

		<b>Protein 1</b>	<b>Protein 2</b>	<b>Carbohydrates</b>	<b>Vegetarian</b>
<b>SUN</b>		<b><u>Beef Lasagna</u></b>	<b><u>Chicken Machboos</u></b>	<b><u>Penne Al'Arrabiatta</u></b>	<b><u>Steamed Vegetables</u></b>
	Ingredients	Minced Beef, Onion, Parsley, Coriander, Cumin, Salt, Black Pepper, Lasagna Sheet, White Sauce: Milk, Butter, Flour, Salt.	Chicken Cubes, Onion, Tomato, Garlic, Cloves, Cinnamon Stick, Turmeric, Oil, Salt, Pepper, Rice, Cardamom	penne, onion, tomato sauce, capsicum, vegetable stock, parmesan cheese, salt, pepper.	Assorted Fresh Vegetables, Herbs, salt.
	Cal per 100g	153kcal	170Kcal		27kcal (approx.)
<b>MON</b>		<b><u>Grilled Fish</u></b>	<b><u>Chicken Biryani</u></b>	<b><u>Mashed Potato</u></b>	<b><u>Classic Tomato Spaghetti</u></b>
	Ingredients	Dory Fish, Onion, Parsley, Coriander, Cumin, Arabic Spice, Salt, Black Pepper, Olive Oil	Basmati Rice, Chicken Cubes, Spices, Clarified Butter, Herbs, Salt.	Potato, Butter, Milk, Salt.	Penne Pasta, Tomato Sauce, Oregano, Salt, Pepper, Onion, Parmesan
	Cal per 100g	89Kcal	139kcal	128kcal	Pasta = 131Kcal, Sauce = 80Kcal
<b>TUE</b>		<b><u>Wok Chicken Noodles</u></b>	<b><u>Sweet &amp; Sour Fish</u></b>	<b><u>Steamed White Rice</u></b>	<b><u>Farfalle Melanzane</u></b>
	Ingredients	Shredded Chicken, Garlic, Onion, Ginger, Coriander Leaves, Carrot, Marrow, Broccoli, Egg Noodles	Fish, Onion, Pineapple Cubes & Juice, Ketchup, White Vinegar, Black Pepper	White Rice And Salt	Farfalle Pasta, Tomato Sauce, Oregano, Salt, Pepper, Eggplant Sautéed, Onion, Parmesan
	Cal per 100g	109kcal	121Kcal	130Kcal	89Kcal
<b>WED</b>		<b><u>Spaghetti Bolognese</u></b>	<b><u>Thai Roasted Chicken With Vegetables</u></b>	<b><u>French Onion tart &amp; Olives</u></b>	<b><u>Steamed Vegetables</u></b>
	Ingredients	Minced Meat, Onion, Garlic, Grated Carrot, Tomato Sauce, Olive Oil, Salt, Pepper. Served With Parmesan Cheese	Chicken Cubes, Ginger, Garlic, Coconut Milk, Coriander, Pepper, Salt, Coriander, Lemongrass	Pizza Base, Onion Gravy, Oregano, Olive Oil, Basil, Black & Green Olives & Mozzarella Cheese	Assorted Fresh Vegetables, Herbs, Salt.
	Cal per 100g	Spaghetti = 131Kcal, Bolognese = 97Kcal	167kcal	137Kcal	27kcal (approx.)
