



Gluten Free & Dairy free Weekly Menu

	BREAKFAST	LUNCH	DINNER	SNACK	DRINK
Sunday	Tofu Scramble with Vegetables & Vegan Cheese (DF)	Supreme Fish with Rice, Mushrooms & Peppers	Beef Steak with Spinach & Corn	Vegan Chocolate Brownie	Orange, Carrot & Ginger
Monday	Nutty Protein Pancakes with Honey (GF/DF)	Pan Seared Salmon with Tomato Salsa & Parsley Potatoes	Baked Caribbean Chicken with Couscous Salad & Broccoli	Vegan Vanilla Cake	Apple, Kale, Spinach, Celery, Pineapple, Lemon, Ginger & Parsley
Tuesday	Mango & Pear Protein Chia Seed Pudding (DF)	Chicken & Chickpea Greek Salad	Middle-Eastern Falafel Bowl	Vegan Raspberry Cheesecake	Lemon & Mint
Wednesday	Berry Overnight Oats with Nuts (DF)	Caramelized Beef with Mashed Potatoes & Green Beans	Chicken Tarragon with Mix Vegetable Rice	Vegan Pineapple Muffin	Orange, Apple, Lemon, Ginger, Turmeric, Grapefruit & Cayenne
Thursday	Wholewheat Waffles with Berries (GF/DF)	Honey Soy-Glazed Fish with Spaghetti & Vegetables	Smoky chicken with Quinoa & Baby Marrow	Vegan Red Velvet Cake	Pineapple, Apple, Lemon & Mint
Friday	Vegan Avocado Toast (GF)	Chilli Lemon Pomfret with Roast Potatoes & Broccoli	Chicken parmesan Stuffed Zucchini Boats	Vegan Chocolate Swiss Roll	Apple, Ginger, Lemon & Celery
Saturday	Almond Protein Chia Seed with Mix Fruits (GF/DF)	Cajun Shrimp with Beetroot Salad	Chicken Guacamole Wholewheat Wrap	Vegan Blueberry Muffin	Carrot, Apple, Ginger, Turmeric and Lemon

