

Lunch Meal Plan Options

Salads

All with Crisp Salad Leaves, Soft Boiled Egg, Sweet Cherry Tomato, Cucumber, Red Onion, Salad Peppers and Balsamic Vinegar

Seared BBQ Chicken £4.95

Kcal: Pro: Carbs: Fat:

Cajun Roasted Basa Fillet £5.25

Kcal: Pro: Carbs: Fat:

Prawn & Edamame (Soya Bean) £5.95

Kcal: Pro: Carbs: Fat:

Grilled Chicken & Baby Beets £5.25

Kcal: Pro: Carbs: Fat:

Wraps

All with Crunchy Iceberg Lettuce, Sliced Tomato and Red Onion on Protein Wrap

Salt 'n' Pepper Chicken £4.95

Kcal: Pro: Carbs: Fat:

Sesame & Soy Glazed Salmon £5.75

Kcal: Pro: Carbs: Fat:

Slow Roast Ham & Egg £4.95

Kcal: Pro: Carbs: Fat:

Roast Chicken & Avocado £5.25

Kcal: Pro: Carbs: Fat:

Soups

All with Wholemeal Roll

Chicken Noodle Broth £3.95

Kcal: Pro: Carbs: Fat:

Chicken & Sweetcorn £3.95

Kcal: Pro: Carbs: Fat:

Beef & Soya Bean Broth £4.25

Kcal: Pro: Carbs: Fat:

Vegetable & Barley Broth £3.75

Kcal: Pro: Carbs: Fat:

Dinner Meal Plan Options

Stir-Frys

All made with Shredded Pak Choi, Baby Corn, Beansprouts and Vermicelli

Soy & Ginger Glazed Beef £7.25

Kcal: Pro: Carbs: Fat:

Salt 'n' Pepper Chicken Strips £6.75

Kcal: Pro: Carbs: Fat:

King Prawn with Sesame £7.95

Kcal: Pro: Carbs: Fat:

Sweet Soy Glazed Chicken £6.25

Kcal: Pro: Carbs: Fat:

Curries

All made with Coconut Milk, Diced Onion, Sweet Potato, Peppers and Wholegrain Rice
(MI=mild, MD=medium, H=hot)

Thai Green Basa & Baby Corn (MD) £6.95

Kcal: Pro: Carbs: Fat:

Thai Red Chicken & Cashew (H) £7.95

Kcal: Pro: Carbs: Fat:

Katsu Chickpea & Lentil (MI) £6.25

Kcal: Pro: Carbs: Fat:

Chicken Katsu (MI) £7.25

Kcal: Pro: Carbs: Fat:

Classic Meals

Beef & Mushroom Casserole £7.25

Slow Braised Beef, Pearl Onions, Mushrooms with Sweet Potato Puree and Seasonal Tenderstem Broccoli

Kcal: Pro: Carbs: Fat:

Chicken Pesto & Tomato Penne £6.95

Italian Herbed Tomato Sauce and Basil Pesto Chicken Strips tossed with Wholegrain Penne Pasta

Kcal: Pro: Carbs: Fat:

Spicy Turkey Meatballs £6.75

Cooked in Passata with Sauteed Vegetables and Wholegrain Fusilli Pasta

Kcal: Pro: Carbs: Fat:

Citrus Steamed Salmon £7.95

With Baby Potatoes and Grilled Asparagus

Kcal: Pro: Carbs: Fat: