

# **Menu Selection Self isolation**

## **Day 1**

### **Breakfast**

Bircher Muesli with nuts and dried fruit,  
fruit yoghurt and cheese

### **Lunch**

Ham and cheese sandwich / Vegetarian sandwich,  
Garden salad

### **Dinner**

Roasted vegetable curry with cilantro salsa and Turmeric rice,  
Brownie

## **Day 2**

### **Breakfast**

Croissant with Camembert,  
preserves and sliced melon

### **Lunch**

Arugula salad with cherry tomatoes and peppers,  
Boiled egg and a shaved Parmesan cheese baguette

### **Dinner**

Traditional beef stew,  
Chocolate mousse

## **Day 3**

### **Breakfast**

Fruit and spinach Smoothie and muffin

### **Lunch**

Cold sliced roasted miso salmon on garden salad with a  
Lime dressing

### **Dinner**

Buttered chicken with basmati rice,  
Carrot cake

## **Day4**

### **Breakfast**

Granola with 2% milk, and Granny Smith apples

### **Lunch**

Chicken Caesar salad with fresh baguette

### **Dinner**

Noodle bowl with braised Beef, green onion, and a Miso broth,  
Cheesecake square

## **Day 5**

### **Breakfast**

Muffin, Fruit salad

### **Lunch**

Penne pasta bake

### **Dinner**

Roasted vegetable wrap with Humus,  
Arugula, and pesto,  
Fresh fruit

## **Day 6**

### **Breakfast**

Mango banana avocado Smoothie,  
Croissant with butter and preserves

### **Lunch**

Curried chick pea and lentil stew with  
Basmati rice and Cucumber cilantro salsa

### **Dinner**

Cous Cous vegetable salad with baked cod with a lime dressing  
Lime dressing,  
Fresh baked cookie

## **Day 7**

### **Breakfast**

Greek yoghurt bowl with granola and fresh berries and a fruit pastry

### **Lunch**

Chicken Pad Thai with peanuts and cilantro

### **Dinner**

Pasta salad with roasted vegetables, fresh basil,  
feta cheese and white balsamic,  
Apple Crumble

## **Day 8**

### **Breakfast**

House baked banana bread with fresh berries

### **Lunch**

Humus, with fresh vegetables and Pita bread

### **Dinner**

Spicy fried tofu on steamed rice with chives and vegetables,  
Fresh baked cookies