

		Protein 1	Protein 2	Carbohydrates	Vegetarian
SUN		<u>Grilled Fish Basquaise</u>	<u>Chicken Machboos</u>		<u>Vegetarian Fajitas Roll</u>
	Ingredients	Dory Fish, Salt, Pepper, Capsicum, Tomato, Black Olives, Parsley, Olive Oil, Rosemary, Onion.	Chicken Cubes, Onion, Tomato, Garlic, Cloves, Cinnamon, Turmeric, Oil, Salt, Pepper, Rice, Cardamom		Marrow, Capsicum, Cheddar Cheese, Pepper, Onion, Tortilla Bread.
	Cal per 100g	89kcal	170kcal		86Kcal
MON		<u>Chicken Biryani With Raita</u>	<u>Beef Parmentier (Minced Beef With Mashed Potatoes)</u>	<u>Lemon-Butter Rice</u>	<u>Quinoa Casserole</u>
	Ingredients	Basmati Rice, Chicken Cubes, Spices, Ghee, Herbs, Salt.	Minced Meat, Onion, Demi Glace, Parsley, Salt, Pepper, Mashed Potatoes: Potato, Milk, Butter, Salt.	Basmati Rice, Butter, Salt, Pepper, Lemon Zest	Quinoa, Mushrooms, Carrot, Onion, Tomato, Garlic, Ginger, Vegetable Broth
	Cal per 100g	139kcal	119kcal	130kcal	40Kcal
TUE		<u>Mexican Chili Con Carne</u>	<u>Roasted Fish With Mogador Sauce</u>	<u>Boiled Potatoes</u>	<u>Red Pumpkin Flan</u>
	Ingredients	Minced Beef Meat With Mexican Spicy (Mild), Red Kidney Beans, Tomato Sauce, Onion, Garlic	Fish, Olive Oil, Mogador Sauce: Ginger, Orange Juice, Cooking Cream, White Pepper, Salt.	Potato, Salt, Pepper.	Red Pumpkin, Salt, Pepper, Cooking Cream, Eggs.
	Cal per 100g	115Kcal	89kcal	87kcal	101kcal
WED		<u>Beef Lasagna</u>	<u>Thai Roasted Chicken With Vegetables</u>	<u>Madras Rice</u>	<u>Vegetable Tajine</u>
	Ingredients	Minced Beef, Onion, Parsley, Coriander, Cumin, Salt, Black Pepper, Lasagna Sheet, White Sauce	Chicken Cubes, Ginger, Garlic, Coconut Milk, Vegetables, Pepper, Salt, Coriander, Lemongrass	Rice, Pineapple, Red Capsicum, Salt, Pepper	Cauliflower, Carrot, Marrow, Chickpeas, Arabic Spice, Coriander & Mint Leaves
	Cal per 100g	153kcal	167kcal	130kcal	55kcal
THU		<u>Baked Fish In Lemon-Butter Sauce</u>	<u>Lamb Curry & Rice</u>	<u>Tomato Rice</u>	<u>Eggplant Parmigiana</u>
	Ingredients	Dory Fish, Salt, Pepper. Sauce: Onion, Cooking Cream, Lemon Zest & Juice, Salt & Pepper	Lamb Cube, Salt, Pepper, Onion, Ginger, Garlic, Turmeric, Cardamom, Coriander, Garam Masala, Cinnamon, Yoghurt, Bay Leaves, Cloves	Basmati Rice, Tomato Sauce, Onion, Salt, Pepper, Fresh Basil	Sliced Eggplant, Garlic, Onion, Tomato Sauce & Parmesan Cheese
	Cal per 100g	89kcal	Lamb curry = 129Kcal, Steamed rice = 130Kcal		36kcal

- Serving size : Protein = 125g, Vegetarian = 150g, Carbohydrates = 120g to 150g.
- Low Fat Dairy Products Are Used In The Food Preparation.
- Lean Meat Is Used In The Food Preparation.

