

NATURAL FITNESS FOOD

HOT FOOD MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT BREAKFAST					
PORRIDGE	Coconut porridge with mixed seeds & golden raisins	Coconut porridge with mixed seeds & golden raisins	Coconut porridge with mixed seeds & golden raisins	Coconut porridge with mixed seeds & golden raisins	Coconut porridge with mixed seeds & golden raisins
EGG-START	Mushroom omlette & roast tomatoes	Mushroom omlette & roast tomatoes	Mushroom omlette & roast tomatoes	Mushroom omlette & roast tomatoes	Mushroom omlette & roast tomatoes
HOT MEALS					
HIGH CARB	Chicken curry, & basmati rice	Chicken curry, & basmati rice	Chicken curry, & basmati rice	Chicken curry, & basmati rice	Chicken curry, & basmati rice
LOW CARB	Chicken curry, roast cabbage, cauliflower rice	Chicken curry, roast cabbage, cauliflower rice	Chicken curry, roast cabbage, cauliflower rice	Chicken curry, roast cabbage, cauliflower rice	Chicken curry, roast cabbage, cauliflower rice
SOUP	Tomato & basil	Tomato & basil	Tomato & basil	Tomato & basil	Tomato & basil



#naturalfitnessfood