

		<b>Protein 1</b>	<b>Protein 2</b>	<b>Carbohydrates</b>	<b>Vegetarian</b>
<b>SUN</b>		<b><u>Beef Blanquette &amp; Rice</u></b>	<b><u>Fish Florentine Gratinated</u></b>		<b><u>Vegetable Casserole</u></b>
	Ingredients	Beef Cube, Onion, Carrot, Celery, Salt, Pepper, Chicken Stock, Butter, Cream, Basmati Rice	Dory, Salt, Pepper, Spinach, Bécha-mel Sauce, Mozzarella Cheese Gratinated		Mix Vegetables, Salt, Pepper, Rice, Cream, Milk & Cheese
	Cal per 100g	Beef Blanquette = 141kcal, steamed white rice = 130kcal	166kcal		142kcal
<b>MON</b>		<b><u>Fish Meuniere, Spring Vegetables &amp; Potatoes, Lemon-Parsley Butter</u></b>	<b><u>Meat Lasagna</u></b>		<b><u>Mediterranean Vegetables Pie</u></b>
	Ingredients	Flour, Fish, Salt, Pepper, Spring Vegetables, Lemon, Parsley, Butter	Lasagna Sheet, White Sauce, Tomato Sauce, Beef Minced Meat, Onion Mozzarella, Cheddar Cheese Gratinated		Marrow, Capsicum, Eggplant, Garlic, Onion, Tomato Dice, Salt, Pepper, Puff Pastry
	Cal per 100g	160kcal	153kcal		141kcal
<b>TUE</b>		<b><u>UK Beef Steak &amp; Roast Carrots</u></b>	<b><u>Chicken Roast with Garlic Sauce</u></b>	<b><u>Thyme Mashed Potatoes</u></b>	<b><u>Spaghetti Primavera (No Tomato Sauce)</u></b>
	Ingredients	Beef Steak, Salt, Pepper, Sunflower Oil, Demiglace Separate: Roasted Vegetables	Chicken Breast, Salt, Pepper, Onion, Garlic, Carrot, Demi glace	Potato, Milk, Cheese, Thyme, Salt.	Primavera = Marrow, Fresh Tomato Cube, Onion, Garlic, Basil, Olive Oil, Parmesan Cheese
	Cal per 100g	184kcal	167kcal	166kcal	168kcal
<b>WED</b>		<b><u>Fish Paella</u></b>	<b><u>Baked Irish Lamb with Carrots &amp; Potatoes</u></b>		<b><u>Mexican Vegetarian Fajitas</u></b>
	Ingredients	Fish, Onion, Tomato, Garlic, Cloves, Cinnamon Stick, Turmeric, Oil, Salt, Pepper, Rice, Cardamom	Lamb Cube, Onion, Garlic, Carrot, Potatoes, Celery, Demi glace, Salt, Pepper, Bay Leaves		Capsicum, Onion, Carrot, Salt, Pepper, Cajun Spice, Grated Cheddar Cheese, Tortillas Bread
	Cal per 100g	140kcal	133kcal		143kcal
<b>THU</b>		<b><u>Chicken Shredded Shawarma with French Fries</u></b>	<b><u>Meat Ball Bolognese with Pasta</u></b>		<b><u>Garlic Bread &amp; Grill Corn on Cob</u></b>
	Ingredients	Chicken Shredded, Salt, Pepper, Onion, Arabic Spice, Hummus, Pickles, Arabic Bread	Beef Minced Ball, Cube, Carrot, Celery, Leeks, Onions, Salt, Pepper, Demi glace, Mushroom		Garlic Bread & Grill Corn on cob
	Cal per 100g	162kcal	Pasta = 131kcal, Bolognese = 97kcal		Garlic Bread = 330kcal, Corn on

		<b>Protein 1</b>	<b>Protein 2</b>	<b>Carbohydrates</b>	<b>Vegetarian</b>
<b>SUN</b>		<b><u>Chicken Tajine</u></b>	<b><u>Lamb Couscous</u></b>	-	<b><u>Vegetable Couscous &amp; Dried Fruits</u></b>
