

MENU SELECTION

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday/Saturday
Breakfast						
Eggs	Herb Omelette	Broccoli Spinach Omelette	Shakshuka	Pepper Chili Herb Egg Bake	Poached Egg in Tom & Black Pepper Sauce	Boiled Egg Nicoise
Protein Powder	Protein Over Night Oats	Protein Smoothie	Protein Pancakes	Protein Chia Muesli	Banana Protein Muffin	Protein Smoothie
Proteins						
Beef	Beef Bolognaise	Tenderloin with salsa verde	Beef Chili with Kidney Beans	Spicy Braised Beef Curry	Meat Balls with Spicy Tomato Sauce	Barbeque Pulled Beef
Chicken	Roasted Chicken with Rosemary and Lemon	Chicken Tikka Masala	Chicken Green Thai Curry	Chicken Casserole	Chicken Kebabs	Spicy Tomato Sauce Grilled Chicken and caper berries
Salmon	Salmon Roulade	Salmon Fish Cakes	Glazed Salmon with soy, honey and sesame	Salmon with chopped herbs and capers	Baked Salmon with lemon grass and Lime	Poached Salmon with lemon, green chili and fennel
Shrimp	Shrimp with garlic, lemon and parsley	Shrimp malamar (mustard and tomato)	Shrimp Chili Kebabs	Shrimp with garlic, lemon and parsley	Shrimp malamar (mustard and tomato)	Shrimp Chili Kebabs
Turkey	Turkey Meatballs	Turkey Bolognaise	Turkey breast	Turkey Meat Loaf	Turkey Bolognaise	Turkey breast
Cream Dory	Poached Cream Dory in lemon and herbs	Baked Cream Dory in tomato and lemon sauce	Baked Cream Dory in Lemon, Capers and Parsley	Dory in terrine, parsley coulis	Poplets with basil and tomato dressing	Baked dory with paprika, thyme and garlic
Tuna	Tuna black pepper crust	Tuna Balsamic onions	Tuna Salsa verde	Tuna black pepper crust	Tuna Salsa verde	Tuna Balsamic onions
Salads						
Salads	Chicken Quinoa, beetroot & mint	Salmon & Roast Root Veg	Asian Beef Salad	Tuna Nicoise salad	Tabbouleh with pomegranate	Cesar salad
Snacks						
Snack	Raw Vegan Bars	Flourless Chocolate Brownies	Coconut Date Protein Balls	Peanut Butter orange Protein bites	Chocolate Nut Clusters	Nut Selection
Veg						
Green Veg	Green beans with roast garlic	Zuchini baked with lime & coriander	Broccoli & Mange Tout	Green Marrow	Spinach with celery & green pepper	Green cabbage & peas
Fibrous Veg	Roast carrots and turnips	Chili roast pumpkin	Ratatouille	Roast carrot with thyme & garlic	braised red cabbage	Crushed cauliflower and celeriac
Rice	Cinnamon rice	tumeric rice	Parsley rice	Green rice	Spanish rice	lemon rice
Sweet Pot	Sweet potato	Sweet potato	Sweet potato	Sweet potato	Sweet potato	Sweet potato
White Pot	White Potato	White Potato	White Potato	White potato	White Potato	White Potato

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VEGETARIAN, PESKETERIAN, PALIO & OTHER MENUS AVAILABLE ON REQUEST

ALSO CATERED FOR

