

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Baked eggs filled with shredded greens, pumpkin, tomato & potato (e)	Baked Eggs with pumpkin, potato and mixed vegetables	Baked eggs filled with shredded greens, pumpkin, tomato & potato €	Baked Eggs with pumpkin, potato and mixed vegetables (e)	Baked eggs filled with shredded greens, pumpkin, tomato & potato €
Breakfast	Herby mushroom & spinach egg scramble(e)	Roast pepper, cumin & tomato egg scramble (e)	Scrambled Egg with Exotic Veg and Grilled Tomato, Baked Beans (e)	Mediterranean Omelette €	Pumpkin & kale egg scramble (e)
Breakfast	Banana & chocolate pancakes with chia-berry jam (e,o,d)	Blueberry-lemon pancakes with berry, mint & orange jam (e,o,d)	Matcha Pancakes with Coconut Cream(o,e)	Banana & chocolate pancakes with chia-berry jam (e,o,d)	Blueberry-lemon pancakes with berry, mint & orange jam (e,o,d)
Breakfast	Strawberry, apple & vanilla oats	Avocado, chocolate & orange oats	Mixed berry, mint & lemon Oats	Coconut, mango & pineapple oats	Coffee, raisin & banana oats
Breakfast	Chickpea scramble with spinach, kale & tomato, topped with parmesan egg (d,e)	Turkey breakfast burrito with egg, salsa & beans (e,g)	Chickpea breakfast bowl, spinach, quinoa, boiled egg, beets & siracha dressing (m,e)	Turkey breakfast burrito with egg, salsa & beans (e,g)	Mixed bean burrito with egg, salsa & cheddar (d,g)
MAIN MEALS					
Lunch - Balanced	Paprika spiced chicken with high protein penne all 'amatriciana (g)	Citrusy Grilled chicken with high protein pasta, broccoli pesto with cherry tomato & roast peppers (e,d,g,n)	Chicken alfredo with high protein pasta & spinach (g,d)	High protein pasta with rich Bolognese sauce and spinach (g)	Beef Ragu with High protein pasta (g)
Lunch - Balanced	Sumac-Crusted White Fish with Pistachio, Couscous & Steamed Veggies(f,n,g)	Pesto fish fillet with ratatouille & celeriac mash (d,c)	Pepper, Olive Crust Fish, Potato & Vegetable Stew (f)	Lime & Pepper Fish with Potato Salad(f,e,m)	Turmeric & lime fish, steamed vegetables & potato with butter herb sauce (d,f)
Lunch - Balanced	Chicken Molokhiya with vermicelli Rice(g)	Lebanese Meatballs, Harra Potato, Stuffed Marrow and Yoghurt Sauce (e,o,d)	Chicken shish taawk with potato harra & Fattoush (d)´	Samak Mashwi, vermicelli Rice & Stuffed Marrow(f,g)	Adana kebab, potato harra, arabic salad (e,m,d)
Lunch - Balanced	Madras Spiced chicken breast served with chickpea, spinach & pea Balti, turmeric rice	Masala Chicken with Biryani Rice, Chickpeas & Roast Cauliflower	Thai Green Chicken Curry with roasted vegetables & citrus-herb rice	Chicken tikka masala with mixed vegetable pilaf (d)	Butter Chicken Curry with raisin & almond rice & tahini roast cauliflower (ss,d,n)
Wrap/ Sandwich	Pesto chicken & veggie wrap (n,g,e,d,m)	Spicy asian chicken-peanut wrap (p,e,m,d)	Mediterranean chicken-hummus wrap (ss,g)	Chicken caesar wrap with greek yoghurt and kale (d,g,e,m)	Thai sweet chili chicken and salad wrap (g)
Lunch - Low Carb	Paprika chicken, steamed veg & Cajun mayo (e,m)	Citrusy Grilled chicken , Eggplant, Tomato & Zucchini, Lemon & Avocado Dip (m)	Mediterranean chicken, ratatouille, aioli dip (e,m)	Honey-mustard chicken Breast with Oven Roasted Vegetables (m)	Pesto Chicken & Lemon & Herb Tossed Vegetable
Lunch - Low Carb	Pesto Stuffed Chicken, Steamed Vegetable (d)	Japanese Glazed Teriyaki Chicken with fried veggies(sy)	Lemon Herb Chicken with Grilled Vegetables & Tzatziki Sauce (d)	Lemongrass Corriander & Chilli Chicken, Veggie Mash, Steamed Vegetable, Dip (e,m,d)	Sesame Chicken, Stir-Fried Veggie Noodles (sy,ss,e)
