











































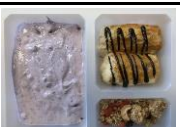









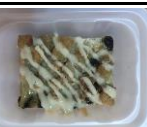






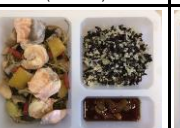

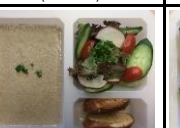



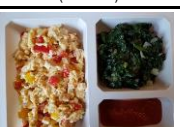











## Menu Week 22/7/19 - 28/7/19

	Mains							Appetisers		Dessert	
Date	Yoghurt Breakfast	Breakfast (1)	Breakfast (2)	3	4	5	6	7 (Vegetarian)	1	2	Dessert
Mon 22/7/19	 Organic Yoghurt w Homemade Mango Compote & Oat Bar (342 kcal)	 Spanish Omelette (338 kcal)	 Chicken Chia Quinoa Congee (333 kcal)	 Thai Grilled Eggplant Chicken with Prawns (256 kcal)	 Chicken Roll with Apple and Cranberry (347 kcal)	 Snapper with Black Pepper Sauce in Chinese Style (298 kcal)	 Pan-seared Salmon with Orange Sauce (323 kcal)	 Veggie Medley in Creamy Peanut Sauce (374 kcal)	 Autumn Crunch Salad (401 kcal)	 Lite Summer Rolls with Prawns (211 kcal)	 Absolute Black Bean Brownie (194 kcal)
Tues 23/7/19	 Superfood Muesli w Organic Yoghurt & Blueberry Compote (322 kcal)	 Spelt Blueberry Pancakes (321 kcal)	 Snapper Kao Tom (362 kcal)	 Chicken Charcoal Spelt Burger (416 kcal)	 Garlic Chicken in Isan Style (351 kcal)	 Kang Pa Snapper (278 kcal)	 Smoked Salmon with Seaweed Ramen (291 kcal)	 Fennel Beet Garden with Quinoa (371 kcal)	 Sweet Potato Salad (157 kcal)	 Vietnamese Summer Rolls with Chicken (317 kcal)	 Blueberry Chocolate Tart (383 kcal)
Wed 24/7/19	 Acai Berry Yoghurt (252 kcal)	 Tropical Buckwheat Granola with Pumpkin Seed Milk (307 kcal)	 Prawns Congee (259 kcal)	 Chia & Chicken Lasagna Cheat (258 kcal)	 Absolute Hainan Chicken on Fragrant Jasberry Rice (441 kcal)	 Singaporean Style Seafood Stir (337 kcal)	 Kao Yum Quinoa (217 kcal)	 Soba Noodles with Edamame and Burdock (Vegetarian) (334 kcal)	 Sanctuary Spring Roll (283 kcal)	 Kale, Quinoa & Roasted Sweet Potato Salad (161 kcal)	 Absolute Carrot Cake (427 kcal)
Thurs 25/7/19	 Passion Fruit Yoghurt with Granola (246 kcal)	 Spelt Pancake with Passion Fruit and Papaya jam (359 kcal)	 Chicken Kao Tom (277 kcal)	 Japanese Burdock Chicken (357 kcal)	 Chicken Green Curry with Organics Khanom Jean (307 kcal)	 Shirataki Noodle Pad Thai (Prawns) (389 kcal)	 Grilled White Snapper w Tamarind Sauce (345 kcal)	 Mediterranean Wrap (376 kcal)	 Miso Protein Salad (331 kcal)	 Strawberry Fields Salad w Chicken & Teriyaki Balsamic Dressing (231 kcal)	 Walnut Prunes Cookies (253 kcal)
Fri 26/7/19	 Banana in Filo with Blueberry Yoghurt (328 kcal)	 Bake Quinoa and Egg Breakfast (303 kcal)	 Chicken Chia Quinoa Congee (333 kcal)	 Black Pepper Chicken Spinach Roll with Balsamic Sauce (366 kcal)	 5-Spice Braised Chicken in Cantonese Style (325 kcal)	 Absolute Seafood Quinoa Paella (212 kcal)	 Salmon in Chinese Cabbage and Clear Broth (368 kcal)	 Breakfast BLT Burrito (Vegetarian) (329 kcal)	 Roasted Pumpkin Hummus (309 kcal)	 Spicy Shirataki Salad (Prawns) (130 kcal)	 Wheat Free Apple Bread Pudding (154 kcal)
Sat 27/7/19	 Superfood Granola with Homemade Marmalade Yoghurt (250 kcal)	 Olivier Salad Chicken Sandwich (234 kcal)	 Snapper Kao Tom (362 kcal)	 Baked Chicken in Hong Kong Style (359 kcal)	 Tom Kha Kai served w Quinoa and Jasberry Rice (Chicken) (399 kcal)	 Pan-seared Dory in Sweet & Sour Sauce w Passion Fruit (345 kcal)	 Spicy Seafood Stir in Thai-style (347 kcal)	 Slim Sweet Potato Massaman Curry with Jasberry Rice (326 kcal)	 Absolute Mushroom Soup (271 kcal)	 Chicken Caesar Rolls (322 kcal)	 Thai Tea Pudding (185 kcal)
Sun 28/7/19	 Omega Fruit Salad (215 kcal)	 Tofu Scramble Eggs (298 kcal)	 Prawns Kao Tom (218 kcal)	 Cashew Crumbed Chicken served with Mushrooms Trio (352 kcal)	 Nam Prik Ong (Chicken) (233 kcal)	 Lemon Caper Fresh Catch w Steamed Baby Vegetables (332 kcal)	 Thousand Island Organic Fusilli Salad with Prawns (170 kcal)	 Chia Spanakopita with Greek Salad (Vegetarian) (376 kcal)	 Absolute Fresh Salad Rolls (167 kcal)	 Salmon Miang (172 kcal)	 Spelt Matcha Cupcake (378 kcal)