



GLUTEN & DAIRY FREE DIET

	BREAKFAST	LUNCH	DINNER	SNACK	DRINK
MONDAY	Savoury Breakfast Cake	Baked Fish w/ Tomato Rice Tahina	Cuban Chicken w/ Roasted Potato & Mustard Sauce	Chocolate Brownie	Beetroot, Carrot, Lemon, Ginger & Apple
TUESDAY	Coconut Mango Chia Seed Pudding w/ Nuts (DF)	Beef Lagoto w/ Quinoa	Cajun Chicken Corn Salad w/ Lemon Vinaigrette Dressing	Cinnamon Nut Muffin	Green Apple, Cucumber, Spinach, Celery & Ginger
WEDNESDAY	VMeals Broccoli Bites w/ Egg Omelete (DF)	Chickpea & Green Pea Curry w/ Saffron Rice & Spinach	Blakened Salmon w/ Herbs Quinoa	Raisin Orange Muffin	Cucumber, Lemon & Apple
THURSDAY	Mixed Berries Overnight Oats w/ Peanut Butter (DF)	South Asian Grilled Fish w/ Corn Bean Salad & Lentil Soup	Chicken Mushroom Baked Pesto Pasta (GF/DF)	Chocolate Chip Cake	Carrot, Orange, Ginger, Lemon & Turmeric
FRIDAY	Scrambled Egg w/ Tomato & Cheese (DF)	Vmeals Basil Beef w/ Lemon Rice	Chicken Green Thai Curry w/ Sweet Potatoes & Nuts (DF)	Lemon Muffin	Watermelon & Apple
SATURDAY	Blueberry Protein Crepes w/ Honey Coconuts Glaze (GF/DF)	Coconut Shrimps w/ Quinoa	Chicken Strips Tomato Tahina Sauces w/ Mashed Potatoes (DF)	Chocolate Muffin	Orange, Carrot & Ginger
SUNDAY	Beans Frittata (DF)	Chinese Style Stir Fry Hummour w/ Chickpea & Rice	Beef Stroganoff w/ Pasta (GF/DF)	Peanut Chocolate Chip Bites	Apple, Ginger, Pineapple & Celery