



Menu

WEEK 5

Oct
21 - Oct
25



MONDAY

Steak Parrillada

with Quinoa, Baby Roasted Potatoes, Grapes, Roasted Broccoli, and Cauliflower

Jackfruit (Pad Kra Pao)

with Brown Rice Nasi Lemak, Mixed Mushrooms, and Wafu Tomato Salad

Salmon Quiche

TUESDAY

Peanut Tofu

with Barley Risotto, Grilled Eggplant, and Young Papaya Salad

Tuna Tataki

with Soba Noodles, Young Papaya Salad, and Mixed Bean Salad

Eggplant Quiche

WEDNESDAY

Donburi Salmon

with Brown Rice Nasi Lemak, Grilled Eggplant, Baby Roasted Potatoes, and Grapes

Sous-Vide Chicken Breast

with Mixed Greens, Roasted Broccoli & Cauliflower, and Mixed Bean Salad

Egg Mayo Salad

THURSDAY

Sous-Vide Chicken Breast

with Soba Noodles, Baby Roasted Potatoes, Grapes, and Wafu Tomato Salad

Jackfruit (Pad Kra Pao)

with Quinoa, Mixed Bean Salad, Sweet Potato, and Fennel

Beetroot Hummus

FRIDAY

Peanut Tofu

with Mixed Greens, Roasted Broccoli, Cauliflower, and Mixed Mushrooms

Steak Parrillada

with Barley Risotto, Mixed Mushrooms, and Wafu Tomato Salad

Gluten-Free Chocolate Chip Cookies



WEEK 6

Oct 28 - Nov 01



THURSDAY

Peanut Tofu

with Soba Noodles, Baby Roasted Potatoes, Grapes, Sweet Potato, and Fennel

Tuna Tataki

with Quinoa, Mixed Mushrooms, Baby Roasted Potatoes, and Grapes

Salmon Quiche

MONDAY

Peanut Tofu

with Quinoa, Wafu Tomato Salad, and Mixed Bean Salad

Tuna Tataki

with Brown Rice Nasi Lemak, Roasted Broccoli, Cauliflower, and Grilled Eggplant

Vegan Tart

WEDNESDAY

Sous-Vide Chicken Breast

with Brown Rice Nasi Lemak, Grilled Eggplant, and Mixed Mushrooms

Steak Parrillada

with Mixed Greens, Grilled Eggplant, Sweet Potato, and Fennel

Energy Ball (1pc)

FRIDAY

Donburi Salmon

with Mixed Greens, Mixed Bean Salad, and Young Papaya Salad

Jackfruit (Pad Kra Pao)

with Barley Risotto, Roasted Broccoli, Cauliflower, and Wafu Tomato Salad

Eggplant Quiche

TUESDAY

Donburi Salmon

with Barley Risotto, Roasted Broccoli, Cauliflower, Sweet Potato, and Fennel

Jackfruit (Pad Kra Pao)

with Soba Noodles, Baby Roasted Potatoes, Grapes, and Young Papaya Salad

Banana Bread



WEEK 1

Nov Nov
04 - 08



MONDAY

Steak Parrillada

with Brown Rice Nasi Lemak, Baby Roasted Potatoes, Grapes, and Young Papaya Salad

Sous-vide Chicken Breast

with Quinoa, Mixed Mushrooms, and Young Papaya Salad

Gluten-Free Chocolate Chip Cookies

TUESDAY

Donburi Salmon

with Soba Noodles, Roasted Broccoli, Cauliflower, Sweet Potato, and Fennel

Jackfruit (Pad Kra Pao)

with Barley Risotto, Roasted Broccoli, Cauliflower, and Wafu Tomato Salad

Vegan Tart

WEDNESDAY

Tuna Tataki

with Mixed Greens, Mixed Bean Salad, and Wafu Tomato Salad

Peanut Tofu

with Brown Rice Nasi Lemak, Baby Roasted Potatoes, Grapes, and Mixed Mushrooms

Banana Bread

THURSDAY

Donburi Salmon

with Quinoa, Mixed Mushrooms, and Mixed Bean Salad

Steak Parrillada

with Soba Noodles, Roasted Broccoli, Cauliflower, and Young Papaya Salad

Energy Ball (1pc)

