

Boot Camp Menu, Tuesday

*You don't have to be better than everyone else.
You just have to be better you have ever been.*

Breakfast

Please see the breakfast menu which is set for the duration

Morning Snack

Fresh Fruit Salad Bowl (D) (GF) (DF) (Vegan)

Lunch

Panko Crumbed Chicken Goujons with Honey Mustard Dip (two each) (D without dip) (DF)
&
Mixed Bean Soup (one bowl) (Vegan) (DF) (D) (GF)
&
Mixed Green Salad (Vegan) (DF) (D) (GF)

Afternoon Snack

Cacao & Sunflower Seed Block (DF) (Vegan)
or
Fresh Fruit Platter (D) (GF) (DF) (Vegan)

Dinner **Entrees**

Tuna Nicoise Salad with Apple Cider Vinegar (D) (DF)
or
Roasted Vegetable, Whole Wheat Cous Cous & Tunisian Hot Sauce (Vegan)(D)(DF)
or
Sweet Potato, Ginger & Honey Soup (V) (DF) (GF)

Mains

Turkey Meatballs with Courgettes, Tomato & Feta (D)
or
Poached Salmon Fillet with Lemon, Olive Oil & Dill (D) (GF) (DF)
or
Lentil, Quinoa & Tofu Rissoles with Indian Fenugreek Sauce (D) (Vegan) (GF) (DF)
or
Hemp Protein Shake with Spinach, Celery, Cucumber & Pineapple (V) (D) (DF) (Vegan)

All main courses are served with a selection of seasonal vegetables

Followed by Herbal & Fruit Tea

(Please choose which flavour you prefer from the drinks station)