



VIBRANT MENU

Sweets & Treats

Cup cake selection

Vanilla, chocolate, carrot or red velvet

Cookies selection

Chocolate chip, chocolate brownie, peanut butter or cranberry & oatmeal

Blueberry bread pudding

French macaroons

Sweet potato chips

Low-Fat Yogurt Muffin Choice

Blueberry, banana, chocolate chip, cranberry orange, raisin bran, marble, oat bran

Sugar-free chocolate mousse

Homemade protein brownie

VIBRANT MENU

Mains

Quesadilla made with whole wheat flour tortilla, free range chicken, grated cheddar & mozzarella, guacamole, salsa & sour cream

Blackened salmon served on red rice with a fresh mango & lime salsa, rocket salad

Turkey and sweetcorn meatballs with pepper sauce

Grilled mackerel with sweet potato pickle and mint yoghurt

Pan-fried sea bass on whole meal pitta with labneh, tomato and preserved lemon

Low fat beef meatballs, fresh tomato and basil ragout served with whole wheat pasta

VIBRANT MENU

Side Salads

Sunny carrot salad with fresh pineapple
& coconut cream

Beetroot and blood orange salad with red pepper, walnut and
lemon zest

Brown rice and soya bean salad with
roasted butternut squash, rocket and
pomegranate

Kale toss salad with kidney beans, carrots, candied walnuts, red
and yellow bell

VIBRANT MENU

Boost Breaks

Vanilla berry fruit & yogurt parfaits

Sundried fruit assorted cereal bars

Mini corn bread with low fat cottage cheese and homemade
stewed fruit compote

Citrus fruit salad pots with yogurt and seeds

Organic fries air baked not fried, made without hydrogenated
oils or preservatives

Kettle potato chips organic

Chocolate banana bars gluten-free and organic