

# SOO spa lean & clean

## 7 MAIN MEALS CLASSIC

### Day 1

A Delicious Creamy Soup Supper

Thai Veg Soup  
Brown Rice  
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  
Wholewheat Pasta  
Pea & Bean Mix  
Extra Tomato & Basil Sauce

### Day 4

Fish Pie

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

### Day 5

Curry Night

Basmati Rice  
Vegetable Jalfrezi  
Pulled Chicken  
Chick Pea Korma

### Day 6

A Taste Of The Med

Salmon  
Brown Rice  
Roasted Mediterranean Vegetables  
Broccoli  
Tomato & Basil Sauce

### Day 7

Mexican Night

5 Bean Mexican  
Brown Rice  
Broccoli  
Tomato & Chilli Sauce