

# Wellness Clubhouse *presents...*

## COOKING

June 3<sup>rd</sup> – 7<sup>th</sup>



Monday: Boiled Eggs

Tuesday: Scrambled Eggs

Wednesday: Egg Burrito

Thursday: Quiche

Friday: French Toast (Sourdough)

*Organic, local and part of a balanced meal.*

### MID-MORNING SNACKS

- Oat bake Muffin
- Ricotta + Maple Syrup
- Fruit Salad + Yogurt
- Chocolate Milk
- Date and Nut Balls

July 1<sup>st</sup> – 5<sup>th</sup>



Monday: Cous Cous Salad

Tuesday: Grilled Cheese + Tomato Soup

Wednesday: Milkshakes

Thursday: Lamb Kofte + Naan

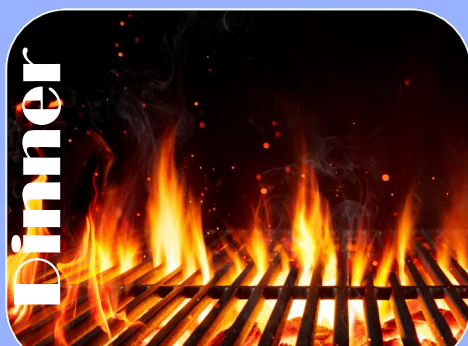
Friday: BBQ Hamburgers + Toppings

*Sourced for purity and without additives.*

### MID-AFTERNOON SNACKS

- Jello + Ice cream
- Corn on the cob
- Fruit Slushie
- Fruit Popsicles
- Fruit kebabs

July 29<sup>th</sup> – Aug 2<sup>nd</sup>



Monday: Boiled Potato + 3 Toppings

Tuesday: Spaghetti + Bolognese Sauce

Wednesday: Roast Chicken + Salad

Thursday: Sourdough Pizza + Toppings

Friday: BBQ + potato salad + corn

*Real food, made from scratch.*

### BEDTIME SNACKS

- Ice Cream + Chocolate Sauce
- Protein bar
- Marshmallows
- Fruit + Cheese Platter
- Milk + Honey + Spices