

Week 1 Menu Plan

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Green Papaya & Bamboo Balinese Chicken Salad With Nahm Pia Phnik & Rice Noodles	Chicken Slovak Skewers With Roasted Vegetables, Tzatziki & Greek Potatoes	Miso Ginger Marinated Fish Fillet with Napa Cabbage, Asian Mushrooms & Healthy Forbidden Rice with Edamame	Tandoori Chicken with Cauliflower, Roasted Onions, Palak, Mint Yoghurt & Steamed Basmati Rice	Creamy Tomato Chicken Breast, Linguini Pasta, Parmesan Shavings
Option 2	Jerk Vegetable Balls, Slaw, Caribbean Rice & Beans	Mediterranean Salad, Cous, Cous, Feta, Chickpeas & Hummus	Greek Spinach Feta Pie, Garlic Green Beans	Mushroom Nasi Goreng, Crispy Okra	3 Bean Chili, Slaw, Sweet potato Mash
Option 3	Achiote Marinated Prawns with Mexican Street Corn Salad, Green Apple, Jalapeno Hot Sauce & Couscous	Padang Beef Rendang, Shiitake Mushrooms, Shredded Carrots & Turmeric Rice	Breadless Chicken Parmesan w/ Roasted Red Pepper Pesto Vegetables & Whole Wheat Spaghetti	Za'atar & Garlic Salmon with Cherry Tomatoes, Broccoli & Batata Harra	Beef Stroganoff with Steamed Green Vegetables & Bowtie Pasta

Week 2 Menu Plan

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Seared Salmon with Sundried Tomato Cream Sauce, Roasted Vegetables & Pearl Couscous	Chicken Laksa with Chili, Garlic Pak Choy, Mushrooms, Coriander & Egg Noodle	Chiang Mai Turkey Meatballs with Coconut Red Curry Sauce, Thai Stir Fried Vegetables & Coconut Rice	Greek Chicken Power Bowl w/ Feta, Olives, Lemon Oregano Vinaigrette & Couscous Salad	Chicken Tikka Masala with Broccoli, Cauliflower, Cherry Tomatoes & Brown Rice
Option 2	Tikka Grilled Pumpkin, Spicy Spinach & Biryani Rice	Okra green Curry, Samosa Potatoes & Peas	Moroccan Roast Veg, Crispy Chickpeas, Chraime Sauce & Yoghurt	Lentil Bolognese With Spaghetti & Zoodles	Borayni, Spanish Risotto, Lemon Gazpacho
Option 3	Chicken Shawarma with Roasted Veg, Hummus and Mini Pita Bread	Oven Roasted Prawns with Roasted Peppers, Tomatoes & Paella	Beef Keema Curry with Green Peas, Carrots, Curried Cauliflower & Basmati Rice	Wholemeal Crusted White Fish w/ Green Tahini, Sauteed Spinach, Bulgur & Sweet Potato	Stir Fry Beef with Kai Lan, Carrots, Red Peppers & Flat Rice Noodles

Week 3 Menu Plan

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Taiwanese Basil Chicken with Braised Napa Cabbage, Carrots, Tofu Skin & Noodles	Portuguese Marinated BBQ Chicken with Pesto & Romesco Rice	Balinese White Fish Curry with Chinese Mustard Greens & Steamed Basmati Rice	Slow Cooked Chicken Breast, Steamed Green Vegetables, Red Rice, Tzatziki	Chicken Adobo with Steamed Green Beans & Garlic Flavoured Rice
Option 2	Spinach Dhal, Curry Vegetables, Bhaji Onions	Aubergine Melanzane & Orzo Pasta Salad	Moroccan Roast Cauliflower, Crispy Chickpeas & Feta Bean Puree	Broccoli & Brie Crepes, Brown Rice & Peppers	Chang Mai Asian Vegetable Balls, Asian Vegetables
Option 3	Shepherd's Pie with Herb Roasted Vegetables & Butternut Potato Mash	Beef Bolognese Spaghetti, Parmesan Cheese	Moo Shu Chicken Stir Fry with Shredded Cabbage, Choy Sum, Carrots & Wonton Noodles	Swedish Chicken Meatballs w/ Braised Cabbage, Kale & Mashed Potatoes	Buffalo Chicken Patties, Salt & Vinegar Potatoes

