

# Week 1

	Breakfast	Lunch	Dinner	Snack
Monday	<b>exanté</b> Apple & Cinnamon Porridge	<b>exanté</b> Chocolate Orange Shake	Courgetti Bolognese	<b>exanté</b> Choco Balls
Tuesday	<b>exanté</b> Strawberry Jam & Yogurt Bar	<b>exanté</b> Shepherd's Pie	Stuffed Chicken Breast w/Veg	<b>exanté</b> Salt & Vinegar Crisps
Wednesday	<b>exanté</b> Muesli Breakfast Bar	<b>exanté</b> Tomato & Mascarpone Soup	Veggie Cauli Rice	<b>exanté</b> Chocolate Protein Wafer
Thursday	<b>exanté</b> Maple Syrup Porridge	<b>exanté</b> Ham & Mushroom Soup	Turkey Steak, garlic, yogurt mint & cucumber dip	<b>exanté</b> Strawberry Jam & Yogurt Bar
Friday	<b>exanté</b> Chocolate Protein Muesli	Supergrain Salad	<b>exanté</b> Chicken Fajitas	<b>exanté</b> Strawberry Wafer
Saturday	Eggs and Avocado	<b>exanté</b> Toffee Caramel Shake	<b>exanté</b> Sweet & Sour Noodles	<b>exanté</b> BBQ Crisps
Sunday	<b>exanté</b> Maple Syrup Pancakes	<b>exanté</b> Chicken & Leek Soup	Pesto Salmon & Green Beans	Yogurt Pot

# Week 2

	Breakfast	Lunch	Dinner	Snack
Monday	<b>exanté</b> Chocolate Protein Muesli	Chicken Burrito	<b>exanté</b> Indian Style Curry w/rice	<b>exanté</b> Chocolate Shake
Tuesday	<b>exanté</b> Vanilla Shake	<b>exanté</b> Red Bean Chilli	Fish Tacos	<b>exanté</b> Choco Balls
Wednesday	<b>exanté</b> Plain Porridge	<b>exanté</b> Indian Dahl Pot Meal	Whole Grain Pasta Salad	<b>exanté</b> Salt & Vinegar Crisps
Thursday	<b>exanté</b> Cheese & Bacon Breakfast Eggs	<b>exanté</b> Lemon & Raspberry Shake	Mediterranean Chicken Salad	<b>exanté</b> Strawberry Wafer
Friday	<b>exanté</b> Vanilla Shake	<b>exanté</b> Moussaka	Beef Steak with veg, lime & coriander rice	Sweet Pot, Carrot, Courgette Sticks
Saturday	<b>exanté</b> Chocolate Orange Bar	Mediterranean Style Cous Cous	<b>exanté</b> Cottage Pie	Homemade Granola bar
Sunday	Peanut Butter and Banana Toast	<b>exanté</b> Chip Shop Curry	Mushroom Risotto	<b>exanté</b> Chocolate Shake

# Week 3

	Breakfast	Lunch	Dinner	Snack
Monday	<b>exante</b> Banana Shake	<b>exante</b> Tomato & Mascarpone Soup	Pesto Salmon & Green Beans	Herby Chicken Skewers
Tuesday	<b>exante</b> Chocolate Protein Muesli	<b>exante</b> Toffee Caramel Shake	Meat Stuffed Aubergine	<b>exante</b> BBQ Crisps
Wednesday	<b>exante</b> Cheese & Bacon Breakfast Eggs	<b>exante</b> Cottage Pie	Mushroom Risotto	<b>exante</b> Strawberry Wafer
Thursday	Overnight Oats	<b>exante</b> Beef Chilli with Rice	Patatas Bravas	<b>exante</b> Strawberry Jam & Yogurt Bar
Friday	<b>exante</b> Apple & Cinnamon Porridge	<b>exante</b> Chicken & Leek Soup	Veg Stuffed Aubergine	<b>exante</b> BBQ Crisps
Saturday	Breakfast Smoothie	<b>exante</b> Indian Dahl Pot Meal	Veggie Cauli Rice	<b>exante</b> Chocolate Protein Wafer
Sunday	<b>exante</b> Plain Pancakes	<b>exante</b> Chocolate Shake	Courgetti Bolognese	Homemade Popcorn Trail Mix

# Week 4

	Breakfast	Lunch	Dinner	Snack
Monday	<b>exante</b> Apple & Cinnamon Porridge	Fish Tacos	<b>exante</b> Moussaka	PB Coconut Protein Balls
Tuesday	<b>exante</b> Maple Syrup Pancakes	<b>exante</b> Red Bean Chilli	Meat Stuffed Aubergine	<b>exante</b> BBQ Crisps
Wednesday	<b>exante</b> Cheese & Bacon Breakfast Eggs	<b>exante</b> Cottage Pie	Mushroom Risotto	Herby Chicken Skewers
Thursday	<b>exante</b> Plain Porridge	<b>exante</b> Ham & Mushroom Soup	Beef Steak with veg, lime & coriander rice	Homemade Popcorn Trail Mix
Friday	<b>exante</b> Chocolate Protein Muesli	<b>exante</b> Lemon Bar	Chicken Burrito	<b>exante</b> Salt & Vinegar Crisps
Saturday	<b>exante</b> Strawberry Jam & Yogurt Bar	<b>exante</b> Tomato & Mascarpone Soup	Mediterranean Chicken Salad	Sweet Pot, Carrot, Courgette Sticks
Sunday	Homemade Granola bar	<b>exante</b> Indian Style Curry w/rice	Pesto Salmon & Green Beans	<b>exante</b> Chocolate Orange Bar