

		Protein 1	Protein 2	Carbohydrates	Vegetarian
SUN		<u>Veneto Chicken</u>	<u>Roast Thai Fish</u>	<u>Steamed White Rice</u>	<u>Tofu Cauliflower Korma</u>
	Ingredients	Tomato, Chicken Cubes, Olive Oil, Onion, Celery, Dry Oregano, Salt, Pepper, Balsamic Vinegar, Demi Glace Sauce	Fish, Coconut Milk, White Onion, Ginger, Turmeric, Lemongrass, Pepper	Rice And Salt.	Tofu, Cauliflower, Olive Oil, Garam Masala, Carrot, Onion, Salt, Garlic, Coconut Milk, Tomato, Lemon Juice, Coriander
	Cal per 100g	167kcal	87kcal	130kcal	107kcal
MON		<u>Fish Potato Pie</u>	<u>Cuban Ropa Vieja (Beef)</u>	<u>Roasted Potatoes</u>	<u>Vegetable Enchiladas</u>
	Ingredients	Mashed Potatoes, Fish, Salt, Pepper, Green Peas, Corn, Carrot Cubes, Parsley, Milk, Butter.	Beef Flank, Onion, Garlic, Tomato, Salt & Pepper, Bell Pepper, Cumin, Cilantro, Tomato Paste, White Vinegar	Potatoes, Salt & Pepper, Garlic, Fresh Parsley.	Corn Tortilla Bread, Black Beans, Capsicum, Carrot, Onion, Grated Cheddar Cheese.
	Cal per 100g	91kcal	142kcal	149kcal	143kcal
TUE		<u>Greek Lamb Stew</u>	<u>Spaghetti Bolognese</u>	<u>Boiled Potatoes</u>	<u>Green Bean Stew (Loubieh Bi'Zeit)</u>
	Ingredients	Lamb Cubes, Olive Oil, Salt & Pepper, Garlic, Red Onion, Green Olives Sliced, Tomato Canned & Paste, Green Beans & Bay Leaves.	Spaghetti, Minced Meat, Onion, Garlic, Grated Carrot, Tomato Sauce, Olive Oil, Salt, Pepper. Served With Parmesan Cheese.	Potatoes, Salt & Pepper, Butter.	Green Beans, Butter, Onion, Garlic, Peeled Tomato, Cinnamon, Salt & Pepper, Olive Oil.
	Cal per 100g	133kcal	Spaghetti = 131kcal, sauce = 97kcal	87kcal	43kcal
WED		<u>Grilled Fish In Lemon-Butter Sauce</u>	<u>Butter Chicken</u>	<u>Steamed White Rice</u>	<u>Curried Quinoa With Coconut Oil & Roasted Cauliflower</u>
	Ingredients	Dory Fish, Salt & Pepper, Lemon Juice, Butter, Fresh Parsley	Chicken Cubes , Tomato Sauce, Spices & Herbs, Salt, Pepper, Butter, Cooking Cream.	Rice And Salt.	Cauliflower, Coconut Oil, Salt & Pepper, Onion, Ginger, Turmeric, Quinoa.
	Cal per 100g	89kcal	167kcal	130kcal	92kcal
THU		<u>Skillet Chicken With Creamy Cilantro Lime Sauce</u>	<u>Moroccan Lamb Shanks With Pomegranate</u>	<u>Buttered Pasta</u>	<u>Eggplant Cheese Moussaka</u>
	Ingredients	Chicken Breast, Oil, Salt & Pepper, Cooking Cream, Lime Juice & Zest, Coriander Leaves.	Lamb Cubes, Cornstarch, Olive Oil, Onion, Garlic, Pomegranate Seeds & Juice, Demi Glace Sauce, Carrot, Leeks.	Penne Pasta, Salt & Pepper, Butter.	Tomato Sauce, White sauce, Marrow, Eggplant, Parmesan Cheese, Mozzarella, Salt, Pepper.
