

SIO spa lean & clean

7 MAIN MEALS

Super Clean

Day 1

A Delicious Creamy Soup Supper

Thai Veg Soup
Lentil Mix
Chicken Fillets
Broccoli

Day 2

The Traditional Roast

Slow Cooked Beef
Sweet Potato Mash
Garden Peas
Onion Gravy

Day 3

Pasta Bolognese

Slow Cooked Beef
Bean Bolognese
Veg Spaghetti
Pea & Bean Mix
Extra Tomato & Basil Sauce

Day 4

Fish Pie

White Fish
Cauliflower & Broccoli No Cheese Sauce
Pea & Bean Mix
Sweet Mash Potato
Extra No Cheese Sauce

Day 5

Curry Night

Lentil Mix
Vegetable Jalfrezi
Pulled Chicken
Chick Pea Korma

Day 6

A Taste Of The Med

Salmon
Moroccan Spiced Tagine
Roasted Mediterranean Vegetables
Broccoli
Tomato & Basil Sauce

Day 7

Mexican Night

5 Bean Mexican
Lentil Mix
Broccoli
Tomato & Chilli Sauce