



## GLUTEN FREE - DAIRY FREE

20th-26th November

(1300kcal - 1500kcal)

|           | BREAKFAST                             | LUNCH                                   | DINNER   | SNACK              | DRINKS   |
|-----------|---------------------------------------|---|--|--------------------|--|
| MONDAY    | GF- pancakes with peanut butter sauce | Garlic -tomato chicken with brown rice  | Shrimps with grilled vegetables & DF mashed potato | GF- Chocolate cake | Red Scarlatta<br><i>(beetroot, carrot, orange)</i>             |
| TUESDAY   | Egg muffins                           | GF- Spaghetti bolognese with beef       | Healthy chicken corn - poke bowl                   | Fruit cup          | Green Morning<br><i>(green apple, mint, cucumber, spinach)</i> |
| WEDNESDAY | Chicken and mushroom GF crepe         | Fish with quinoa                        | GF- Chicken nuggets with potato wedges             | Protein balls      | Citrus<br><i>(strawberries, orange, lemon)</i>                 |
| THURSDAY  | DF- Vanilla waffles with peach sauce  | Chicken Paella                          | Mexican chicken and corn salad                     | Granola bar        | Iced Tea<br><i>(tea, apple, cinnamon)</i>                      |
| FRIDAY    | Egg roll                              | Salmon with GF -DF pasta                | Tahini chicken with roasted sweet potatoes         | GF- Pistachio cake | Strawberry infused water<br><i>(strawberries, basil, lime)</i> |
| SATURDAY  | French omelette with GF- bread        | Beef and broccoli stir fry with rice    | Moroccan chicken - quinoa                          | Ginger cookies     | Sunset.<br><i>(carrot, orange, apple)</i>                      |
| SUNDAY    | Banana - nuts protein chia pudding    | Peanut butter chicken with quinoa salad | Greek chicken skewers with roasted potatoes        | Protein balls      | Lemon mint<br><i>(lemon, mint)</i>                             |