	Cal per 100g	168kcal	134kcal	155kcal	89Kcal

		Protein 1	Protein 2	Carbohydrates	Vegetarian
SUN		<u>Beef Goulash</u>	<u>Pan Fried Chicken Breast In Jus</u>	<u>Mashed Potato</u>	<u>Carrot Makhani Served with Red Rice</u>
	Ingredients	Beef Cubes, Sweet Paprika, Salt & Pepper, Oil, Tomato Peeled.	Chicken Breast, Carrot, Green Peas, Salt & Pepper, Chicken Stock, Butter	Potato, Milk, Butter, Salt.	Carrot , Tomato Sauce, Masala, Salt, Pepper, Butter, Cooking Cream. Red Rice.
	Cal per 100g	133kcal	167kcal	128kcal	73kcal
MON		<u>Slow-Grilled Lamb Leg With Mint Yogurt</u>	<u>Grilled Fish Arrabiata On Crostini</u>	<u>Steamed White Rice</u>	<u>Mushrooms Turnovers With Sour Cream Dip</u>
	Ingredients	Mint Yoghurt Sauce: Mint, Greek Yoghurt, Garlic, Lemon, Salt & Pepper. Lamb Leg, Rosemary, Salt & Pepper, Olive Oil, Corn Oil.	Fish, Capsicum, Tomato Sauce, Garlic, Onion, Salt & Pepper, Baguette Bread Sliced, Basil Leaves.	Rice And Salt	Mushrooms, Peas, Corn, Salt & Pepper, Puff Pastry, Egg Yolk, Sour Cream Dip.
	Cal per 100g	234kcal	Baguette bread = 260kcal, Arrabiata fish = 89kcal	130kcal	220kcal
TUE		<u>Butter Chicken</u>	<u>Grilled Beef Steak, Roasted Vegetables</u>	<u>Steamed White Rice</u>	<u>Sweet Potato & Black Bean Chili</u>
	Ingredients	Chicken Cubes, Tomato Sauce, Spices & Herbs, Salt, Pepper, Butter, Cooking Cream	Beef Steak, Salt, Pepper, Sunflower Oil, Roasted Vegetables.	Rice And Salt	Sweet Potatoes, Black Beans, Salt & Pepper, Onion, Lemon Juice, Cilantro Leaves, Cumin Powder, Olive Oil.
	Cal per 100g	167kcal	Grilled beef steak = 178kcal	130kcal	104kcal
WED		<u>Lamb Kofta With Yoghurt Sauce</u>	<u>Beef Lasagna</u>	<u>Roasted Garlic Potatoes</u>	<u>Spanish Tortilla (Omelette)</u>
	Ingredients	Minced Lamb, Onion, Mint, Paprika, Cumin, Salt & Pepper, Olive Oil, Parsley. Yoghurt Sauce: Plain Low-Fat Yogurt, Tahini, Lemon Juice, Salt	Minced Beef, Onion, Parsley, Coriander, Cumin, Salt, Black Pepper, Lasagna Sheet, White Sauce.	Potatoes, Salt & Pepper, Garlic, Olive Oil	Onion, Roasted Potatoes, Salt & Pepper, Eggs, Olive Oil, Red & Green Capsicum.
	Cal per 100g	118kcal	153kcal	149kcal	77kcal
THU		<u>Chicken Kebab</u>	<u>Beef Meatloaf</u>	<u>Baked Potatoes</u>	<u>Braised Green Beans & Carrots</u>
	Ingredients	Chicken Cubes, Salt & Pepper, Coriander, Mint, Garlic, Onion, Lemon Juice, Olive Oil	Minced Beef, Whole Eggs, Salt & Pepper, Bread Crumbs. Glaze: Mustard, Ketchup	Potatoes, Salt & Pepper, Sunflower Oil	Green Beans, Carrots, Onion, Rosemary, Vegetable Broth, Olive Oil, Salt & Pepper.
