

MONDAY

Breakfast
Lunch
Dinner

- 2 eggs with Roasted Butternut Squash with Paprika - 278
- Tomato and Pasta Soup - 159
- Meatballs in Tomato Maple Sauce with Oven Baked Fries - 529

TUESDAY

Breakfast
Lunch
Dinner

- Blueberry and Lemon Baked Oats - 337
- Tomato and Pasta Soup - 159
- One Pot Shawarma Chicken Rice - 430

WEDNESDAY

Breakfast
Lunch
Dinner

- Cinnamon apple porridge with maple syrup - 307
- Red Pepper and Bacon Quiche with a small mixed salad - 350
- Crispy Potato Topped Meat Pie - 419

THURSDAY

Breakfast
Lunch
Dinner

- Pearl Barley Greek Yoghurt Bowl - 391
- Red Pepper and Bacon Quiche with a small mixed salad - 350
- Singapore Chicken Noodles - 568

FRIDAY

Breakfast
Lunch
Dinner

- Pear Yoghurt Crumble Parfait - 276
- Spicy Tomato Lentil Soup - 297
- Mexican Pasta Bake - 586

SATURDAY

Breakfast
Lunch
Dinner

- 2 eggs cooked in low calorie spray with sweet potato hash browns - 343
- Spicy Tomato Lentil Soup - 297
- Homemade KFC Chicken and Oven Baked Fries - 582

SUNDAY

Breakfast
Lunch
Dinner

- American Style Pancakes with 1 tablespoon of maple syrup - 434
- One Pot Coconut Chicken Rice - 390
- Grilled BBQ Pork Chops, Rustic Garlic Parmesan Mash and Asparagus - 571