

# VIBRANT MENU



## Vibrant Menu



### Sweets & Treats

Homemade protein brownie  
Sugar-free chocolate mousse  
Blueberry bread pudding  
Sweet potato chips  
Low-Fat Yogurt Muffin Choice:  
Blueberry, banana, chocolate chip,  
cranberry orange, raisin bran, marble,  
oat bran  
Cup cake selection:  
Vanilla, chocolate, carrot or red velvet  
Cookies selection:  
Chocolate chip, chocolate brownie,  
peanut butter or cranberry & oatmeal

### Boost Breaks

Vanilla berry fruit & yogurt parfaits  
Citrus fruit salad pots with yogurt and  
seeds  
Sundried fruit assorted cereal bars  
Chocolate banana bars gluten-free and  
organic  
Mini corn bread with low fat cottage  
cheese and homemade stewed fruit  
compote  
Kettle potato chips organic  
Organic fries, air baked not fried, made  
without hydrogenated oils or  
preservatives

**Allergens**





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### Main

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

### Sides and 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

Allergens