	Cal per 100g	167kcal	211kcal	93kcal	46kcal

		Protein 1	Protein 2	Carbohydrates	Vegetarian
SUN		<u>Chicken Biryani</u>	<u>Pan Grilled Fish With Lemon Butter Flavor</u>	<u>Steamed White Rice</u>	<u>Warm Boiled & Raw Vegetables Aioli</u>
	Ingredients	Basmati Rice, Chicken Cubes, Spices, Clarified Butter, Herbs, Salt.	Fish, Salt, Pepper, Olive Oil, Butter, Lemon Zest	Rice And Salt	Carrot, Marrow, Green Beans, Eggs, Tomato, Cucumber, Capsicum. Sauce: Mayo, Olive Oil, Garlic, Yellow food Color
	Cal per 100g	139kcal	89kcal	130kcal	Vegetables = 49kcal approx., Sauce = 99kcal approx.
MON		<u>Roast Beef With Za'atar & Mushroom Herb Jus</u>	<u>Shredded Chicken Shawarma (Meat Only)</u>	<u>Arabic Roasted Potatoes</u>	<u>Falafel & Grilled Marrow With Mint</u>
	Ingredients	Beef Tenderloin Roast, Mushrooms, Salt & Pepper, Demi Glace Sauce, Rosemary & Za'atar	Shredded Chicken Breast. Lemon Juice, Salt & Pepper, Olive Oil, Yoghurt, Vinegar, Garlic, Paprika.	Potatoes, Garlic, Coriander, Olive Oil	Boiled Chickpeas, Onion, Garlic, Cumin, Coriander, Parsley, Marrow, Mint, Salt & Pepper, Vegetable Oil
	Cal per 100g	178kcal	167kcal	149kcal	148kcal approx.
TUE		<u>Lamb Tajine</u>	<u>Biscayne Fish</u>	<u>Steamed White Rice</u>	<u>Vegetable Mousse & Tomato Gravy</u>
	Ingredients	Lamb Cubes, Tomato, Onion, Garlic, Salt & Pepper, Cooking Cream, Curry Powder, Coriander Leaves	Dory Fish, Garlic, Fresh Tomato, Onion, Olive Oil, Salt & Pepper, Butter & Bread Crumbs	Rice And Salt	Marrow, Eggs, Milk, Tomato, Onion, Oregano, Tomato Paste, Salt, Pepper.
	Cal per 100g	217kcal	92kcal	130kcal	51kcal
WED		<u>Chicken Salona With Veges</u>	<u>Beef With Carrots</u>	<u>Mashed Potatoes</u>	<u>Ratatouille Pie</u>
	Ingredients	Chicken Cubes, Garlic, Onion, Potato Coriander Leaves, Carrot, Zucchini, Turmeric, Tomato Paste, Curry Powder, Cardamom, Salt, Pepper.	Beef Cubes, Carrot, Onion, Garlic, Demi Glace Sauce, Leeks & Parsley, Salt, Pepper.	Potato, Butter, Milk, Salt.	Marrow, Eggplant, Capsicum, Onion, Garlic, Basil, Puff Pastry, Egg Yolk.
	Cal per 100g	167kcal	133kcal	128kcal	141kcal
THU		<u>Grilled Lamb Patties</u>	<u>Butter Chicken</u>	<u>Steamed White Rice</u>	<u>Spaghetti Primavera</u>
	Ingredients	Minced Lamb, Parsley, Onion, Arabic Spice, Tomato Sauce, Salt, Pepper.	Chicken Breast, Tomato Sauce, Garlic, Garam Masala, Tandoori Masala, Cooking Cream, Butter.	Rice And Salt	Mixed Vegetables, Onion, Coriander, Tomato Diced, Spaghetti, Parmesan cheese, Salt, Pepper.
