






























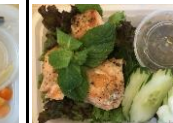




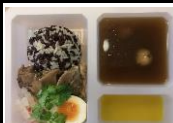










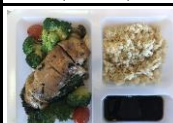


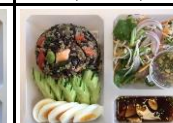












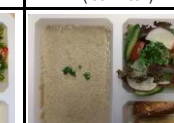















Menu Week 17/9/18- 23/9/18

Date	Mains							Appetisers		Dessert	
	Yoghurt Breakfast	Breakfast (1)	Breakfast (2)	3	4	5	6	7 (Vegetarian)	1		2
Mon 17/9/18	 Acaiberry Yoghurt (252 Kcal)	 Poached Egg in Tomato with Chickpeas and Feta (413 Kcal)	 Chicken Chia Quinoa Congee (333 kcal)	 Cajun Chicken (259 Kcal)	 Grilled Chicken in Thai Style with Organic Jasberry Rice (503 Kcal)	 Lemon Caper Fresh Catch w Steamed Baby Vegetables (332 Kcal)	 Teriyaki Salmon (320 Kcal)	 Slim Sweet Potato Massaman Curry w Jasberry Rice (vegetarian) (326 Kcal)	 Avocado and Sweet Potato with Sesame Dressing Salad (247 Kcal)	 Lite Summer Rolls w Prawns (255 Kcal)	 Pumpkin Superfood Cookies (164 Kcal/pc)
Tues 18/9/18	 Banana in Filo with Blueberry Yoghurt (328 Kcal)	 Asian Frittata with Mixed Greens (385 Kcal)	 Snapper Kao Tom (362 kcal)	 Chicken Charcoal Spelt Burger (416 Kcal)	 Poached Chicken Spinach Roll served w Quinoa Couscous (423 Kcal)	 Smoked Salmon with Seaweed Ramen (291 Kcal)	 Grilled White Snapper w Tamarind Sauce (345 Kcal)	 Veggie Medley in Creamy Peanut Sauce (379 Kcal)	 Three bean Quinoa Salad (353 Kcal)	 Absolute Nicoise Salad (fish) (225 Kcal)	 Gluten-free Orange Chia Almond Cake (244 Kcal)
Wed 19/9/18	 Superfood Muesli w Organic Yoghurt and Blueberry Compote (322 Kcal)	 Tropical Buckwheat Granola with Pumpkin Seed Milk (307 Kcal)	 Prawns Congee (259 kcal)	 Japanese Burdock Chicken (357 Kcal)	 Absolute Hainan Chicken on Fragrant Jasberry Rice (441 Kcal)	 Thousand Island Organic Fusilli Salad with Prawns (172 Kcal)	 Snapper with Black Pepper Sauce in Chinese Style (307 Kcal)	 Shirataki Rad Na (Vegetarian) (371 Kcal)	 Cleanser 's Salad (152 Kcal)	 Larb Salmon (201 Kcal)	 Gluten-free Chocolate Fudge Brownie (433 Kcal)
Thurs 20/9/18	 Passion Fruit Yoghurt with Granola (246 Kcal)	 Chia Scrambled Eggs with Mini Muffins (422 Kcal)	 Chicken Kao Tom (275 kcal)	 5-Spice Braised Chicken in Cantonese Style (325 Kcal)	 Cashew Crumbed Chicken served with Mushrooms Trio (352 Kcal)	 Rolled Fresh Dory w Nori infused w Red Curry Sauce (342 Kcal)	 Larb Crusted Seabass (403 Kcal)	 Fennel Beet Garden with Quinoa (371 Kcal)	 Organic Corn Soup (350 Kcal)	 Tropical Shrimp Salsa (238 Kcal)	 Absolute Fresh Fruit Tart (386 Kcal)
Fri 21/9/18	 Organic Yoghurt w Homemade Mango Compote and Oat Bar (342 Kcal)	 Olivier Salad Chicken Sandwich (234 Kcal)	 Chicken Chia Quinoa Congee (333 kcal)	 Black Pepper Chicken Spinach Roll w Balsamic Sauce (366 Kcal)	 Shirataki Pad See-ew (chicken) (384 Kcal)	 Pan-seared Dory in Sweet & Sour Sauce w Passion Fruit (345 Kcal)	 Green Curry Quinoa Risotto with Salmon (381 Kcal)	 Chia Spanakopita with Greek Salad (vegetarian) (376 Kcal)	 Miso Protein Salad (331 Kcal)	 Salmon Miang (172 Kcal)	 Chocolate Chip Banana Muffin (302 Kcal)
Sat 22/9/18	 Superfood Granola w Homemade Marmalade Yoghurt (250 Kcal)	 Spanish Omelette (337 Kcal)	 Snapper Kao Tom (362 kcal)	 Chicken Roll with Apple and Cranberry (347 Kcal)	 Chicken Green Curry with Organics Khanom Jean (307 Kcal)	 Baked Fish with Mango Salsa (285 Kcal)	 Spicy Seafood Stir in Thai-style (347 Kcal)	 Mediterranean Wrap (376 Kcal)	 Absolute Mushroom Soup (217 Kcal)	 Strawberry Fields Salad w Chicken and Teriyaki Balsamic Dressing (231 Kcal)	 Absolute Swiss Roll (162 Kcal/pc)
Sun 23/9/18	 Strawberry Yoghurt with Granola & Fruit Salad (227 Kcal)	 Spelt Pancake with Passion Fruit and Papaya jam (359 Kcal)	 Prawns Kao Tom (218 kcal)	 Chicken Fajitas Served with Quinoa Couscous (360 Kcal)	 Baked Chicken in Hong Kong Style (359 Kcal)	 Salmon in Chinese Cabbage and Clear Broth (329 Kcal)	 Kao Yum Quinoa (217 Kcal)	 Organic Spaghetti with Mushroom in Marinara (Vegetarian) (389 Kcal)	 Sweet Potato Salad (159 Kcal)	 Spicy Shirataki Salad (prawns) (130 Kcal)	 Apple Tea Cake (444 Kcal)