Week 4 Menu Plan

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Persian Pomegranate & Chicken Stew with Saffron Cauliflower Rice, Peas & Carrots	Korean Marinated Beef with Braised Young Cabbage, Roasted Cherry Tomatoes, Doenjang Dressing & Wonton Noodles	Naked Cheeseburger with Oven Baked Veggie Fries, Tangy Burger Sauce & Roasted Sweet Potato	Sichuan Style Kung Pao Chicken with Mixed Vegetables Stir Fry & Egg Noodle	Teriyaki Glazed Chicken Skewers with Broccoli, Red Pepper, Carrots, Edamame & Yakisoba
Option 2	Jerk Vegetable Balls, Slaw, Caribbean Rice & Beans	Mediterranean Salad, Cous, Cous, Feta, Chickpeas & Hummus	Greek Spinach Feta Pie, Garlic Green Beans	Mushroom Nasi Goreng, Crispy Okra	3 Bean Chili, Slaw, Sweet potato Mash
Option 3	Sous Vide Chicken Breast w/ Mushroom Gravy, Mixed Green Veg & Steamed Thai Red Rice	Healthy Chicken Larb Salad with Shredded Carrots, Sliced Cucumber, Larb Dressing & Glass Vermicelli	Harissa Chicken with Braised Purple Cabbage, Carrots & Pearl Couscous	Southeast Asian Chili Prawns with Sauteed Greens, Sliced Peppers, Onions & Nasi Goreng	Braised Barbacoa Beef Brisket with Tangy Mexican Slaw, Salsa Rojo & Sweet Potato Mash

Week 5 Menu Plan

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Pulled Chicken with Mexican Street Corn, Queso, & Chipotle Lime Roasted Sweet Potatoes	Bulgogi Beef Mince Bowl with Sauteed Vegetables, Gochujang Sauce & Sesame Rice	Chipotle Turkey Chili with Sauteed Peppers, Onions, Steamed Okra, Pepper Jack & Quinoa	Jamaican Jerk Chicken w/ Spicy Citrus Jerk Sauce, Caribbean Slaw, Brown Rice & Black Beans	Green Coconut Chicken Curry with Baby Corn, Mushrooms & Steamed Brown Rice
Option 2	Tikka Grilled Pumpkin, Spicy Spinach & Biryani Rice	Okra green Curry, Samosa Potatoes & Peas	Moroccan Roast Veg, Crispy Chickpeas, Chraime Sauce & Yoghurt	Lentil Bolognese w/ Spaghetti & Zoodles	Borayni, Spanish Rissoto, Lemon Gazpacho
Option 3	Pan Seared Honey Mustard Salmon with Roasted Courgette, Red Peppers, Cherry Tomatoes & Roasted Potatoes	Cumin-Crusted Chicken with Kale Salad and Hummus Dressing	Rainbow Chicken Salad with Honey Mustard Dressing	Beef Meatballs w/ Low Fat Marinara Sauce, Parmesan Cheese & Wholewheat Spaghetti	Sweet and Sour Oven-Baked White Fish w/ Peppers, Pineapple & Steamed Jasmine Rice



**Food
NationGo**
EAT BRIGHT

Week 6 Menu Plan

Monday

Tuesday

Wednesday

Thursday

Friday

Option 1	Peruvian Roasted Chicken with Aji Verde, Mixed Beans, Corn, Tomato Salad & Green Fried Rice	Chicken Satay Skewers with Stir Fried Vegetables & Pad Thai	Buffalo Chicken Patties w/ Cauliflower, Carrots, Swiss Chard, Blue Cheese Buttermilk Dressing, Roasted Potato Wedges	Chicken Enchilada Bowl with Broccoli, Red Peppers, Pumpkin, Brown Rice & Quinoa	Rainbow Chicken Salad with Honey Mustard Dressing
Option 2	Spinach Dhal, Curry Vegetables, Bhaji Onions	Aubergine Melanzane & Orzo Pasta Salad	Moroccan Roast Cauliflower, Crispy Chickpeas & Feta Bean Puree	Brocoli & Brie Crepes, Brown Rice & Peppers	Chang Mai Asian Vegetable Balls, Asian Vegetables
Option 3	Vietnamese Style Caramelized Minced Beef with Stir Fry Vegetables & Vermicelli Noodles	Thai Fish Cakes with Sauteed Morning Glory, Nuoc Cham & Steamed Pandan Coconut Rice	Herb Marinated Fish with Sundried Tomato, Burnt Onion Relish & Lentil Stew	Coronation Chicken Salad w/ Mango, Romaine Lettuce & Penne Pasta	Beef Bourguignon with Pearl Onions, Roasted Root Vegetables & Mustard Mash