





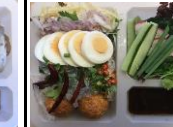


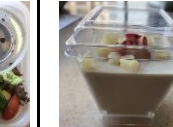



















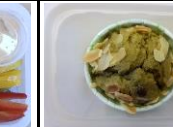
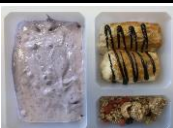









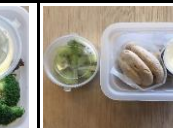














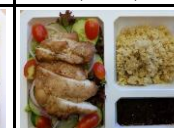
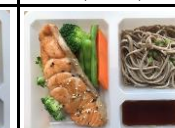









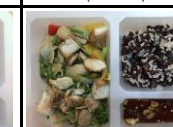



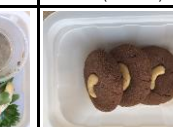


Menu Week 17/12/18 - 23/12/18

Date	Mains							Appetisers		Dessert	
	Yoghurt Breakfast	Breakfast (1)	Breakfast (2)	3	4	5	6	7 (Vegetarian)	1		2
Mon 17/12/18	 Omega Fruit Salad (215 kcal)	 Teriyaki Sea Bass with Chawanmushi (374 kcal)	 Chicken Chia Quinoa Congee (333 kcal)	 Chicken Normandy (301 kcal)	 Nam Prik Ong (Chicken) (233 kcal)	 Thai Prawns Quinoa Bowl (370 kcal)	 Shirataki Rad Na (Fish) (349 kcal)	 Toasted Quinoa Brown Rice Larb Salad (Vegetarian) (396 kcal)	 Thai Garden Roll with Spicy Cashew Sauce (223 kcal)	 Air-dried Salmon Salad (208 kcal)	 Lemongrass Coconut Panna Cotta w Pineapple Salsa (228 kcal)
Tues 18/12/18	 Passion Fruit Yoghurt with Granola (246 kcal)	 Egg Florentine (377 kcal)	 Snapper Kao Tom (362 kcal)	 Absolute Yakitori with Jasberry Rice (Chicken) (339 kcal)	 Chicken Chia Roll with Prune Sauce (397 kcal)	 Braised Salmon in Japanese Style (275 kcal)	 Absolute Seafood Quinoa Paella (231 kcal)	 Shirataki Noodles in Tamari & Mushroom Melange (234 kcal)	 Beetroot Sunkist Salad (228 kcal)	 Spirulina Maing Rolls (Fish) (325 kcal)	 Yoghurt Cheez Cake (96 kcal)
Wed 19/12/18	 Superfood Muesli w Organic Yoghurt & Blueberry Compote (322 kcal)	 Egg White Omelette (248 kcal)	 Prawns Congee (259 kcal)	 Spirulina Linguine with Chicken in Arrabiata (366 kcal)	 Yum Ta Wai with Quinoa (Chicken) (325 kcal)	 Absolute Bibimbap (Salmon) (319 kcal)	 Gaeng Leang Snapper (361 kcal)	 Soybean Pasta with Walnut Tomato and Cauliflower (268 kcal)	 Absolute Fresh Salad Rolls (167 kcal)	 Thousand Island Chicken Salad (144 kcal)	 Spelt Matcha Cupcake (378 kcal)
Thurs 20/12/18	 Banana in Filo with Blueberry Yoghurt (328 kcal)	 Absolute Skinny Omelette (221 kcal)	 Chicken Kao Tom (275 kcal)	 Coq au Vin with Organic Spaghetti (Chicken) (393 kcal)	 Absolute Skinny Burrito (Chicken) (314 kcal)	 Nam Prik Salmon (337 kcal)	 Teriyaki Sea Bass with Soba and Seaweed Salad (237 kcal)	 Chia & Veggie Lasagna Cheat (258 kcal)	 Rainbow Salad (290 kcal)	 Yoghurt Pesto Chicken Salad (211 kcal)	 Absolute Meringue with Blueberry Compote (117 kcal)
Fri 21/12/18	 Strawberry Yoghurt with Granola & Fruit Salad (227 kcal)	 Bake Quinoa and Egg Breakfast (303 kcal)	 Chicken Chia Quinoa Congee (333 kcal)	 Kua Kling Kai (Chicken) (376 kcal)	 Japanese Slim Protein Plate with Teriyaki Chicken (366 kcal)	 Grilled Snapper in Miso (354 kcal)	 Spirulina Linguine with Salmon in White Sauce (421 kcal)	 Roasted Pumpkin & Pomegranate Salad w Seed Oil Vinegrette (271 kcal)	 Spiced Yoghurt Dip (249 kcal)	 Shimeji Mushroom Salad (Prawns and Chicken) (213 kcal)	 Apple Cinnamon Muffin (336 kcal)
Sat 22/12/18	 AcaiBerry Yoghurt (252 kcal)	 Chia Scrambled Eggs with Mini Muffins (422 kcal)	 Snapper Kao Tom (362 kcal)	 Grilled Chicken with Spinach Chia Pesto (431 kcal)	 Cajun Chicken (259 kcal)	 Teriyaki Salmon Served with Soba (214 kcal)	 Salmon Pesto Pasta with Pumpkin Soup (331 kcal)	 Braised Veg and Chestnut in Chinese Five-Spice (368 kcal)	 Bountiful Miso Soup (151 kcal)	 Tropical Shrimp Salsa (238 kcal)	 Blueberry Chocolate Tart (286 kcal)
Sun 23/12/18	 Organic Yoghurt w Homemade Mango Compote & Oat Bar (342 kcal)	 High Protein Quinoa Sushi Roll (324 kcal)	 Prawns Kao Tom (218 kcal)	 Kra Prao Chicken served with Jasberry (352 kcal)	 Quinoa Chicken in Yellow Curry (384 kcal)	 Singaporean Style Seafood Stir (337 kcal)	 Seabass in Ginger and Miso (254 kcal)	 Pan-fried Tofu with Cloud Ear Fungus and Mushrooms (344 kcal)	 Miso Protein Salad (331 kcal)	 Absolute Chicken Salad (279 kcal)	 Gluten-free Double Chocolate Cookie (141 kcal)