

Menu DJ course

Day 1

Lunch:

Falafel Bowl (vegan) or
Cheesy Goat salad

Dinner:

Yellow curry with rice (vegan or with chicken) or
Melanzana parmigiana (vegetarian)

Day 2

Breakfast:

Fresh fruit & yoghurt with granola + banana bread

Lunch:

Chicken Parmesan bowl or
Miso Aubergine salad (vegan)

Dinner:

Pasta Bolognese or
Pasta Pomodoro (vegetarian)

Day 3

Breakfast:

Fresh fruit yoghurt & granola + brownie

Lunch:

Poke Bowl (vegan) or
Curry Cauliflower bowl with chicken

Dinner:

Thai red curry with rice (vegan or with chicken) or
Beef / crispy chicken burger with fries

Day 4

Breakfast

Fresh fruit & yoghurt with granola + croissant

Lunch:

Power protein bowl (vegan or with chicken)

Dinner:

Lasagna Bolognese or

Yellow curry with rice (vegan)

Day 5

Breakfast:

Fresh fruit & yoghurt with granola + banana bread

Lunch:

Falafel Bowl (vegan) or

Chicken Parmesan bowl

Dinner:

Pasta Pesto or

Pasta Pomodoro

Day 6

Breakfast:

Fresh fruit & yoghurt with granola + Croissant