

# Seeds' Restaurant

Seeds' Restaurant is a healthier option restaurant. Seeds knows the importance of a balanced diet and likes to offer everyone who visits a healthy choice. Here is what you can choose from today!



## Menu one

### Seeds' Restaurant

#### Breakfast

Low fat yoghurt and crunchy muesli  
Glass of orange juice

#### Lunch

Chicken and sweetcorn salad with  
crunchy red peppers  
Wholemeal bread roll with healthy  
spread  
Glass of semi-skimmed milk  
Peach

#### Dinner

Beef lasagne with carrots and broccoli  
Seeds' famous fruit salad with  
low fat Greek yoghurt  
Glass of water

#### Snacks

Slice of malt loaf with healthy spread  
Orange

## Menu two

### Seeds' Restaurant

#### Breakfast

Tasty porridge with honey  
Fruit smoothie

#### Lunch

Cheese and ham omelette  
with side salad  
Mango slices  
Glass of water

#### Dinner

Fish fingers, jacket potato and peas  
Glass of semi-skimmed milk  
Apple crumble and custard

#### Snacks

Apple  
Packet of raisins

## Menu three

### Seeds' Restaurant

#### Breakfast

1 slice of wholemeal toast with jam  
High fibre cereal and  
semi-skimmed milk  
Orange slices

#### Lunch

Tuna and salad sandwich  
Carrot sticks  
Glass of apple juice  
Yoghurt

#### Dinner

Vegetable stir-fry with noodles  
Vanilla ice cream with blueberries  
and raspberries  
Glass of water

#### Snacks

Fromage frais  
Banana