, greens and mint salad with
oven-baked falafel and tahini dressing **(VEG)**

grilled chicken with avocado, fetta, tomatoes and
greens **(GF, K)**

quinoa, pea, roast pumpkin, shallot and smoked
salmon **(GF)**

roast carrot and fetta with honey lemon dressing **(V)**

sweet potato, poached chicken, broad bean and
chickpea rice salad

poached pulled chicken, green bean, radish and mixed
leaves with tarragon dressing **(GF)**

harissa spiced roast vegetable couscous with grilled
haloumi and fig jam **(V)**

broccoli, edamame and soba noodle salad with chicken,
avocado, soy mirin dressing

rocket, candied walnuts, goat's cheese and spiced
pears **(GF)**

poached chicken Caesar salad **(LF)**

sweet corn and mixed bean salad with avocado and
chimichurri dressing **(GF)**