



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Breakfast	Berries Overnight Oats with Hazelnuts OR Truffled egg scramble with chives, cream cheese & roasted vine tomato	Pumpkin Pancakes with Cashew Cream OR Halloumi wrap with fresh salad and pesto (gluten)	Greek Yogurt Honey Parfait with Steel Cut Oats Granola and Berries OR Mushroom, tomato & cheese omelet with homemade chicken sausage	Chocolate Almond Pancake with Organic Maple Syrup OR Spicy Sweet Corn Patty Guacamole	Baked egg with flaked salmon, peas & caramelised onion topped with aged parmesan OR Pineapple Infused Semolina Porridge (gluten)	Creamy Protein Oats With Coconut Milk, Dried Fruits & Nuts OR Broccoli Potato Cake and Chicken Sausage Patties with Tomato Gravy
Lunch	Beef brisket, Herb mash and root vegetables with Peppercorn sauce OR Persian Chicken Stew with Saffron Rice	Chicken Shish Tawook with sweet potato hummus & stuffed marrow with coriander sauce OR Roasted Pesto Chicken and Roasted Squash with barley (g)	Mushroom Risotto with Cajun Chicken and Green Beans OR Butternut Squash Risotto with Leek and Spinach	Mongolian Beef Stir Fry with Edamame and Rice Vermicelli OR Sweet and Sour Chicken Stir Fry with Edamame and Rice Vermicelli	BBQ Chicken Breast with Mixed Capsicum and Snow Peas and Rice OR Pesto Chicken with Celeriac Puree, Steamed Broccoli and Organic BBQ Sauce	Harissa spiced turkey meatballs with lemon-spinach orzo OR Pesto Chicken, White Bean & Spinach Stew
Dinner	Teriyaki Salmon with soba noodles & mixed vegetable OR Miso soup with corn, tofu & pak choi	Steamed Lemon Sea Bass Fillet with Herb Mashed Potatoes and Asparagus OR Cajun chicken breast, steamed vegetables & sweet potato mash with mushroom sauce	Mediterranean Salmon with Olive Quinoa, Artichoke and Spinach OR Sesame Chicken with Ponzu Sauce & Stirfried Shirataki Noodles with Bok Choi & Carrot	Coconut Spinach Chicken Curry and Fox Millet Pilaf OR Szechuan Tofu and Veggies	Chipotle Seabream with Sweet Potato, Mixed Greens & Corn Salsa OR Wagyu Meatballs, Wholewheat Pasta and Veggie Sauce	Spiced Shrimps Nasi Goreng with Pickle Dressing OR Beef Brisket with Mexican Rice
Salad	Cucumber, Tomato, Watermelon Salad with Mint Yogurt	Roasted Pumpkin & Vegetable Quinoa	Lentil, Hazelnut & Tabbouleh Salad with Green Beans & Harissa Dressing	Chickpea Salad with Quinoa, Avocado, Cucumber & Cherry Tomato, Sumac Dressing	Kale and Apple Salad with Zucchini and Baby Spinach	Mango and Chinese Cabbage Salad with Nuts, Raisins and Lime Dressing
Desert	Almond Brownies	GF Berry & Yuzu Cheesecake OR Poached Pear with Coconut Agave Cream	Spiced Apple & Berry Crumble with Vegan Custard OR Coconut Chocolate Mousse	Raw Carrot Cake OR Fruits Cup w/ Coconut Agave Cream	Chia Pudding with Mangoes and Blueberries OR Coconut Matcha Mousse	Key Lime Pie OR Salted Kiwi Lime Cup w/ Vegan Mango Mousse
Desert Protein+	Coconut Chocolate Mousse	Vegan Almond Truffle	Raw PB Brownie	Coconut Matcha Mousse	Energy Balls	Salted Cashew PB Bar