		Protein 1	Protein 2	Carbohydrates	Vegetarian
SUN		<u>Butter Chicken</u>	<u>Beef Stroganoff, Mashed Potato</u>	<u>Basmati Rice</u>	<u>Mexican Vegetable Chili</u>
	Ingredients	Chicken Cubes, Yoghurt, Lemon Juice, Tomato Paste, Garlic, Cinnamon, Arabic Spice, Cardamom, Onion, Oil, Salt, Pepper.	Beef Julienne, Onion, Salt, Pepper, Sliced Mushroom, Demi Glace, Cooking Cream. Mashed Potato: Potato, Milk, Butter, Salt.	Rice And Salt	Kidney Beans, Peas, Onion, Garlic, Cajun Spice, Corn, Tomato Sauce.
	Cal per 100g	167Kcal	Beef Stroganoff = 190Kcal, mashed potato = 128Kcal	130kcal	55kcal
MON		<u>Kabsa Laham</u>	<u>Fish Florentine</u>	<u>Steamed Potatoes</u>	<u>Spaghetti Ala Pomodoro</u>
	Ingredients	Lamb, Onion, Parsley, Coriander, Cumin, Arabic Spice, Salt, Black Pepper, Tomato	Fish, Salt, Pepper, Spinach, White Sauce.	Potatoes, Garlic, Salt, Pepper, Parsley	Spaghetti, Tomato Sauce, Salt, Pepper, Parmesan, Sliced Olive.
	Cal per 100g	170kcal	89kcal	87kcal	spaghetti = 131kcal, sauce = 80kcal
TUE		<u>Chicken & Vegetable Paella</u>	<u>Spaghetti Bolognese</u>	<u>Basmati Rice</u>	<u>Vegetable Makhani</u>
	Ingredients	Chicken Cubes, Marrow, Capsicum, Onion, Mushroom, Rice, Yellow Color, Paella Spice	Minced Beef, Onion, Garlic, Grated Carrot, Tomato Sauce, Olive Oil, Salt, Pepper, Parmesan Cheese	Rice And Salt	Mix Vegetables, Tomato Sauce, Garlic, Garam Masala, Tandoori Masala, Cooking Cream, Butter
	Cal per 100g	170Kcal	spaghetti = 131Kcal, Bolognese = 97Kcal	130kcal	60kcal
WED		<u>Fish Saadiyat Style & Vegetable Rice</u>	<u>Lamb Roasted Thyme Juice, Caponata & Garlic</u>	<u>Mashed Potatoes</u>	<u>Creamy Polenta & Roasted Marrow</u>
	Ingredients	Fish, Onion, Cumin, Garlic, Salt, Pepper, Lemon Juice, Caramelized Onion, Tomato. Vegetable Rice	Roasted Lamb, Onion, Garlic, Thyme, Demi Glace	Potato, Milk, Butter, Salt.	Polenta, Cooking Cream, Olive Oil, Marrow, Salt & Pepper
	Cal per 100g	Fish Saadiyat Style = 71kcal & Vegetable Rice = 102kcal	150kcal	128kcal	85kcal
THU		<u>Bengali Chicken Curry With Steamed White Rice</u>	<u>Beef Steak, Roasted Vegetables</u>		<u>Potatoes With Ratatouille Vegetables And Mozzarella cheese</u>
	Ingredients	Chicken Cubes, Ginger-Garlic Paste, Cumin, Turmeric, Masala, Tomato Dice, Curry Powder. Steamed White Rice.	Beef Steak, Salt, Pepper, Sunflower Oil, Roasted Vegetables,		Potatoes, Mix Veges Tomato, Olive Oil, Rosemary, Salt, Pepper, Mozzarella Gratinated
	Cal per 100g	Bengali chicken curry = 167kcal, rice = 130kcal	178kcal		76kcal

• Serving size : Protein = 125g, Vegetarian = 150g, Carbohydrates = 120g to 150g.

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• Lean Meat Is Used In The Food Preparation.

		Protein 1	Protein 2	Carbohydrates	Vegetarian
SUN		<u>Beef And Red Beans</u>	<u>Chicken Tikka</u>	<u>Basmati Rice</u>	<u>Mushrooms & Cauliflower Penne</u>
	Ingredients	Beef Cubes, Red Kidney Beans, Salt, Pepper, Demi Glace Sauce, Capsicum	Chicken Cubes, Ginger, Garlic, Labneh, Coriander, Chaat Masala, Pepper, Salt, Coriander, Garam Masala, Lemon Juice	Rice And Salt	Mushrooms, Butter, Cauliflower, Parsley, Penne, Parmesan Cheese
	Cal per 100g	149kcal	167kcal	130kcal	89kcal
MON		<u>Lamb Kebab & Vermicelli Rice</u>	<u>Fish Ragu Provencale</u>	<u>Boiled Quinoa With Herbs</u>	<u>Tofu & Red Rice</u>
	Ingredients	Minced Lamb, Onion, Parsley, Coriander, Cumin, Salt, Black Pepper, Sumac, Rice, Vermicelli	Dory Fish, Salt, Pepper, Eggplant, Marrow, Parsley, Olive Oil, Rosemary	Quinoa, Salt, Pepper, Coriander, Parsley & Mint, Lemon Zest	Mixed Vegetables, Onion, Tomato, Garlic, Ginger, Lemongrass, Tofu, Coriander Powder, Red Rice.
	Cal per 100g	Lamb Kebab = 118kcal & Vermicelli Rice = 130kcal	96kcal	120kcal	90kcal
TUE		<u>Fish Stew With Tomato & Capsicum</u>	<u>Beef Masala And Basmati Rice</u>	<u>Mashed Potatoes</u>	<u>Spinach Lasagna</u>
	Ingredients	Dory Fish, Red Onion, Tomato Diced, Capsicum, Demi Glace, Oregano, Salt, Pepper.	Beef Cubes, Ginger, Garlic, Labneh, Coriander, Chaat Masala, Pepper, Salt, Coriander, Garam Masala, Lemon Juice	Potato, Milk, Butter, Salt.	Lasagna Sheet, White Sauce, Tomato Sauce, Spinach, Mozzarella Cheese
	Cal per 100g	90kcal	Beef Masala = 178kcal, basmati rice = 130kcal	128kcal	118kcal
WED		<u>Chicken In Thai Sauce & Wok Rice</u>	<u>Fish Parmentier</u>	<u>Basmati Rice</u>	<u>Vegetable Chinese Noodles</u>
	Ingredients	Chicken Cubes, Garlic, Onion, Ginger, Coriander Leaves, Carrot, Rice, Broccoli, Sweet And Sour Sauce	Boiled Fish, Garlic, Parsley, Mashed Potatoes	Rice And Salt	Noodles, Carrot, Broccoli, Green Peas, Onion, Garlic, Ginger, Coriander Leaves
	Cal per 100g	167kcal	89kcal	130kcal	82kcal
THU		<u>Chili Con Carne</u>	<u>Sweet & Sour Chicken</u>	<u>Basmati Rice</u>	<u>Vegetable Pie</u>
	Ingredients	Minced Beef, Tomato Sauce, Kidney Beans, Corn, Capsicum	Chicken Cubes, Ketchup, Pineapple, White Vinegar, Salt, Pepper	Rice And Salt	Mix Vegetables , Puff Pastry, Salt, Pepper, Egg Yolk & Milk
	Cal per 100g	115kcal	167kcal	130kcal	141kcal

