



Week 9

Starting 25/02/2019

Monday

BREAKFAST	Bacon & Scrambled Eggs with mini salad
SNACK	Caprese Salad
LUNCH	Beef Kofta with Red braised Cabbage and Potato mash
2ND SNACK	Spinach, Kiwi and Mango Smoothie
SUPPER	Oven Roasted Chicken with Garlic, Olive oil & mixed Veg
VEGETARIAN OPT	Veggie Burger with Red braised Cabbage and Potato mash

Tuesday

BREAKFAST	Chia Coconut Protein Oats
SNACK	Sweet & Sour Chicken Barley Salad
LUNCH	Chicken ala King & Rice, Red Pepper, Mushrooms
2ND SNACK	Pineapple, Banana & Vanilla smoothie
SUPPER	Pan fried Whiting with Garlic-Cauliflower & Broccoli mix
VEGETARIAN OPT	Veg Risotto

Wednesday

BREAKFAST	Fruity yogurt with Raspberry purée
SNACK	Peach Protein Yogurt
LUNCH	Pulled Beef with Couscous, Quinoa and Greens
2ND SNACK	Banana, Mango, coconut smoothie
SUPPER	Sriracha Honey Chicken Stir Fry
VEGETARIAN OPT	Vegetarian Stir Fry & Egg Noodles

Thursday

BREAKFAST	Homemade muesli (dry mix)
SNACK	Tuna, Pasta & Chickpea salad
LUNCH	Chicken Tikka slices with Asparagus & Spuds
2ND SNACK	Blueberry Banana Protein Smoothie
SUPPER	Roast Beef with mixed veg
VEGETARIAN OPT	Vegan Bowl with Spaghetti

Friday

BREAKFAST	Protein Yogurt with Coconut
SNACK	Vegan Protein Flapjack
LUNCH	Tender Beef mince in Tomato, Mushrooms & Basil sauce, Rice
2ND SNACK	Chocolate Peanut Protein Smoothie
SUPPER	Pulled Chicken with Garlic-Cauliflower & Broccoli mix
VEGETARIAN OPT	Vegetarian Bowl with Egg

Saturday (optional)

BREAKFAST	Banana Bread
SNACK	Quinoa Slaw with Chicken
LUNCH	Pulled Chicken with Couscous & Green Peas
2ND SNACK	Raspberry, Beetroot smoothie
SUPPER	Roasted Haddock, Mixed Veg
VEGETARIAN OPT	Chargrilled Courgette with Couscous and Tomato relish