	Ingredients	Chicken Cube, Onion, Arabic Spice, Pepper, Dried Lemon, Dried Grapes, Chicken Stock, Coriander Leaves	Lamb Cube, Onion, Garlic, Pumpkin, Carrot, Chickpeas, Arabic Spice, Beef Stock, Couscous		Couscous, Carrot, Marrow, Pumpkin, Onion, Dried Fruits, Arabic Spice
	Cal per 100g	170kcal	217kcal		175kcal
<b>MON</b>		<b><u>Butter Chicken</u></b>	<b><u>Roasted Fish Lemon Sauce with Vegetables, Roasted Potatoes</u></b>	<b><u>White Rice</u></b>	<b><u>Falafel with Yoghurt and Fresh Coriander in Tortillas Bread</u></b>
	Ingredients	Chicken Breast, Tomato Sauce, Garlic, Garam Masala, Tandoori Masala, Cream, Butter & Basmati Rice	Dory Fish, Salt, Pepper, Lemon Wedges, Lemon Juice, Cream, Parsley, Olive Oil, Rosemary	Rice and Water	Falafel (Chickpeas Mix), Yoghurt, Coriander Leave, Bread
	Cal per 100g	108kcal	101kcal	130kcal	192kcal
<b>TUE</b>		<b><u>Beef Bourguignon, Steam Potatoes &amp; Vegetables (Brown sauce)</u></b>	<b><u>Brandade of Fish with Garlic Bread</u></b>		<b><u>Vegetables Stir Fried with Noodles</u></b>
	Ingredients	Beef Cube, Onion, Carrot, Celery, Salt, Pepper, Chicken Stock, Butter, Cream, Flour	Mashed Grilled Fish, Mashed Potatoes, Parsley. Separately : Garlic Bread, Garlic, Butter, Oregano, Cheddar & Mozzarella Cheese		White Cabbage, Carrot, Marrow, Broccoli, Ginger, Garlic, Coriander Leaves
	Cal per 100g	78kcal	Brandade of Fish = 114kcal, garlic bread = 330kcal		82kcal
<b>WED</b>		<b><u>Chicken "Grand Mother" Way (brown sauce)</u></b>	<b><u>Grilled Fish Nicoise Dressing &amp; Vegetables Stew( Tomato Sauce Light)</u></b>	-	<b><u>Vegetable Tajine with Couscous</u></b>
	Ingredients	Chicken Cube, Onion, Carrot, Celery, Salt, Pepper, Chicken Stock, Butter, Cream, Flour, Basmati Rice	Dory, Eggplant, Marrow, Onion, Capsicum, Olive Sliced, Olive Oil		Arabic Spice, Dried Lemon, Coriander, Pumpkin Cube, Marrow Cube, Chickpeas, Carrot, Capsicum, Vegetables Stock, Salt, Pepper
	Cal per 100g	170kcal	76kcal		175kcal
<b>THU</b>		<b><u>Chicken with Black Beans Sauce</u></b>	<b><u>Fish Cake &amp; Baked French Fries</u></b>	<b><u>Cantonese Rice</u></b>	<b><u>Vegetables Lasagna</u></b>
	Ingredients	Chicken Cube, Garlic, Ginger, Black Beans Sauce, Chicken Stock, Coriander, CornCarbohydrates	Fish, Flour, Eggs, Bread Crumbs, Mashed Potatoes, Capsicum, Salt, Pepper, Corn Oil	Mix Vegetables, Onion, Ginger, Garlic, Soya Beans, Omelet, Rice, oil.	Lasagna Sheet, Bechamel Sauce, Tomato Sauce, Sauteed Marrow, Carrot, Beans, Onion, Mozzarella, Cheddar Cheese Gratinated
	Cal per 100g	169kcal	Fish Cake = 95kcal, Baked French Fries = 93kcal	137kcal	118kcal

		<b>Protein 1</b>	<b>Protein 2</b>	<b>Carbohydrates</b>	<b>Vegetarian</b>