	Cal per 100g	92kcal	167kcal	130kcal	168kcal

		Protein 1	Protein 2	Carbohydrates	Vegetarian
SUN		<u>Pan Fried Beef Steak</u>	<u>Roasted Lamb Legs</u>	<u>Aligot (Garlic Mashed Potatoes)</u>	<u>Carrots & Parsnip Gratin</u>
	Ingredients	Beef Tenderloin, Salt, Pepper, Sunflower Oil	Lamb Legs, Garlic, Rosemary, Demi Glace Sauce, Salt & Pepper.	Mashed Potatoes, Emmental Cheese, Garlic	Carrots, Parsnip, Butter, Bread Crumbs, Cooking Cream
	Cal per 100g	140kcal	234kcal	166kcal	78kcal
MON		<u>Mustard Crusted Fish</u>	<u>Sweet & Sour Chicken (No Ketchup)</u>	<u>Steamed White Rice</u>	<u>Grilled Halloumi With Lemony Chickpeas</u>
	Ingredients	Fish, Mustard, Worcestershire Sauce, Lemon Juice, Garlic Powder, Oregano, Bread Crumbs	Chicken Cubes, Pineapple Juice & Cubes, White Vinegar, Brown Sugar, Corn Flour, Red Capsicum	Rice And Salt	Grilled Halloumi, Chickpeas, Red Onion, Coriander, Lemon Juice, Olive Oil , Parsley
	Cal per 100g	94kcal	167kcal	130kcal	201kcal
TUE		<u>Spaghetti Bolognese</u>	<u>Asian Fish & Sweet Potato Tray bake</u>	<u>Asian Wok Rice</u>	<u>Baked Vegetable Spring Roll & Sauteed Vegetables</u>
	Ingredients	Minced Beef, Onion, Garlic, Grated Carrot, Tomato Sauce, Olive Oil, Salt, Pepper. Spaghetti. Served With Parmesan Cheese	Dory Fish, Lemongrass, Garlic, Ginger, Coconut Milk, Lime Juice, Sweet Potatoes, Onion, Salt, Pepper	Green Peas, Carrot, Garlic, Onion, Rice, Vegetable Oil, Coriander Leaves	Vegetable Spring Roll. Carrot, Marrow, Capsicum, Onion, Garlic, Parsley, S&P, Sunflower Oil
	Cal per 100g	Spaghetti = 131kcal, sauce = 97kcal	94kcal	132kcal	Baked Vegetable Spring Roll= 122kcal
WED		<u>Butter Chicken</u>	<u>Lamb & Cheese Pie</u>	<u>Steamed White Rice</u>	<u>Paneer Makhani</u>
	Ingredients	Chicken Cubes , Tomato Sauce, Herbs & Spices, Salt, Pepper, Butter, Cooking Cream	Onion, Garlic, Minced Lamb, Cooking Cream Cheese, Eggs, Spinach or Swiss Chard, Puff Pastry, Egg Yolk and Milk.	Rice And Salt	Paneer Cubes , Tomato Sauce, Masala, Salt, Pepper, Butter, Cooking Cream
	Cal per 100g	167kcal	197kcal	130kcal	194kcal
THU		<u>Arabic Lemon & Garlic Roast Chicken</u>	<u>BBQ Beef Steak</u>	<u>Baked Potatoes With Herbs & Butter</u>	<u>Eggplant Cheese Moussaka</u>
	Ingredients	Chicken Breast, Lemon Wedges, Garlic, Salt, Pepper, Sunflower Oil, Chicken Stock	Beef Tenderloin, Salt, Pepper, Demi Glace Sauce, BBQ Sauce	Potatoes, Salt, Pepper, Butter, Parsley	Tomato Sauce, White sauce, Marrow, Eggplant, Parmesan Cheese, Mozzarella, Salt, Pepper.
	Cal per 100g	167kcal	178kcal	93kcal	89kcal