



SAMPLE MENU NO. 2

Sicilian Spaghetti (Whole Grain)
Chicken/ Shrimp Putanesca (Tomato & Olive Base Sauce)
Edamame Putanesca (Tomato & Olive Base Sauce - Veg Option)
Spinach, Red Onions, Bell Pepper & Sunflower Seed Salad w. Lemon-Rosemary Vinaigrette

Smart Snacks are also available on Request (Sample List)

Lemon Pepper Hummus w. Carrot Chips
Whole Grain Wraps/ Sandwiches w. Various Fillings (BBQ Chicken, Mexican Beans, Spicy Tuna)
Dark Chocolate Brownies
Oat-Bran Muffins (Chocolate Chips, Blueberries, Craisin-Almond)
Light Fruit Panna cotta (Pineapple, Strawberry, Mango-Mint)

All Meats are Halal

**Please note the menus above can be changed/customised to suit your
specific tastes/preferences.**

Kindly call 39SMART (3976278)/email our office with your enquiry