- Serving size : Protein = 125g, Vegetarian = 150g, Carbohydrates = 120g to 150g.
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- Lean Meat Is Used In The Food Preparation.

		Protein 1	Protein 2	Carbohydrates	Vegetarian
SUN		<u>Chicken Makhani</u>	<u>Roast Beef With Mushroom Sauce</u>	<u>Basmati Rice</u>	<u>Ratatouille</u>
	Ingredients	Chicken Cubes, Yoghurt, Salt, Pepper, Lemon Juice, Tomato Paste, Garlic, Cinnamon, Arabic Spice, Cardamom, Onion, Oil	Beef, Salt, Pepper, Onion, Carrot, Demi Glace, Cooking Cream, Mushrooms	Rice And Salt	Eggplant, Marrow, Capsicum, Onion, Garlic, Tomato Diced, Rosemary, Basil, Olive Oil
	Cal per 100g	167kcal	178kcal	130kcal	31kcal
MON		<u>Beef Lasagna</u>	<u>Pan Grilled Fish With Lemon And Butter</u>	<u>Roasted Potato Wedges</u>	<u>Spanish Frittata</u>
	Ingredients	Minced Beef, Onion, Parsley, Coriander, Cumin, Salt, Black Pepper, Lasagna Sheet, White Sauce	Fish, Salt, Pepper, Olive Oil, Butter, Lemon Zest	Potato, Oil, Pepper, Salt.	Roasted Potatoes, Onion, Eggs, Salt, Pepper
	Cal per 100g	153kcal	89kcal	149kcal	137kcal
TUE		<u>Chicken Biryani With Raita</u>	<u>Bbq Beef Steak</u>	<u>Basmati Rice & Red Rice</u>	<u>Quinoa And Lentil Curry With Mango</u>
	Ingredients	Basmati Rice, Chicken Cubes, Spices, Ghee, Herbs, Salt.	Pan Fried Beef Steak, Salt, Pepper, Oil. Bbq Sauce Separate	Mix White Basmati & Red Whole Rice, Salt, Pepper	Quinoa, Red Lentil, Turmeric, Garlic, Curry, Mango, Salt, Pepper
	Cal per 100g	139kcal	178kcal	130kcal	120kcal
WED		<u>Mandi Lamb</u>	<u>Grilled Fish</u>	<u>Steamed Potato Meuniere</u>	<u>Calabrese Pasta</u>
	Ingredients	Lamb Cubes, Onion, Salt, Pepper, Ginger, Garlic, Rice, Coriander, Mint Leaves	Dory Fish, Salt & Pepper, Olive Oil. Steamed Potato With Parsley And Butter	Steamed Potato, Parsley And Butter.	Pasta, Black Olive, Capers, Olive Oil, Tomato Diced, Onion, Garlic, Basil, Parsley, Olive Oil.
	Cal per 100g	170kcal	89kcal	87kcal	89kcal
THU		<u>Arabic Roast Chicken in Lemon & Garlic</u>	<u>Beef Stroganoff And Steamed White Rice</u>	<u>Rosti Potatoes</u>	<u>Onion & Vegetable Charlotte</u>
	Ingredients	Chicken Breast, Lemon Wedges, Garlic, Salt, Pepper, Sunflower Oil, Chicken Stock	Beef Julienne, Onion, Salt, Pepper, Sliced Mushroom, Demi Glace, Cooking Cream	Potato, Salt, Pepper, Oregano, Sunflower Oil	Puff Pastry, Onion Gravy, Oregano, Olive Oil, Basil, Black & Green Olive & Mozzarella Cheese, Zucchini
	Cal per 100g	167kcal	190kcal	149kcal	137kcal

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- Lean Meat Is Used In The Food Preparation.