
































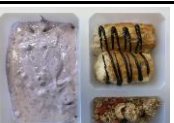





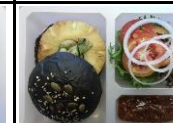

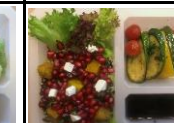








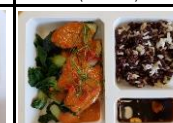

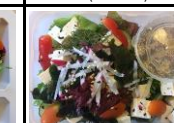


























Menu Week 18/3/19 - 24/3/19

	Mains							Appetisers		Dessert	
Date	Yoghurt Breakfast	Breakfast (1)	Breakfast (2)	3	4	5	6	7 (Vegetarian)	1	2	Dessert
Mon 18/3/19	 Strawberry Yoghurt with Granola & Fruit Salad (227 kcal)	 Tropical Buckwheat Granola with Pumpkin Seed Milk (307 kcal)	 Chicken Chia Quinoa Congee (333 kcal)	 Organic Brown Rice Stirred w Shrimp Paste & Sweet Chicken (288 kcal)	 Organic Spaghetti with Chicken Piccata (404 kcal)	 Edamame Pasta with Aromatic Chicken (367 kcal)	 Spicy Snapper stirred in Gingko and Cashews (342 kcal)	 Roasted Taro, Gingko and Quinoa Salad (390 kcal)	 Sanctuary Spring Roll (283 kcal)	 Kale Salad with Prawns and Chicken (217 kcal)	 Wheat Free Apple Bread Pudding (154 kcal)
Tues 19/3/19	 Superfood Muesli w Organic Yoghurt & Blueberry Compote (322 kcal)	 Quinoa Pancake with Raspberry Compote (337 kcal)	 Snapper Kao Tom (362 kcal)	 Poached Chicken Spinach Roll served w Quinoa Couscous (423 kcal)	 Gingko Chicken with Organic Rice Slow-Cooked in Clay Pot (278 kcal)	 Salmon Quinoa Nori Maki (381 kcal)	 Organic Red Rice Khanom Jeen w Homemade Seabass Balls (300 kcal)	 Shirataki Pad See-ew (Vegetarian) (372 kcal)	 Shirataki Noodle Soup (86 kcal)	 Bell Pepper Trio Salad (Chicken) 166	 Guiltless Wheat-free Blueberry Muffin (310 kcal)
Wed 20/3/19	 Passion Fruit Yoghurt with Granola (246 kcal)	 Salmon Quinoa Breakfast Burrito (409 kcal)	 Prawns Congee (259 kcal)	 Absolute Trim Gado Gado with Chicken (387 kcal)	 Grilled Chicken with Diable Sauce (242 kcal)	 Steamed Sea Bass with Spicy Teriyaki Sauce (344 kcal)	 Green Curry Quinoa Risotto with Salmon (381 kcal)	 Kua Kling Mushroom (311 kcal)	 Larb Mushrooms with Tofu (174 kcal)	 Absolute Tuna Salad with Flax Pita Chips (293 kcal)	 Chia Gingko Sweet Soup (290 kcal)
Thurs 21/3/19	 Banana in Filo with Blueberry Yoghurt (328 kcal)	 Bake Purple Sweet Potato with Organic Yoghurt (316 kcal)	 Chicken Kao Tom (277 kcal)	 Chicken w Black Peppercorns Sauce in Chinese Style (289 kcal)	 Toasted Quinoa Brown Rice Larb Salad (Chicken) (360 kcal)	 Kra Prao Snapper (364 kcal)	 Spelt Charcoal Burger with Salmon (402 kcal)	 Thai Quinoa Bowl (Vegetarian) (344 kcal)	 Roasted Pumpkin & Pomegranate Salad w Seed Oil Vinaigrette (274 kcal)	 Mini Salad Wrap (Chicken) (198 kcal)	 Kiwi Pudding with Mango Mousse (194 kcal)
Fri 22/3/19	 Bircher Muesli (362 kcal)	 Spanish Omelette (338 kcal)	 Chicken Chia Quinoa Congee (333 kcal)	 Absolute Chicken Masala (248 kcal)	 Fruit Som Tam with Roasted Chicken Skewers (392 kcal)	 Grilled Snapper in Turmeric and Spicy Lime Sauce (350 kcal)	 Rolled Fresh Dory w Nori infused with Red Curry (342 kcal)	 Absolute Veggie Quinoa Paella (Vegetarian) (200 kcal)	 Japanese Seaweed Tofu Salad (258 kcal)	 Salmon Caesar Salad (209 kcal)	 Spelt Vegan Orange Cake (444 kcal)
Sat 23/3/19	 Organic Yoghurt w Homemade Mango Compote & Oat Bar (342 kcal)	 Spelt Charcoal Bun with Blueberry Compote (268 kcal)	 Snapper Kao Tom (362 kcal)	 The Trim Mediterranean (Chicken) (289 kcal)	 Shirataki Noodles in Tom Yum (Chicken + Prawns) (267 kcal)	 Teriyaki Salmon (320 kcal)	 Baked Sea Bass in Coconut Basil Sauce (327 kcal)	 Chilled Soba in Chinese Style (Vegetarian) (217 kcal)	 Horiatiki Salata Watermelon (178 kcal)	 Larb Salmon (233 kcal)	 Absolute Black Bean Brownie (194 kcal)
Sun 24/3/19	 Superfood Granola with Homemade Marmalade Yoghurt (250 kcal)	 Poached Egg in Tomato with Chickpeas and Feta (413 kcal)	 Prawns Kao Tom (218 kcal)	 Grilled Chicken in Thai Style with Organic Jaspberry Rice (503 kcal)	 Organic Chia Omelette with Chicken (349 kcal)	 Larb Crusted Seabass (403 kcal)	 Grilled Salmon with Wasabi Chia Mayo (273 kcal)	 Absolute Green Curry served w Jaspberry Rice (Vegetarian) (359 kcal)	 Spiced Yoghurt Dip (249 kcal)	 Spicy Prawn Mango Salad (244 kcal)	 Dara's Apple Strudel (385 kcal)