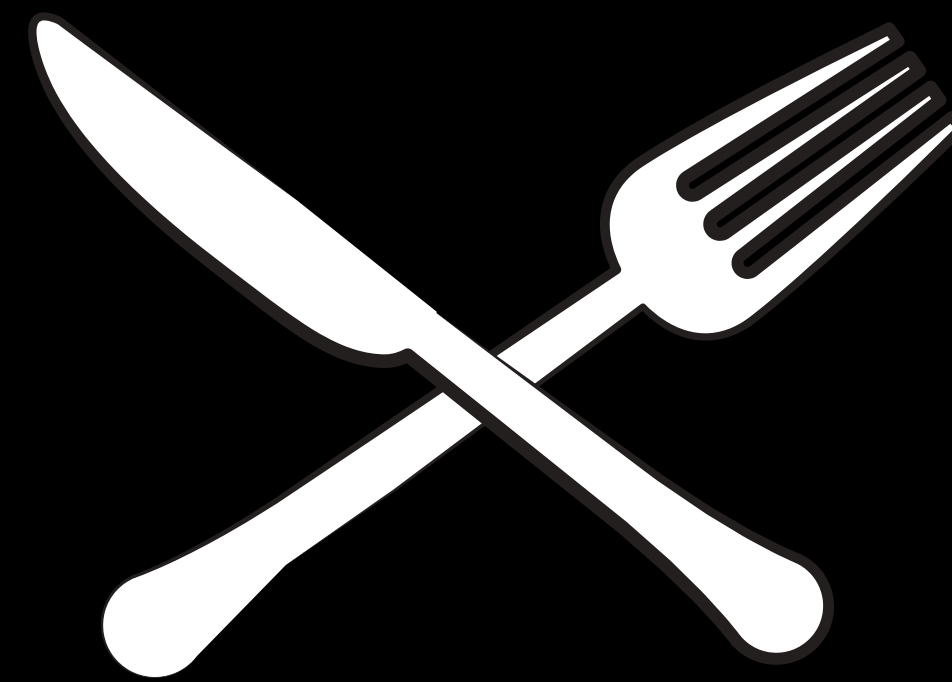




Mon

Tues

Wed

Thurs

Fri

Sat

Lunch

Mozzarella &
Green Pesto
Pasta

K - 405 P - 13.1g
F - 17.2g C - 48.9g

Beef
Shredder

K - 403 P - 45.5g
F - 12.9g C - 23.8g

Lean Clean
Chicken

K - 462 P - 52.7g
F - 10.3g C - 36.3g

Bean
Burrito

K - 540 P - 17.9g
F - 12.9g C - 78.7g

Moroccan
Mushroom &
Grilled
Halloumi

K - 480 P - 24.7g
F - 21.7g C - 40.9g

Turkey
Patties

K - 406 P - 37.8g
F - 15.6g C - 29g

Dinner

Chicken
Khorma &
Rice

K - 564 P - 53.7g
F - 15.4g C - 47.1g

Mumbai
Burrito

K - 427 P - 8.8g
F - 11.4g C - 62.6g

Lamb Kebab
With Salad
and Dip

K - 720 P - 38.3g
F - 40.1g C - 45.5g

Chicken Fried
Rice

K - 588 P - 62.3g
F - 10.3g C - 59.3g

Sweet Chilli &
Beef Noodles

K - 530 P - 41.6g
F - 12.9g C - 59.8g

Chicken
Satay

K - 539 P - 55.4g
F - 12g C - 48.9g

Total

K - 969 P - 66.8g
F - 32.6g C - 96g

K - 830 P - 54.3g
F - 24.3g C - 86.4g

K - 1182 P - 91g
F - 50.4g C - 81.8g

K - 1128 P - 80.2g
F - 23.2g C - 138g

K - 1010 P - 66.3g
F - 34.6g C - 100.7g

K - 945 P - 93.2g
F - 27.6g C - 77.9g