<b>THU</b>		<b><u>Mutton Curry</u></b>	<b><u>Meat Pie &amp; Potato Wedges</u></b>	<b><u>Steamed White Rice</u></b>	<b><u>Vegetable Quesadillas</u></b>
	Ingredients	Lamb Cubes, Salt, Pepper, Onion, Ginger, Garlic, Turmeric, Cardamom, Coriander, Garam Masala, Cinnamon, Yoghurt, Bay Leaves, Cloves	Minced Beef, Marrow, Eggplant, Salt, Pepper, Puff Pastry: Flour, Butter, Salt, milk, egg. Potato Wedges : Potato, Oil, Salt.	White Rice And Salt	Carrot, Onion, Capsicum, Red Beans ,Salt, Pepper, Cheddar Cheese, Tortilla Bread
	Cal per 100g	129Kcal	Meat Pie = 141Kcal	130Kcal	143Kcal

		<b>Protein 1</b>	<b>Protein 2</b>	<b>Carbohydrates</b>	<b>Vegetarian</b>
<b>SUN</b>		<b><u>Fish Meuniere</u></b>	<b><u>Beef Stroganoff</u></b>	<b><u>Steamed White Rice</u></b>	<b><u>Spaghetti, Roasted Marrow &amp; Basil</u></b>
	Ingredients	Dory Fish, Flour, Butter, Salt, Pepper, Lemon Wedges, Parsley	Beef Julienne, Onion, Salt, Pepper, Sliced Mushrooms, Demi Glace, Cooking Cream	White Rice And Salt	Spaghetti Pasta, Tomato Sauce, Oregano, Roasted Marrow, Salt, Pepper, Basil, Garlic, Parmesan
	Cal per 100g	160Kcal	190Kcal	130Kcal	Spaghetti = 131Kcal, Sauce = 80Kcal
<b>MON</b>		<b><u>Texas Chicken &amp; Red Beans</u></b>	<b><u>Roast Beef In Onion Gravy</u></b>	<b><u>Penne Carbonara</u></b>	<b><u>Mashed Potato</u></b>
	Ingredients	Chicken Cubes, BBQ Sauce, Demi Glace, Red Beans ,Sunflower Oil.	Beef Tenderloin, Salt, Pepper, Onion, Demi Glace.	Penne Pasta, Beef Bacon, Onion, Cooking Cream, Parmesan	Potato, Butter, Milk, Salt.
	Cal per 100g	170Kcal	149Kcal	Penne pasta = 131Kcal, Sauce = 162Kcal	128kcal
<b>TUE</b>		<b><u>Baked Irish Lamb With Carrots &amp; Potatoes</u></b>	<b><u>Spaghetti Bolognese</u></b>	<b><u>Roasted Potato Wedges</u></b>	<b><u>Tofu Stew With Vegetables</u></b>
	Ingredients	Lamb Cubes, Salt, Pepper, Onion, Demi Glace, Carrot, Celery	Beef Minced, Garlic, Onion, Carrot, Tomato Sauce, Salt, Pepper, Basil Leave, Rosemary, Spaghetti.	Potato, Salt, Pepper, Sunflower Oil.	Tofu Cube, Spinach, Onion, Garlic, Vegetable Stock.
	Cal per 100g	133Kcal	Pasta = 131Kcal, Sauce = 97Kcal	149kcal	70kcal,
<b>WED</b>		<b><u>Butter Chicken</u></b>	<b><u>Lamb Roasted Thyme Juice, Caponata &amp; Garlic</u></b>	<b><u>Steamed White Rice</u></b>	<b><u>Penne Puttanesca</u></b>
	Ingredients	Chicken Cubes, Yoghurt, Salt, Pepper, Lemon Juice, Tomato Paste, Garlic, Cinnamon, Arabic Spice, Cardamom, Onion, Oil.	Roasted Lamb, Onion, Garlic, Thyme, Demi Glace, Eggplant, Tomato Sauce.	White Rice And Salt	Marrow, Fresh Tomato Cubes, Onion, Garlic, Basil Leaves, Olive Oil, Parmesan Cheese. Pasta
	Cal per 100g	167kcal	150kcal	130Kcal	Penne = 131Kcal, Puttanesca = 80Kcal
<b>THU</b>		<b><u>Bengali Chicken Curry</u></b>	<b><u>Beef Stew With Tomato &amp; Capsicum</u></b>	<b><u>Steamed White Rice</u></b>	<b><u>Penne In Creamy Mushroom Sauce</u></b>
	Ingredients	Chicken Cubes, Ginger-Garlic Paste, Cumin, Turmeric, Masala, Tomato, Curry Powder	Beef Cubes, Red Onion, Tomato Diced, Capsicum, Demi Glace, Oregano, Salt, Pepper	White Rice And Salt	Mushroom, Garlic, Rosemary, Cooking Cream, Salt, Pepper, Pasta, Parmesan
	Cal per 100g	167Kcal	133kcal	130Kcal	Penne pasta = 131Kcal, Sauce = 162Kcal

		<b>Protein 1</b>	<b>Protein 2</b>	<b>Carbohydrates</b>	<b>Vegetarian</b>
<b>SUN</b>		<b><u>Chicken Biryani</u></b>	<b><u>Roasted Lamb Legs With Honey And Veges</u></b>	<b><u>Steamed White Rice</u></b>	<b><u>Tofu stew with vegetables</u></b>
	Ingredients	Basmati Rice, Chicken Cubes, Spices, Clarified Butter, Herbs, Salt.	Lamb Legs, Onion, Garlic, Thyme, Sunflower Oil, Salt, Pepper, Demi Glace, Carrot, Honey	Rice And Salt.	Tofu Cubes, Spinach, Onion, Garlic, Vegetable Stock.