FRIDAY

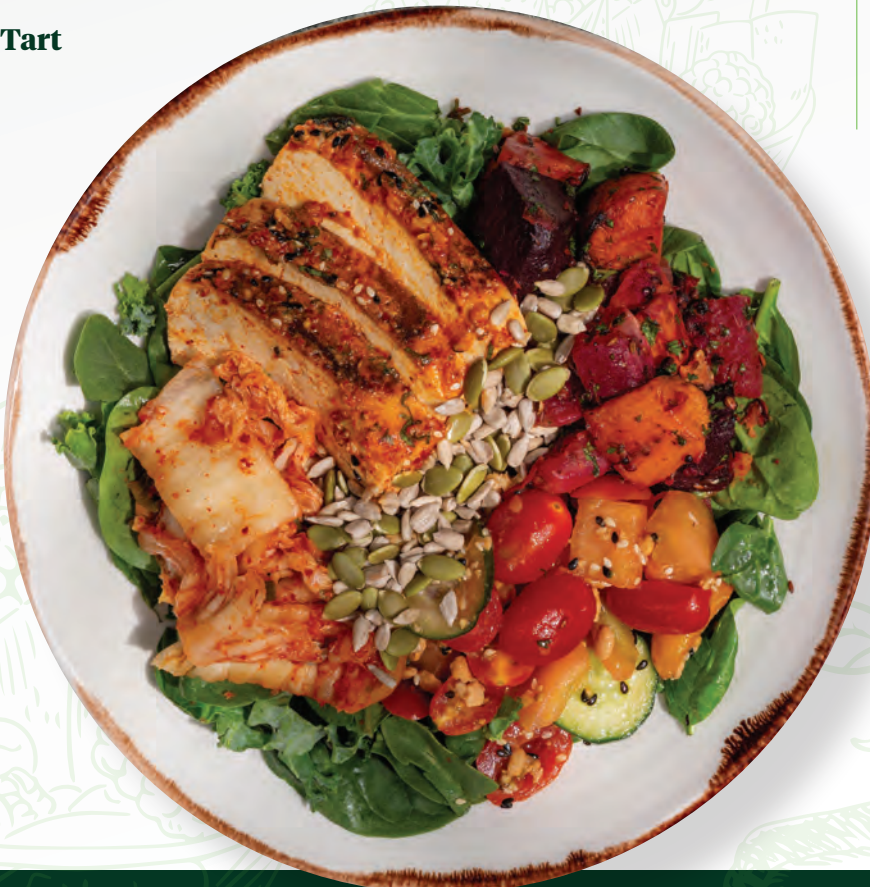
Sous-Vide Chicken Breast

with Barley Risotto, Grilled Eggplant, Sweet Potato, and Fennel

Tuna Tataki

with Mixed Greens, Sweet Potato, Fennel, and Wafu Tomato Salad

Salmon Quiche





WEEK 2

Nov – Nov
11 – **15**

MONDAY

Jackfruit (Pad Kra Pao)

with Brown Rice Nasi Lemak, Mixed Mushrooms, and Wafu Tomato Salad

Steak Parrillada

with Quinoa, Baby Roasted Potatoes, Grapes, Roasted Broccoli, and Cauliflower

Eggplant Quiche

TUESDAY

Tuna Tataki

with Soba Noodles, Young Papaya Salad, and Mixed Bean Salad

Peanut Tofu

with Barley Risotto, Grilled Eggplant, and Young Papaya Salad

Egg Mayo Salad

WEDNESDAY

Sous-Vide Chicken Breast

with Mixed Greens, Roasted Broccoli & Cauliflower, and Mixed Bean Salad

Donburi Salmon

with Brown Rice Nasi Lemak, Grilled Eggplant, Baby Roasted Potatoes, and Grapes

Beetroot Hummus

THURSDAY

Jackfruit (Pad Kra Pao)

with Quinoa, Mixed Bean Salad, Sweet Potato, and Fennel

Sous-Vide Chicken Breast

with Soba Noodles, Baby Roasted Potatoes, Grapes, and Wafu Tomato Salad

Gluten-Free Chocolate Chip Cookies

FRIDAY

Steak Parrillada

with Barley Risotto, Mixed Mushrooms, and Wafu Tomato Salad

Peanut Tofu

with Mixed Greens, Roasted Broccoli, Cauliflower, and Mixed Mushrooms

Vegan Tart



WEEK 3

Nov — Nov
18 — 22

MONDAY

Tuna Tataki

with Brown Rice Nasi Lemak, Roasted Broccoli, Cauliflower, and Grilled Eggplant

Peanut Tofu

with Quinoa, Wafu Tomato Salad, and Mixed Bean Salad

Banana Bread

TUESDAY

Jackfruit (Pad Kra Pao)

with Soba Noodles, Baby Roasted Potatoes, Grapes, and Young Papaya Salad

Donburi Salmon

with Barley Risotto, Roasted Broccoli, Cauliflower, Sweet Potato, and Fennel

Energy Ball (1pc)

WEDNESDAY

Steak Parrillada

with Mixed Greens, Grilled Eggplant, Sweet Potato, and Fennel

Sous-Vide Chicken Breast

with Brown Rice Nasi Lemak, Grilled Eggplant, and Mixed Mushrooms

Salmon Quiche

THURSDAY

Tuna Tataki

with Quinoa, Mixed Mushrooms, Baby Roasted Potatoes, and Grapes

Peanut Tofu

with Soba Noodles, Baby Roasted Potatoes, Grapes, Sweet Potato, and Fennel

Eggplant Quiche



FRIDAY

Jackfruit (Pad Kra Pao)

with Barley Risotto, Roasted Broccoli, Cauliflower, and Wafu Tomato Salad

Donburi Salmon

with Mixed Greens, Mixed Bean Salad, and Young Papaya Salad

Egg Mayo Salad





WEEK 4

Nov 25 - Nov 29

FRIDAY

Tuna Tataki

with Mixed Greens, Sweet Potato, Fennel, and Wafu Tomato Salad

Jackfruit (Pad Kra Pao)

with Brown Rice Nasi Lemak, Mixed Mushrooms, and Wafu Tomato Salad

Energy Ball (1pc)

WEDNESDAY

Peanut Tofu

with Brown Rice Nasi Lemak, Baby Roasted Potatoes, Grapes, and Mixed Mushrooms

Donburi Salmon

with Quinoa, Mixed Mushrooms, and Mixed Bean Salad

Vegan Tart

MONDAY

Sous-Vide Chicken Breast

with Quinoa, Mixed Mushrooms, and Young Papaya Salad

Donburi Salmon

with Soba Noodles, Roasted Broccoli, Cauliflower, Sweet Potato, and Fennel

Beetroot Hummus

TUESDAY

Jackfruit (Pad Kra Pao)

with Barley Risotto, Grilled Eggplant, and Wafu Tomato Salad

Tuna Tataki

with Mixed Greens, Mixed Bean Salad, and Wafu Tomato Salad

Gluten-Free Chocolate Chip Cookies

THURSDAY

Steak Parrillada

with Soba Noodles, Roasted Broccoli, Cauliflower, and Young Papaya Salad

Sous-Vide Chicken Breast

with Barley Risotto, Grilled Eggplant, Sweet Potato, and Fennel

Banana Bread

