


Week 1 - Monday Iced tea of the day: Nettle and lemon 				
Dietary Requirements	Breakfast	Lunch - 3 courses	Afternoon snack	Dinner - 2 courses
Meat/Fish	Berrytastic Smoothie Vanilla Walnut Snack Ball	Grilled courgette and asparagus with rocket pesto - Grilled mackerel with mixed bean, mustard and mint salad	Activated local almonds and olives	Halloumi and grilled vegetable salad with black olive tapenade drizzled with extra virgin olive oil - Dark chocolate vegan mousse
Vegetarian/Vegan		Grilled courgette and asparagus with rocket pesto - Stuffed garlic mushrooms with lemon and mixed bean, mustard and mint salad		Puy lentil and grilled vegetable salad with black olive tapenade drizzled with extra virgin olive oil - Dark chocolate vegan mousse