

## MONDAY

- Breakfast* • 2 boiled eggs, 2 slices of bread with butter - 324
- Lunch* • **Chicken and Bean Rice Soup** - 326
- Dinner* • **Big Mac Fries** - 493

## TUESDAY

- Breakfast* • 2 slices of toast, topped with banana and honey - 264
- Lunch* • **Quick Mac and Cheese** with 1 cup of mixed salad - 513
- Dinner* • **Beef Stroganoff** with 140g of cooked rice - 440

## WEDNESDAY

- Breakfast* • **Pumpkin Pancakes** with blueberries and maple syrup - 330
- Lunch* • **Chicken and Bean Rice Soup** - 326
- Dinner* • **Feta Stuffed Chicken** and **Roasted Butternut Squash & Rice** - 564

## THURSDAY

- Breakfast* • 2 eggs with **Balsamic Tomatoes and Spinach** - 234
- Lunch* • **Hoisin Pork and Noodles** - 408
- Dinner* • **Yummy Beef Lasagne** - 578

## FRIDAY

- Breakfast* • **Pumpkin Oatmeal Bowl** - 336
- Lunch* • **Warm Asparagus and Prawn Salad** - 315
- Dinner* • **Creamy Chicken and Asparagus No Pastry Pie** - 396

## SATURDAY

- Breakfast* • **Apple and Red Onion Sausage Square** with 1 egg and grilled tomato - 351
- Lunch* • **Grilled Chicken, Tomato, Mozzarella and Avocado Sandwich** - 444
- Dinner* • **Lamb Rogan Josh** with **Sweetcorn Pilau Rice** 570

## SUNDAY

- Breakfast* • 3 egg omelette with mushrooms - 232
- Lunch* • **Chicken Fried Cauliflower Rice** - 284
- Dinner* • **Mustard Beef with Mushrooms** and **Crushed Roast Potatoes** - 363