<b>SUN</b>		<b><u>Minced Beef with Beans</u></b>	<b><u>Chicken Provencale with Fresh Basil ( Light Brown Sauce)</u></b>	<b><u>Steam Rice</u></b>	<b><u>Pumpkins &amp; Red Rice Gratin</u></b>
	Ingredients	Minced Beef Meat with Mexican Spicy (mild), Red Kidney Beans, Tomato Sauce, Onion, Garlic & Rice	Chicken Breast, Salt, Pepper, Demi glace, Sliced Green Olives, Basil Leaves	Rice and water	Pumpkins Cube, Onion, Garlic, Salt, Pepper, Red Rice Cook, Cream, Cheese, Milk Eggs
	Cal per 100g	115kcal	170kcal	130kcal	101kcal
<b>MON</b>		<b><u>Shish Tawook</u></b>	<b><u>Beef Steak Mushroom Sauce</u></b>	<b><u>Garlic Potatoes</u></b>	<b><u>French Onions Tart with Olives</u></b>
	Ingredients	Chicken Cube Marination: Yoghurt, Salt, Pepper, Lemon Juice, Tomato Paste, Garlic, Cinnamon, Arabic Spice, Cardamom, Onion, Oil	Beef Tenderloin, Butter, Mushroom, Flour, Chicken Broth, Pepper, Green Onions, Salt	Potatoes, Garlic, Salt	Pizza Base, Onion Caramelized, Rosemary, Oregano, Olive Oil, Black & Green Olives, Garlic
	Cal per 100g	167kcal	157kcal	106kcal	137kcal
<b>TUE</b>		<b><u>Chicken God Mother</u></b>	<b><u>Spaghetti Bolognese</u></b>		<b><u>Ancharras &amp; Tomato Sauce</u></b>
	Ingredients	Chicken Cube, Onion, Tomato, Garlic, Cloves, Cinnamon Stick, Turmeric, Oil, Salt, Pepper, Rice, Cardamom	Bolognese : Minced Meat, Onion, Garlic, Grated Carrot, Tomato Sauce, Olive Oil, Salt, Pepper. Served with Parmesan Cheese		Cook Rice, Parmesan, Fresh Herbs, Salt, Pepper, Eggs, Bread Crumbs, Tomato Sauce
	Cal per 100g	170kcal	Spaghetti = 131kcal, Bolognese = 97kcal		148kcal
<b>WED</b>		<b><u>Grill Fish on Pink Sauce &amp; Tomato Rice</u></b>	<b><u>Roasted Chicken, Wedges Potatoes &amp; Vegetables</u></b>		<b><u>Minestrone of Vegetables &amp; White Rice</u></b>
	Ingredients	Fish, Salt, Pepper, Tomato Sauce, Cream, Dill	Chicken Breast, Salt, Pepper, Sunflower Oil, Cajun Spice, Garlic, Onion		White Beans, Green Beans, Tomato Diced, Marrow, Carrot, Basil Leaves, Vegetables Stock
	Cal per 100g	89kcal	183kcal		90kcal
<b>THU</b>		<b><u>Beef Kabab &amp; Garlic Mayonnaise</u></b>	<b><u>Chicken Lasagna white Sauce</u></b>	<b><u>Wedges Potato Roasted</u></b>	<b><u>Vegetarian Pancake &amp; Mashed Carrot-Potatoes</u></b>
	Ingredients	Beef Cube, Arabic Spice, Salt, Pepper, Capsicum, Onion, Garlic Mayonnaise Separate	Lasagna Sheet, Béchamel Sauce, Tomato Sauce, Chicken Minced Meat, Onion Mozzarella, Cheddar Cheese Gratinated	Potato, Oil, Salt	Pan Cake Mix, Peas, Marrow, Capsicum, Brunoise, Mashed Carrot add on Mashed Potatoes
	Cal per 100g	118kcal	118kcal	149kcal	152kcal

		<b>Protein 1</b>	<b>Protein 2</b>	<b>Carbohydrates</b>	<b>Vegetarian</b>
