



## Wellbeing Week Menu 17h – 21<sup>st</sup> May

For Wellbeing Week we will be offering the following dishes to incorporate some of the 10 great foods to boost mental health:

### **Salad Boxes**

Daily:

Fusilli Pasta in Tomato Sauce with Feta Cheese, Cherry Tomatoes, Sunblush Tomatoes and Spinach

Spicy Chicken and Bulgur Tabbouleh

With the addition of Tuna Niçoise on Tuesday and Walldorf on Thursday

### **Wrap**

Lemon Chicken, Avocado and Salad

### **Pots**

Yoghurts

Fruit Salad

Mixed Nuts

