ENERGY MEAL PLANS

CORPORATE

13th - 19th Oct

	LUNCH	SIDE	SNACK	DRINKS
MONDAY	Chicken & Spinach risotto	Salad of the day	Chocolate & peanut butter cups	Pom Rose (pomegranate, rosemary, orange)
TUESDAY	Chicken Margherita with spaghetti	Salad of the day	Key lime bars	Green Juice (kale, green apple, celery, lemon, mint)
WEDNESDAY	Baked Fish fingers with potato wedges	Salad of the day	strawberry Cheescake	Carrot Spice Zing (carrot, pineapple, ginger)
THURSDAY	Zucchini Parmesan Chicken balls with Lemon Pasta	Salad of the day	Mini Burger	Energy boost (Pineapple, Cucumber, Ginger, Lemon)
FRIDAY	Citrus & Herbs salmon with corn salad	Salad of the day	Classic millionaire shortbread	Ice tea (Green tea, Apple, Cinnamon)