Lunch - Low Carb	BBQ beef brisket, Stuffed Pepper, Avocado Dip	Pulled beef, Grated Root Vegetable & capsicum dressing	Vietnamese Beef Stew with Veggie Noodles & Bok Choy	Beef Bolognese with Zoodles & Parmesan Cheese(d)	Beef Ragu, Cabbage & Root Vegetable
Dinner - Balanced	Pesto chicken, root vegetables, sweet potato mash & tomato dip	Japanese Glazed Teriyaki Chicken with vegetable fried rice(sy,ss)	Lemon Herb Chicken with Greek Lemon Potatoes and Roasted Marrow	Lemongrass Corriander & Chilli Chicken, Sweet Potato Mash, Steamed Vegetable, Dip (e,m,d)	Sesame Chicken, Egg Fried Rice (sy,ss,e)
Dinner - Balanced	BBQ beef brisket with spiced pumpkin and potato salad, vegetable & pea mash (e,o,m)	Chinese Black Pepper Chicken with Brown Jasmine Rice and Steamed Broccoli	Vietnamese Beef Stew with Noodles & Bok Choy (g)	Mediterranean Salmon Fillet with Olive-Quinoa & Buttered Veggies(f)	Classic French Beef Stew with Mashed Potato
Dinner - Balanced	Quinoa tabbouleh bowl, cucumber, kale, parsley, pumpkin and arabic spiced chicken	Wild rice buddha bowl, tofu, edamame, carrot, cabbage, seasm seeds, shrimp, ginger dressing(sy,ss,s)	Greek barley bowl, barley, cucumber, green pepper, pickled onion, feta, potato, lemon-oregano chicken(g,d)	Lentil-Quinoa powerbowl, kale, beets, walnut, raisin, honey-mustard chicken, tahini drizzle(ss,n,m)	Salmon donburi bowl, white rice, japanese egg salad, radish, carrot pickle, sugar snap, ginger-nori dressing(f,e)
Panini/Sandwich	Pesto chicken & veggie wrap (n,g,e,d,m)	Spicy asian chicken-peanut wrap (p,e,m,d)	Mediterranean chicken-hummus wrap (ss,g)	Chicken caesar wrap with greek yoghurt and kale (d,g,e,m)	Thai sweet chili chicken and salad wrap (g)
Dinner - Low Carb	Pesto Stuffed Chicken, Steamed Vegetable (d)	Japanese Glazed Teriyaki Chicken with fried veggies(sy)	Lemon Herb Chicken with Grilled Vegetables & Tzatziki Sauce (d)	Lemongrass Corriander & Chilli Chicken, Veggie Mash, Steamed Vegetable, Dip (e,m,d)	Sesame Chicken, Stir-Fried Veggie Noodles (sy,ss,e)
Dinner - Low Carb	Sumac-Crusted White Fish with Pistachio & Steamed Veggies(f)	Pesto fish fillet with Provencal Vegetables(f)	Pepper, Olive Crust Fish & Vegetable Stew (f)	Lime & Pepper Fish with Sauteed Vegetable (f)	Turmeric & lime fish, steamed vegetables with butter herb sauce (d,f)
Dinner - Low Carb	Asian chicken salad with poached chicken and peanuts, miso dressing (p,sy)	Asian chicken salad with poached chicken and peanuts, miso dressing (p,sy)	Asian chicken salad with poached chicken and peanuts, miso dressing (p,sy)	Asian chicken salad with poached chicken and peanuts, miso dressing (p,sy)	Asian chicken salad with poached chicken and peanuts, miso dressing (p,sy)
SNACKS					
Snacks	Carrot Sticks, Beetroot Hummus (ss)	Cucumber Sticks, Plain Hummus (ss)	Crudities, Roast Fennel Hummus (ss)	Carrot Sticks, Chili Corn Hummus (ss)	Cucumber Sticks, Pumkin & Bean Hummus (ss)
Snacks	Dynamite Chicken, Crispy Cabbage Salad (e,m)	Green Lentil & Parsley Salad (n)	Cheesy Chicken Meatballs with Roasted Vegetable & Tomato Sauce (d,e,o)	Grilled chicken, pineapple salsa	Lime Chicken Quesadilla with Guacamole and Corn Chips
snacks	Chocolate Cluster (n)	Peanut Chocolate Bar (p,d)	Almond Truffles (d,n)	Coconut Cashew Roll (n)	Cherry Baked Well (d,n)
Snacks	Peanut butter & Choco mousse (p,d)	Vanilla & Pistachio Banookies (n)	Apple Cinnamon Muffins	Vanilla-almond chia pudding with berry compote (n)	Brownie Bites (e,g)