



Week 12
Starting 17/03/2019

Tuesday

1. Breakfast - Fruit Salad
 2. AM Snack - Pasta Salad with Chicken
 3. Lunch - Chicken Saltimbocca, Spinach, Sage, Basil Potato Mash & Veg Puree
 4. PM Snack - Green Power protein Smoothie
 5. Supper - Beef Jalfrezi with mixed veg
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Wednesday

1. Breakfast - Omelette with Broccoli
2. AM Snack - Fresh Veggies & Spicy chicken salad (Sesame seeds, Basil, mixed salad veg)
3. Lunch - Beef Meatballs with Tomato sauce & steamed Rice
4. PM Snack - Pineapple, Banana & Vanilla smoothie
5. Supper - Roasted Sea Trout with herbs & Garlic, served with veg puree & mixed veg

Thursday

1. Breakfast - Overnight soaked Fruity Oats with Chia
2. AM Snack - Tuna & Sweet Chilli Rice Salad
3. Lunch - Chicken stew with root veg, Lentils & Pasta
4. PM Snack - Forest fruit protein smoothie
5. Supper - Pulled Bacon & Mixed roasted veg

Friday

1. Breakfast - Protein Boosted Yogurt with Strawberries
2. AM Snack - Pasta Salad with Tuna, Peppers & fresh Coriander
3. Lunch - Beef stew with sweet potatoes and fresh thyme
4. PM Snack - Spinach, Kiwi and Mango Smoothie
5. Supper - Turkey Burger with roasted mixed veg

Saturday

1. Breakfast - Protein Flapjack
2. AM Snack - Bulgur wheat, Quinoa & Chicken Salad
3. Lunch - Chilli Beef served with Steamed Rice, Fresh Coriander
4. PM Snack - Banana, Mango, coconut smoothie
5. Supper - Vegan Butternut Squash Stew, roasted veg

Sunday-Custom



Tuesday	Spinach, Sage, Basil flowers, Potato Mash & Green Beans
Wednesday	Vegan Curry & steamed Rice
Thursday	Pasta, root veg & Lentils stew
Friday	Sweet potato with roasted mixed veg, fresh thyme
Saturday	Vegan Butternut Squash Stew & Black Beans