

THURSDAY 7TH OCTOBER

KEEP FIT MENU

CHICKEN DUMBBELLS

Oven Baked Chicken Breast Goujons

RUNNERS WRAP

Tuna or Cheese Wrap

MEDICINE MEATBALLS

Meatballs in a tomato Sauce

Served With

Work Out Seasoned Crispy Diced Potatoes

or Powerful Pasta

Balance Beam Baked Beans

or Strength & Stamina Sweetcorn

FITNESS FLAPJACK **or** FRESH FRUIT SALAD

