



THE LIGHTHOUSE CLUB LUNCH

Feel-good meals designed for active athletes by certified nutritionist
@elisa_thenutritrainer

Created for the "Dance & Holidays" Summer Dance Course 2021
JC Dance Art Projects

Monday 19th & Monday 26th

OPTION 1: VIETNAMESE CHICKEN SALAD



OPTION 2: ITALIAN PASTA SALAD (V)



Tuesday 20th & Tuesday 27th

OPTION 1: SUPERFOOD QUINOA SALAD (V)



OPTION 2: GUNPOWDER POTATO SALAD



Wednesday 21st & Wednesday 28th

OPTION 1: SHE IS THE GREEK OF THE WEEK (V)



OPTION 2: SEXY CHICK (V)



Thursday 22nd & Thursday 29th

OPTION 1: CARROT TOP SALAD WITH BUTTER BEANS, APPLE
AND SUMAC (V)



OPTION 2: MEXICAN AVOCADO CHICKEN SALAD



Friday 23rd & Friday 30th

OPTION 1: FRENCH NICOISE TUNA SALAD



OPTION 2: SWEET POTATO, CRUMBLLED FETA AND CRANBERRIES (V)



Saturday 24th & Saturday 31st

OPTION 1: BARLEY, FENNEL, AND BEET SALAD (V)



OPTION 2: ENSALADA ALEMANA DE FERRAN ADRIA

