

## MEAL PREP MENU

- Butter chicken and basmati rice
- Spaghetti bolognese
- Chicken cordon bleu and green beans and potato puree
- Tahitienne Salade: lemon cured tuna marinated in coconut milk, cucumber, tomato and onions sauce served with rice
- Tuna tartare, marinated in soy sauce olive oil herbs, served with rice
- Marinated and grilled chicken breast with quinoa salad avocado and tomato
- Pan seared salmon with butternut puree and broccoli
- Chicken bowl, rice black beans avocado and salsa
- Salmon or tuna Tartar bowl, rice sesame seed avocado cucumber corn spicy mayo
- Lemon garlic Shrimp, potatoes and greek salad
- Croque monsieur, loaf bread with bechamel sauce, ham and cheese
- Pasta a la carbonara
- Couscous: oriental vegetables and chicken
- Beef lasagna
- Beef bourguignon served with roasted potatoes
- Fish or chicken curry, vegetable wok and rice
- Pork tenderloin, baby potatoes and Roquefort sauce

## Quiches for 6 people

- Quiche lorraine; Bacon and onion
- Quiche provençale: pepper, tomato, zucchini, eggplant
- Spinach and feta
- Smoked salmon and goat cheese

## Desserts

- Chocolate mousse
- Chocolate fondant
- Crêpes (garnish with fruits, chocolate, sugar or jams)
- tiramisu (chocolate or coffee)
- Fruit salade
- éclair au chocolat (french pastry)
- yogurt parfait ( granola, fruits, honey and almonds)
- Berry Panna cotta
- Caramel flan
- Pistachio tartelettes
- chocolate tartelettes
- strawberry tartelettes