

TYPICAL DAY 'DELITEFUL' MENU

BREAKFAST

(8.30am)

Banana Fandango French Toast

Plus morning set up: Low Fat Plain Yogurt, Fresh Fruit Salad,
Coffee, Tea, Skimmed Milk, non-dairy milks such as Almond, Rice or Soy

FUEL STOP

(10.30am)

Chilled Sliced Turkey (Light Cheese and Crackers), Cranberry Relish

LUNCH

(12.00 noon)

Seasonal Vegetable Soup, Spinach Filled Oatcakes, Red Pepper Puree

FUEL STOP

(15.30pm)

Fruit Crumble with Yogurt

DINNER

(18.00pm)

Char Grilled Chicken Souvlaki (Marinated Vegetable Skewer),
Roasted Root Hash, Yogurt/Cucumber Sauce

FUEL STOP

(20.30pm)

Peppermint Patty Mousse