



ENERGY  
MEAL  
PLANS

CORPORATE

	LUNCH	SIDE	SNACK	DRINKS
MONDAY	Tomato- basil shrimps pasta	Salad of the day	Healthy carrot cake	Red Scarlatta (beetroot, carrot, orange)
TUESDAY	Chicken nasi goreng	Salad of the day	Fruits cup	Green Morning (green apple, mint, cucumber, spinach)
WEDNESDAY	Chicken rolls up with Fussili	Salad of the day	Rice cake with - peanut butter	Citrus (strawberries, orange, lemon)
THURSDAY	Peanut chicken noodles	Salad of the day	Strawberry cheese cake	Iced Tea (apple, cinnamon)
FRIDAY	Chicken moussaka with brown rice	Salad of the day	Blueberries Swiss roll	Watermelon Mint (watermelon, lemon, mint)