	Cal per 100g	139Kcal	234Kcal	130Kcal	70Kcal
<b>MON</b>		<b><u>Chicken Tikka</u></b>	<b><u>Beef Masala</u></b>	<b><u>Steamed White Rice</u></b>	<b><u>Penne Al'Arrabiatta</u></b>
	Ingredients	Chicken Cubes, Ginger, Garlic, Labneh, Coriander, Chaat Masala, Pepper, Salt, Coriander, Garam Masala, Lemon Juice	Beef Cube, Ginger, Garlic, Labneh, Coriander, Chaat Masala, Pepper, Salt, Coriander, Garam Masala, Lemon Juice	Rice And Salt.	Penne Pasta, Tomato Sauce, Oregano, Salt, Pepper, Basil, Garlic, Parmesan
	Cal per 100g	167Kcal	178kcal	130Kcal	Penne pasta = 131Kcal, Sauce = 80Kcal
<b>TUE</b>		<b><u>Chicken Machboos</u></b>	<b><u>Beef Lasagna</u></b>	<b><u>Steamed Vegetables</u></b>	<b><u>Baked Mac &amp; Cheese</u></b>
	Ingredients	Chicken Cubes, Onion, Tomato, Garlic, Cloves, Cinnamon Stick, Turmeric, Oil, Salt, Pepper, Rice, Cardamom	Minced Beef, Onion, Parsley, Coriander, Cumin, Salt, Black Pepper, Lasagna Sheet, White Sauce: Milk, Butter, Flour, Salt.	Assorted Fresh Vegetables, Herbs, Salt.	Macaroni, Cheese, Flour, Milk, Butter, Grated Parmesan & Mozzarella.
	Cal per 100g	170Kcal	153kcal	27kcal (approx.)	230kcal
<b>WED</b>		<b><u>Vietnamese-Style Caramel Beef</u></b>	<b><u>Chicken In Thai Sauce</u></b>	<b><u>Steamed White Rice</u></b>	<b><u>Penne In Creamy Mushroom Sauce</u></b>
	Ingredients	Beef, Onion, Garlic, Brown Sugar, Cinnamon Stick, White Vinegar.	Chicken Cubes, Ginger, Garlic, Coconut Milk, Coriander, Pepper, Salt, Coriander, Lemongrass	White Rice And Salt	Mushroom, Garlic, Rosemary, Cooking Cream, Salt, Pepper, Pasta, Parmesan
	Cal per 100g	173Kcal	167Kcal	130Kcal	Penne pasta = 131Kcal, Sauce = 162Kcal
<b>THU</b>		<b><u>Baked Andalouse Fish</u></b>	<b><u>Lamb Biryani</u></b>	<b><u>Steamed Vegetables</u></b>	<b><u>Spaghetti Pomodoro</u></b>
	Ingredients	Dory Fish, Capsicum, Tomato Cubes, Black Olive, Parsley, Olive Oil, Rosemary, Onion, pepper, salt.	Lamb cubes, Rice, Spices, Herbs, Ghee, Yogurt, Salt,	Assorted Fresh Vegetables, Herbs, Salt.	Pasta, Tomato Sauce, Oregano, Salt, Pepper, Onion, Parmesan
	Cal per 100g	75kcal	170Kcal	27kcal (approx.)	Penne pasta = 131Kcal, Sauce = 80Kcal

		<b>Protein 1</b>	<b>Protein 2</b>	<b>Carbohydrates</b>	<b>Vegetarian</b>
<b>SUN</b>		<b><u>Butter Chicken</u></b>	<b><u>Grilled Fish</u></b>	<b><u>Steamed White Rice</u></b>	<b><u>Spaghetti Basil</u></b>
	Ingredients	Chicken Cubes, Yoghurt, Salt, Pepper, Lemon Juice, Tomato Paste, Garlic, Cinnamon, Arabic Spice, Cardamom, Onion, Oil	Dory Fish, Onion, Parsley, Coriander, Cumin, Arabic Spice, Salt, Black Pepper, Olive Oil	White Rice And Salt	Spaghetti, Salt, Pepper, Basil Leaves, Olive Oil, Parmesan, Garlic.