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Breakfast	Berries Overnight Oats with Hazelnuts OR Truffled egg scramble with chives, cream cheese & roasted vine tomato	Pumpkin Pancakes with Cashew Cream OR Halloumi wrap with fresh salad and pesto (gluten)	Greek Yogurt Honey Parfait with Steel Cut Oats Granola and Berries OR Mushroom, tomato & cheese omelet with homemade chicken sausage	Chocolate Almond Pancake with Organic Maple Syrup OR Spicy Sweet Corn Patty Guacamole	Espresso, raisin & walnut oats	Creamy Protein Oats With Coconut Milk, Dried Fruits & Nuts
Lunch	Penne pasta with sundried tomato pesto, asparagus & baby spinach (g)	Mixed Vegetables Coconut Curry & Lemon Herbs Rice	Butternut Squash Risotto with Leek and Spinach	Vegan Lentil Bolognese (gluten)	Vegan Pesto Linguine with Soy Nuggets	Roasted Veggies with Turmeric Hummus
Dinner	Miso soup with corn, tofu & pak choi	Paneer Korma with Jeera rice	Green Pea Coconut Stew with Cilantro Rice	Szechuan Tofu and Veggies	Lentil-chickpea Curry with Roasted Cauliflower and Fragrant Rice	Vegan Stuffed Peppers
Salad	Cucumber, Tomato, Watermelon Salad with Mint Yogurt	Roasted Pumpkin & Vegetable Quinoa	Lentil, Hazelnut & Tabbouleh Salad with Green Beans & Harissa Dressing	Chickpea Salad with Quinoa, Avocado, Cucumber & Cherry Tomato, Sumac Dressing	Kale and Apple Salad with Zucchini and Baby Spinach	Mango and Chinese Cabbage Salad with Nuts, Raisins and Lime Dressing
Desert	Almond Brownies	GF Berry & Yuzu Cheesecake OR Poached Pear with Coconut Agave Cream	Spiced Apple & Berry Crumble with Vegan Custard OR Coconut Chocolate Mousse	Raw Carrot Cake OR Fruits Cup w/ Coconut Agave Cream	Chia Pudding with Mangoes and Blueberries OR Coconut Matcha Mousse	Key Lime Pie OR Salted Kiwi Lime Cup w/ Vegan Mango Mousse
Desert Protein+	Coconut Chocolate Mousse	Vegan Almond Truffle	Raw PB Brownie	Coconut Matcha Mousse	Energy Balls	Salted Cashew PB Bar



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Breakfast	Berries Overnight Oats with Hazelnuts	Pumpkin Pancakes with Cashew Cream	Coconut chia pudding with fresh mango & crunchy granola	Chocolate Almond Pancake with Organic Maple Syrup OR Spicy Sweet Corn Patty Guacamole	Espresso, raisin & walnut oats	Protein oats with coconut milk, dried fruits & nuts
Lunch	Penne pasta with sundried tomato pesto, asparagus & baby spinach (g)	Mixed Vegetables Coconut Curry & Lemon Herbs Rice	Butternut Squash Risotto with Leek and Spinach	Vegan Lentil Bolognese (gluten)	Vegan Pesto Linguine with Soy Nuggets (gluten)	Roasted Veggies with Turmeric Hummus
Dinner	Miso soup with corn, tofu & pak choi	Mixed Vegetable Korma with Biryani Rice	Green Pea Coconut Stew with Cilantro Rice	Szechuan Tofu and Veggies	Lentil-chickpea Curry with Roasted Cauliflower and Fragrant Rice	Vegan Stuffed Peppers
Salad	Cucumber, Tomato, Watermelon Salad with Mint Yogurt	Roasted Pumpkin & Vegetable Quinoa	Lentil, Hazelnut & Tabbouleh Salad with Green Beans & Harissa Dressing	Chickpea Salad with Quinoa, Avocado, Cucumber & Cherry Tomato, Sumac Dressing	Kale and Apple Salad with Zucchini and Baby Spinach	Mango and Chinese Cabbage Salad with Nuts, Raisins and Lime Dressing
Desert	Almond Brownies	GF Berry & Yuzu Cheesecake OR Poached Pear with Coconut Agave Cream	Spiced Apple & Berry Crumble with Vegan Custard OR Coconut Chocolate Mousse	Raw Carrot Cake OR Fruits Cup w/ Coconut Agave Cream	Chia Pudding with Mangoes and Blueberries OR Coconut Matcha Mousse	Key Lime Pie OR Salted Kiwi Lime Cup w/ Vegan Mango Mousse
Desert Protein+	Coconut Chocolate Mousse	Vegan Almond Truffle	Raw PB Brownie	Coconut Matcha Mousse	Energy Balls	Salted Cashew PB Bar