



### **SAMPLE MENU NO. 3**

Sweet Potato & Mustard Mash  
Spicy Salmon Fish Cakes w. Orange-Thyme Sauce  
Spicy Bean Cakes w. Orange-Thyme Sauce (Veg Option)  
Salad of Mixed Greens, Tomatoes, Carrots & Chia Seeds

### **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**