



Agrain Menu



YoloPlans

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Agrain

MONDAY

TUESDAY

Thips Spicy Chilli Tempeh Chips



WEDNESDAY

Thips Seaweed Tempeh Chips



THURSDAY

Kintry Chocolate Hazelnut Granola

FRIDAY

Kintry Macademia Cookies with White Chocolate Chips



July
08 – **12** July

MONDAY

Rosemary Chicken Breast

with Fragrant Brown Rice, Blistered Cherry Tomatoes, and Caramelized Pumpkin

Paprika Tempeh

with Vegeroni Spiral Pasta, Caramelized Pumpkin, and Nelson's Sweet Corn

Kintry Salted Egg Yolk Potato Crisps

TUESDAY

Rosemary Chicken Breast

with Fragrant Brown Rice, Nelson's Sweet Corn, and Charred Broccoli

Sweet Chilli Tofu

with Fragrant Brown Rice, Peppered Long Beans, and Harissa Eggplant

Kintry Oat Cookies with Chocolate Chips

WEDNESDAY

Honey Soy Chicken Thigh

with Fragrant Brown Rice, Thyme Shimeiji Mushrooms, and Peppered Long Beans

Chickpea Stew

with Fragrant Brown Rice, Paprika Tempeh, and Herbed Potatoes

Kintry Pandan Gula Melaka Granola

THURSDAY

Honey Soy Chicken Thigh

with Fragrant Brown Rice, Garlic Pak Choy, and Onsen Egg

Honey Soy Chicken Thigh

with Chunky Potato Salad, Paprika Tempeh, and Sunny Full-Baked Egg

Kintry Salted Butter Caramel Granola

FRIDAY

Lemon Pepper Crusted Fish

with Fragrant Brown Rice, Harissa Eggplant, and Garlic Pak Choy

Honey Soy Chicken Thigh

with Chunky Potato Salad, Blistered Cherry Tomatoes, and Charred Broccoli

Kintry Pandan Gula Melaka Granola



July
15 – **19** July

MONDAY

Lemon Pepper Crusted Fish

with Fragrant Brown Rice, Peppered Long Beans, and Curried Cauliflower

Rosemary Chicken Breast

with Parsley Cauliflower Rice, Blistered Cherry Tomatoes, and Cajun Cabbage

Thips Sea Salt Tempeh Chips

TUESDAY

Honey Soy Chicken Thigh

with Vegeroni Spiral Pasta, Sunny Full-Baked Egg, and Blistered Cherry Tomatoes

Turmeric Chicken Thigh

with Parsley Cauliflower Rice, Caramelized Pumpkin, and Thyme Shimeiji Mushrooms

Thips Spicy Chilli Tempeh Chips

WEDNESDAY

Turmeric Chicken Thigh

with Vegeroni Spiral Pasta, Garlic Pak Choy, and Curried Cauliflower

Honey Soy Chicken Thigh

with Parsley Cauliflower Rice, Garlic Pak Choy, and Harissa Eggplant

Thips Seaweed Tempeh Chips

THURSDAY

Rosemary Chicken Breast

with Vegeroni Spiral Pasta, Blistered Cherry Tomatoes, and Charred Broccoli

Lemon Pepper Crusted Fish

with Baby Romaine, Curried Cauliflower, and Blistered Cherry Tomatoes

Kintry Chocolate Hazelnut Granola

FRIDAY

Honey Soy Chicken Thigh

with Vegeroni Spiral Pasta, Caramelized Pumpkin, and Curried Cauliflower

Rosemary Chicken Breast

with Baby Romaine, Blistered Cherry Tomatoes, and Caramelized Pumpkin

Kintry Macademia Cookies with White Chocolate Chips



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July Aug
29-02



MONDAY

Lemon Pepper Crusted Fish

with Vegeroni Spiral Pasta, Blistered Cherry Tomatoes, and Garlic Pak Choy

Turmeric Chicken Thigh

with Fragrant Brown Rice, Herbed Potatoes,
and Blistered Cherry Tomatoes

Thips Spicy Chilli Tempeh Chips

TUESDAY

Lemon Pepper Crusted Fish

**with Vegeroni Spiral Pasta, Caramelized Pumpkin,
and Cajun Cabbage**

Rosemary Chicken Breast

with Fragrant Brown Rice, Harissa Eggplant,
and Cajun Cabbage

Thips Seaweed Tempeh Chips



WEDNESDAY

Rosemary Chicken Breast

with Baby Romaine, Paprika Tempeh, and
Nelson's Sweet Corn

Rosemary Chicken Breast

with Fragrant Brown Rice, Charred Broccoli,
and Caramelized Pumpkin

Kintry Chocolate Hazelnut Granola

THURSDAY

Rosemary Chicken Breast

**with Baby Romaine, Blistered Cherry Tomatoes,
and Caramelized Pumpkin**

Turmeric Chicken Thigh

with Fragrant Brown Rice, Peppered Long Beans, and Sunny Full-Baked Egg

Kintry Macademia Cookies with White Chocolate Chips

FRIDAY

Lemon Pepper Crusted Fish

with Baby Romaine, Curried Cauliflower, and
Blistered Cherry Tomatoes

Rosemary Chicken Breast

with Fragrant Brown Rice, Blistered Cherry Tomatoes, and Caramelized Pumpkin

Kintry Salted Egg Yolk Potato Crisps



Aug Aug
05-09

MONDAY

Honey Soy Chicken Thigh

with Parsley Cauliflower Rice, Garlic Pak Choy, and Harissa Eggplant

Rosemary Chicken Breast

with Fragrant Brown Rice, Nelson's Sweet Corn, and Charred Broccoli

Kintry Oat Cookies with Chocolate Chips

TUESDAY

Turmeric Chicken Thigh

with Parsley Cauliflower Rice, Caramelized Pumpkin, and Thyme Shimeiji Mushrooms

Honey Soy Chicken Thigh

with Fragrant Brown Rice, Thyme Shimeiji Mushrooms, and Peppered Long Beans

Kintry Pandan Gula Melaka Granola

WEDNESDAY

Rosemary Chicken Breast

with Parsley Cauliflower Rice, Blistered Cherry Tomatoes, and Cajun Cabbage

Honey Soy Chicken Thigh

with Fragrant Brown Rice, Garlic Pak Choy, and Onsen Egg

Kintry Salted Butter Caramel Granola

THURSDAY

Honey Soy Chicken Thigh

with Chunky Potato Salad, Blistered Cherry Tomatoes, and Charred Broccoli

Lemon Pepper Crusted Fish

with Fragrant Brown Rice, Harissa Eggplant, and Garlic Pak Choy

Kintry Pandan Gula Melaka Granola

FRIDAY

Honey Soy Chicken Thigh

with Chunky Potato Salad, Paprika Tempeh, and Sunny Full-Baked Egg

Lemon Pepper Crusted Fish

with Fragrant Brown Rice, Peppered Long Beans, and Curried Cauliflower

Thips Sea Salt Tempeh Chips