	Cal per 100g	167Kcal	89Kcal	130Kcal	Spaghetti = 131kcal, Sauce = 150Kcal
<b>MON</b>		<b><u>Roast Beef With Mushroom Sauce</u></b>	<b><u>Shish Tawook</u></b>	<b><u>Steamed White Rice</u></b>	<b><u>Vegan Shepherd's Pie</u></b>
	Ingredients	Beef, Salt, Pepper, Onion, Carrot, Demi Glace, Cooking Cream, Mushrooms	Chicken Cubes, Yoghurt, Salt, Pepper, Lemon Juice, Tomato Paste, Garlic, Cinnamon, Arabic Spice, Cardamom, Onion, Oil	White Rice And Salt	Mashed Potato, Mix Vegetable, Salt, Pepper, Parsley
	Cal per 100g	190Kcal	167Kcal	130Kcal	141Kcal
<b>TUE</b>		<b><u>Chicken Biryani &amp; Raita</u></b>	<b><u>Breaded Fish In Lemon-Parsley Butter Sauce</u></b>	<b><u>Penne Puttanesca</u></b>	<b><u>Steamed Vegetables</u></b>
	Ingredients	Basmati Rice, Chicken Cubes, Spices, Clarified Butter, Herbs, Salt. Raita: Yogurt and Veges	Fish Dory, Egg, Flour, Bread Crumb, Oil, Salt, Pepper. Lemon, Parsley, Butter.	Marrow, Fresh Tomato Cubes, Onion, Garlic, Basil Leaves, Olive Oil, Parmesan Cheese. Pasta	Assorted Fresh Vegetables, Herbs, Salt.
	Cal per 100g	139Kcal	89kcal	Penne pasta = 131Kcal, Puttanesca = 80Kcal	27kcal (approx.)
<b>WED</b>		<b><u>Roast Chicken With Lemon &amp; Garlic</u></b>	<b><u>Spaghetti Bolognese</u></b>	<b><u>Mashed Potato</u></b>	<b><u>Baked Potatoes With Caponata &amp; Melted Cheddar Cheese</u></b>
	Ingredients	Chicken Breast, Garlic, Lemon Wedges, Parsley, Demi Glace	Minced Meat, Onion, Garlic, Grated Carrot, Tomato Sauce, Olive Oil, Salt, Pepper. Served With Parmesan Cheese	Potato, Butter, Milk, Salt.	Oven Baked Potatoes, Stuffed With Capsicum, Eggplant And Tomato Diced, Gratinated With Cheddar Cheese
	Cal per 100g	167kcal	Spaghetti = 131Kcal, Bolognese = 97Kcal	128kccal	133kcal
<b>THU</b>		<b><u>Beef Steak</u></b>	<b><u>Thai Chicken Noodles</u></b>	<b><u>Mashed Potato</u></b>	<b><u>French Onion Tart With Olives</u></b>
	Ingredients	Beef Tenderloin, Salt, Pepper, Onion, Demi glace.	Shredded Chicken, Garlic, Onion, Ginger, Coriander Leaves, Carrot, Marrow, Broccoli, Egg Noodles	Potato, Butter, Milk, Salt.	Pizza Base, Onion Gravy, Oregano, Olive Oil, Basil, Black & Green Olive & Mozzarella Cheese
	Cal per 100g	179Kcal	109kcal	128kccal	137Kcal