



# Gluten Free & Dairy free Weekly Menu

	BREAKFAST	LUNCH	DINNER	SNACK	DRINK
<b>Sunday</b>	Mushroom, Bell Pepper & Spinach Omlette with Vegan Cheese	White Fish Katsu Curry with Mixed Veggies & Rice	Beef Taco Bowl with black eyed beans	Vegan Chocolate Brownie	Orange, Carrot & Ginger
<b>Monday</b>	Nutty Banana Protein Pancakes with Nuts (GF/DF)	Pan Fried Salmon with Parsley Potatoes in Lemon Garlic Sauce	Chipotle Chicken with Lemon Rice & Grilled Baby Marrow	Vegan Vanilla Cake	Apple, Kale, Spinach, Celery, Pineapple, Lemon, Ginger & Parsley
<b>Tuesday</b>	Scrambled eggs with Sauteed Veggies	Grilled Chicken with Biryani Rice & Mix Veggies	Middle-Eastern Falafel Quinoa Bowl (GF)	Vegan Raspberry Cheesecake	Lemon & Mint
<b>Wednesday</b>	Chocolate Protein Overnight Oats with Nuts (DF)	Caramelized Beef with Mashed Potatoes & Broccoli	Caribbean Grilled Chicken with Mixed veg & Quinoa salad	Vegan Pineapple Muffin	Orange, Apple, Lemon, Ginger, Turmeric, Grapefruit & Cayenne
<b>Thursday</b>	Egg & Vegetable Pizza	Fish Cacciatore with Rice & Mixed Vegetable	Mushroom Chicken Skillet with Brown Spaghetti (GF/DF)	Vegan Red Velvet Cake	Pineapple, Apple, Lemon & Mint
<b>Friday</b>	Avocado Hummus Sandwich (GF)	Herb Crusted Kingfish with Roast Potatoes & Peas	Beetroot Chicken Pasta Salad with Vegan Cheese (DF)	Vegan Chocolate Swiss Roll	Apple, Ginger, Lemon & Celery
<b>Saturday</b>	Mango Protein Chia Seed Pudding (DF)	Shrimp Caprese Quinoa Bake (GF/DF)	Citrus Chicken Salad	Vegan Blueberry Muffin	Carrot, Apple, Ginger, Turmeric and Lemon