<b>SUN</b>		<b>Grill Chicken Calabrese</b>	<b>Greek Beef with Olive, Oregano &amp; Lemon Sauce</b>	<b>White Rice</b>	<b>Baked Beans "Cassoulet"</b>
	Ingredients	chicken, Salt, Pepper, Capsicum, Tomato Cube, Black Olive, Parsley, Olive Oil, Rosemary, Onion,	Beef Cube, Carrot, Celery, Leeks, Onions, Salt, Pepper, Demi glace, Sliced Olive, Lemon Wedges, Oregano	Rice and Water	White Beans, Onion, Garlic, Tomato Fresh, Bay Leaves, Vegetables Stock
	Cal per 100g	165kcal	133kcal	130kcal	151kcal
<b>MON</b>		<b>Chicken Wok &amp; Vegetables Noodles</b>	<b>Breaded Fish, Lemon-Parsley Butter</b>	<b>White Rice</b>	<b>BBQ Vegetables Burger, Roasted Onion &amp; Potatoes</b>
	Ingredients	Shredded Chicken, Garlic, Onion, Ginger, Coriander Leaves, Carrot, Marrow, Broccoli, Eggs Noodles	Fish Dory, Whole Eggs, Flour, Bread Crumb, Oil, Salt, Pepper, BBQ Sauce	Rice and Water	Vegetables Patties, Burger Bun, BBQ Sauce, Raw Tomato Sliced and Lettuce, Separate Roast Potatoes & Onions
	Cal per 100g	88kcal	92kcal	130kcal	Per Serving BBQ Vegetables Burger = 254kcal approx.
<b>TUE</b>		<b>Chicken Provencale with Fresh Basil ( Light Brown Sauce)</b>	<b>Beef Steak, Onion Gravy</b>	<b>Mashed Potatoes "Aligot"</b>	<b>Aubergine Lasagna</b>
	Ingredients	Chicken Breast, Salt, Pepper, Demi glace, Sliced Green Olives, Basil Leaves	Beef Tenderloin, Salt, Pepper, Onion, Demi glace	Potato, Milk, Cheese, Salt.	Lasagna Sheet, Bechamel Sauce, Tomato Sauce, Sauteed Eggplant, Onion Mozzarella, Cheddar Cheese Gratinated
	Cal per 100g	165kcal	179kcal	166kcal	120kcal
<b>WED</b>		<b>Beef Goulash, Vegetables (Brown Sauce)</b>	<b>Grilled Fish Nicoise Dressing &amp; Vegetables Stew( Tomato Sauce Light)</b>	<b>Fried Rice</b>	<b>Vegetable Makhani &amp; Rice</b>
	Ingredients	Beef, Cube, Carrot, Celery, Leeks, Onions, Salt, Pepper, Demi glace	Dory, Eggplant, Marrow, Onion, Capsicum, Olive Sliced, Olive Oil	Rice, Assorted Vegetables, Oil, Salt	Chicken Breast, Tomato Sauce, Garlic, Garam Masala, Tandoori Masala, Cream, Butter & Rice
	Cal per 100g	133kcal	110kcal	132kcal	Vegetable Makhani = 60kcal & Rice = 130kcal
<b>THU</b>		<b>Butter Chicken &amp; Rice</b>	<b>Monster Beef Burger</b>	<b>Corn on cob &amp; Roasted Wedges Potatoes</b>	<b>Vegetables Shawarma</b>
	Ingredients	Chicken Breast, Tomato Sauce, Garlic, Garam Masala, Tandoori Masala, Cream, Butter & Basmati Rice	Minced Beef Patties, Salt, Pepper, Iceberg Lettuce, Tomato, Burger Buns	Corn on Cob, Milk, Sugar. Potatoes, Oil, Salt.	Marrow, Capsicum, Carrot, Salt, Pepper, Onion, Arabic Spice, Hummus, Pickles, Arabic Bread
	Cal per 100g	Butter Chicken = 108kcal & Rice = 130kcal	Per Serving 256kcal approx.	Corn on Cob = 99kcal & Roasted Wedges Potatoes = 149kcal	146kcal