

MEETINGS SIMPLIFIED MENU



MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY





Home



MEETINGS SIMPLIFIED MENU

MONDAY

AM BREAK

Gluten free sandwich with mushrooms

Yogurt smoothies with Acai berry

Gluten free muffin with apricot jam

Chocolate pudding

HYDRATION STATION

Smoothie, fruit juice, still water,
3 types of fruit infused water





Home



MEETINGS SIMPLIFIED MENU

MONDAY LUNCH

Gluten free pasta with zucchini and parsley

Byriani rice

Beef burger

Poached salmon with baby spinach

Muesli bar

Strawberry cheese cake

HYDRATION STATION

Smoothie, fruit juice, still water,
3 types of fruit infused water





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MEETINGS SIMPLIFIED MENU MONDAY PM BREAK

Vegetables crudités with guacamole

American potato

Fruit skewers with berries coulis

Selection of dry fruit and nuts

Flapjack

HYDRATION STATION

Smoothie, fruit juice, still water,
3 types of fruit infused water





MEETINGS SIMPLIFIED MENU TUESDAY AM BREAK

Gluten free sandwich, grilled vegetable
and feta cheese

Vegetable frittata

Yogurt smoothies with chocolate

Gluten free Babovka

HYDRATION STATION

Smoothie, fruit juice, still water,
3 types of fruit infused water





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MEETINGS SIMPLIFIED MENU TUESDAY LUNCH

Risotto with legumes

Tabouleh

Roasted chicken in Provencal sauce

Yogurt smoothies with chocolate

Selection of dry fruit and nuts

Flapjack

HYDRATION STATION

Smoothie, fruit juice, still water,
3 types of fruit infused water





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MEETINGS SIMPLIFIED MENU TUESDAY PM BREAK

Beef tagliata, rocket and cherry tomato salad

Vegetable frittata

Vanilla millefeuille

Banana cake

Sliced fresh fruit

HYDRATION STATION

Smoothie, fruit juice, still water,
3 types of fruit infused water





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MEETINGS SIMPLIFIED MENU WEDNESDAY AM BREAK

Roasted aubergine and mozzarella

Vegetarian Pad Thai

Chilli con Carne

Yogurt smoothies with beetroot

HYDRATION STATION

Smoothie, fruit juice, still water,
3 types of fruit infused water





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MEETINGS SIMPLIFIED MENU WEDNESDAY LUNCH

Chicken Jambalaya

Spinach and ricotta tortellini

Gazpacho

Gluten free chocolate muffin

Panna cotta with berries

Flapjack

HYDRATION STATION

Smoothie, fruit juice, still water,
3 types of fruit infused water





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MEETINGS SIMPLIFIED MENU WEDNESDAY PM BREAK

Vegan meat ball, spicy tomato sauce

Fries and cheddar

Lemon tart

Muesli Bar

Selection of dry fruit and nuts

HYDRATION STATION

Smoothie, fruit juice, still water,
3 types of fruit infused water





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MEETINGS SIMPLIFIED MENU

THURSDAY

AM BREAK

Lamb kebab

Stir fry rice with enoki

Yogurt smoothies with apple and cinamon

Dry fruit gluten free cookies

HYDRATION STATION

Smoothie, fruit juice, still water,
3 types of fruit infused water





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MEETINGS SIMPLIFIED MENU THURSDAY LUNCH

Roasted chicken in provencal sauce

Peperonata

Green mango salad

Apricot crostata

Cheese cake

Flapjack

HYDRATION STATION

Smoothie, fruit juice, still water,
3 types of fruit infused water





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MEETINGS SIMPLIFIED MENU THURSDAY PM BREAK

Chicken tandoori wraps

Strawberry trifle

Banana and raisin with orange juice

Muesli bar

Selection of dry fruit and nuts

HYDRATION STATION

Smoothie, fruit juice, still water,
3 types of fruit infused water





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MEETINGS SIMPLIFIED MENU FRIDAY AM BREAK

Gluten free pasta with spicy tomato sauce

Vegetarian rice paper rolls

Yogurt smoothies with pumpkin and crunchy seeds

Muesli Bar

HYDRATION STATION

Smoothie, fruit juice, still water,
3 types of fruit infused water





Home



MEETINGS SIMPLIFIED MENU

FRIDAY LUNCH

Roasted cod, green pea puree

Saute forest mushrooms

Stir fry vegetable

Flapjack

Fruit salad

Orange gluten free cookies

HYDRATION STATION

Smoothie, fruit juice, still water,
3 types of fruit infused water





Home



MEETINGS SIMPLIFIED MENU FRIDAY PM BREAK

Chicken satay

Fruit skewers

Selection of dry fruit and nuts

Apple strudel

Coffee trifle

HYDRATION STATION

Smoothie, fruit juice, still water,
3 types of fruit infused water

