

# SAMPLE MENU - Noble Balance

## HOW YOUR WEEK MIGHT LOOK ON THE NOBLE BALANCE MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST (HOT or ON-THE-GO)</b>	<b>HOT BREAKFAST:</b> Smashed Avocado on Sourdough Toast	<b>HOT BREAKFAST:</b> Boiled Eggs with Chilli & Spinach	<b>ON THE GO BREAKFAST:</b> Blueberry Yoghurt and Mini Pastries	<b>HOT BREAKFAST:</b> Fried Potatoes with Chilli & Boiled Eggs	<b>HOT BREAKFAST:</b> Japanese Omelette, Rice and Pickles	<b>ON THE GO BREAKFAST:</b> Fruit Salad, Yoghurt and Granola	<b>ON THE GO BREAKFAST:</b> Breakfast Burrito, Tomato, Bacon and Cheese
<b>LUNCH (FOR 'OPTION A')</b>	Pork Steak Parsley Mash and Mustard Sauce	Teriyaki Salmon Fillet Steamed Asian Greens, Sticky Jasmin Rice	Rainbow Cauliflower and Spinach Gratin Straw Potato and Vegetable Chips	Fisherman's Pie Braised Leeks and Peas, Cheddar Mash	Grilled Chicken New Potatoes and Buttered Carrots	Sausage and Mash with Onion Gravy, Peas and Carrots	Spinach & Pumpkin Curry, Basmati Rice, Vegetable Pakora
<b>SNACK POT</b>	Tempura Vegetables & Yoghurt	Hot Wings, Sour Cream	Duck Pâté on Toast	Maltloaf & Butter	Tuna Mayo on Ciabatta	Hummus & Vegetable Crisps	Chia Pudding with Mango Chunks
<b>DINNER</b>	Chinese Lemon Chicken with Lemon Sauce, Chinese Broccoli and Garlic and Chilli	Swedish Meatballs, Baked Mash, Lingon Berry Jam and Sour Cream	Gammon with Pineapple, Parsley Mash and Mustard Sauce	Roast Lamb with Crushed Potatoes and French Beans	Salmon En Crouete with Warm Potato Salad and Greens	Chicken & Mushroom Pasta Bake	Steak Au Poive with Mash & Vegetables
<b>SALAD</b>	Superfood Salad with Peas, Beans and Sprouts	BBQ Celeriac with Cranberries and Green Chilli	Sweet Corn and Peas Dressed in Basil Oil	Orzo Pasta with Chilli Butter Dressing	Mixed Beans with Herbs and Champagne Vinaigrette	Rice & Vegetable Salad	Penne Pasta, Herb Mayo & Peppers
<b>AFTERNOON SNACK</b>	Granola Bar	Caramel & Cranberry Flapjack	Cocoa and Vanilla Protein Bites	Apricot and Coconut Oat Bar	Chickpea and & Paprika Baked Veggie Crackers	Banana Protein Bites	Peppermint Crunch Traybake
<b>ADD DESSERT</b>	SAMPLE DESSERTS: Chocolate Brownie • Normandy Apple Tart • Red Velvet Cake with Buttercream Icing • Carrot Cake • Stone Fruit Crumble • New York Baked Cheesecake						
<b>ADD JUICE</b>	SAMPLE JUICES: Apple, Spinach, Celery and Kale • Orange, Galangal and Lemongrass • Beetroot, Ginger and Apple • Pineapple, Ginger, Tumeric & Golden Beets • Blueberry, Raspberry and Pear						