

		Protein 1	Protein 2	Starch	Vegetarian
SUN		<u>Beef Parmentier - Minced Beef With Mashed Potato</u>	<u>Chicken Machboos</u>		<u>Vegetarian Pita With Feta Cheese, And Roasted Eggplant Moussaka</u>
	Ingredients	Minced Meat, Onion, Demi Glace, Parsley, Salt, Pepper, Mashed Potato	Chicken Cube, Onion, Tomato, Garlic, Cloves, Cinnamon Stick, Turmeric, Oil, Salt, Pepper, Rice, Cardamom		Marrow, Capsicum, Feta Cheese, Pepper, Onion, Arabic Bread, Eggplant, Tomato Sauce, Oregano
	Cal per 100g	119Kcal	170Kcal		146Kcal
MON		<u>Grilled Fish</u>	<u>Wok Chicken With Noodles</u>	<u>Lemon-Butter Rice</u>	<u>Classic Tomato Spaghetti</u>
	Ingredients	Dory Fish, Onion, Parsley, Coriander, Cumin, Arabic Spice, Salt, Black Pepper, Olive Oil	Shredded Chicken, Garlic, Onion, Ginger, Coriander Leaves, Carrot, Marrow, Broccoli, Eggs Noodles	Basmati Rice, Salt, Pepper, Lemon Zest	Penne Pasta, Tomato Sauce, Oregano, Salt, Pepper, Onion, Parmesan
	Cal per 100g	89Kcal	109Kcal	165Kcal	Pasta = 131Kcal, Sauce = 80Kcal
TUE		<u>Sweet & Sour Fish</u>	<u>Beef Kebab</u>	<u>Steamed Rice</u>	<u>Farfale Alle Melanzane</u>
	Ingredients	Fish, Onion, Pineapple Cube & Juice, Ketchup, White Vinegar, Black Pepper	Beef Cube, Arabic Spice, Salt, Pepper, Capsicum, Onion, Garlic Mayonnaise Separate	Rice And Salt.	Farfale Pasta, Tomato Sauce, Oregano, Salt, Pepper, Eggplant Sauteed, Onion, Parmesan
	Cal per 100g	121Kcal	118Kcal	130Kcal	89Kcal
WED		<u>Beef Teriyaki & Vegetable (No Oyster Sauce, No Soya Sauce)</u>	<u>Thai Roasted Chicken With Vegetable</u>	<u>Asian Rice</u>	<u>Vegetable Moussaka</u>
	Ingredients	Shredded Beef, Onion, Garlic, Ginger, Sunflower Oil, Coriander Leaves	Chicken Cube, Ginger, Garlic, Coconut Milk, Coriander, Pepper, Salt, Coriander, Lemongrass	Basmati, Peas, Carrot, Garlic, Ginger, Coriander Leaves, Pepper, Salt	Eggplant, Tomato Sauce, Marrow, Onion, Salt, Pepper, Cheese.
	Cal per 100g	124kcal	167Kcal	102Kcal	36Kcal
THU		<u>Meat Pie (Beef)</u>	<u>Chicken Quesadilla Grande</u>	<u>Roasted Potato Wedges</u>	<u>Vegetable Fajita</u>
	Ingredients	Minced Beef, Marrow, Eggplant, Salt, Pepper, Puff Pastry - Flour, Butter, Salt.	Chicken Julienne, Salt, Pepper, Carrot, Onion, Corn, Cheddar Cheese & Tortilla Bread	Potato, Oil, Salt.	Carrot, Onion, Capsicum, Salt, Pepper, Cheddar Cheese, Tortilla Bread
	Cal per 100g	141Kcal	187Kcal	149Kcal	86Kcal

- Serving Size: Protein = 125g, Vegetarian = 150g, Carbohydrate = 150g
- Low Fat Dairy Products And Lean Meat Is Used In The Food Preparation
- Nut Free Food.

		Protein 1	Protein 2	Starch	Vegetarian
SUN		<u>Fish Meuniere</u>	<u>Beef Stroganoff</u>	<u>Mashed Potato</u>	<u>Vegetable Parmentier</u>
	Ingredients	Dory, Flour, Butter, Salt, Pepper, Lemon Wedges, Parsley	Beef Julienne, Onion, Salt, Pepper, Sliced Mushroom, Demi Glace, Cooking Cream	Potato, Milk, Cheese, Salt.	Marrow, Eggplant, Capsicum, Green Beans, Salt, Pepper, Parsley, Coriander, Mashed Potato
	Cal per 100g	160Kcal	190Kcal	166Kcal	
MON		<u>Texas Chicken Breast</u>	<u>Slow Cooker Roast Beef In Onion Gravy</u>	<u>Potato Gratin</u>	<u>Cuban Beans & Rice</u>
	Ingredients	Chicken Cube, Bbq Sauce, Demi Glace, Red Beans, Sunflower Oil.	Beef Tenderloin, Salt, Pepper, Onion, Demi Glace.	Potato, Garlic, Salt, Pepper, Milk, Cooking Cream	Red Kidney Beans, Onion, Garlic, Tomato Paste, Rice, Parsley, Salt & Pepper
	Cal per 100g	170Kcal	149Kcal	132Kcal	118Kcal
TUE		<u>Butter Chicken</u>	<u>Spaghetti Bolognese</u>	<u>White Rice</u>	<u>Vegetable Makhani</u>
	Ingredients	Chicken Cube, Yoghurt, Salt, Pepper, Lemon Juice, Tomato Paste, Garlic, Cinnamon, Arabic Spice, Cardamom, Onion, Oil.	Beef Minced, Garlic, Onion, Carrot, Tomato Sauce, Salt, Pepper, Basil Leave, Rosemary, Spaghetti.	White Rice And Salt.	Assorted Vegetables, Tomato Sauce, Garlic, Garam Masala, Tandoori Masala, Cooking Cream, Butter.
	Cal per 100g	108Kcal	Pasta = 131Kcal, Sauce = 97Kcal	130Kcal	60Kcal
WED		<u>Paella Chicken & Vegetables</u>	<u>Lamb Roasted</u>	<u>Baked Potato</u>	<u>Vegetable Dosa Roll</u>
	Ingredients	Chicken, Rice, Onion, Garlic, Yellow Food Color, Capsicum, Tomato, Peas, Salt, Pepper.	Roasted Lamb, Onion, Garlic, Thyme, Demi Glace	Potato, Oil, Salt.	Sauteed Vegetables, Fresh Herbs, Garam Masala, Dosa-Rice, Split Black Gram, Salt.
	Cal per 100g	141Kcal	133Kcal	93Kcal	220kcal approx. Per Serving
THU		<u>Baked Fish & Chips</u>	<u>Baked Chicken Nuggets</u>	<u>Roasted Potato Wedges</u>	<u>Baked Potato, Ratatouille veges & Fresh Herbs.</u>
	Ingredients	Dory Fish, Flour, Salt, Pepper, Tartar Sauce: Mayonnaise, Gherkin's, Capers, Onion, Parsley	Minced Chicken Meat, Whole Eggs, Flour, Breadcrumbs, Oil, Salt, Pepper, Bbq Sauce,		Potato, Assorted Vegetables, Tomato Paste, Fresh Herbs, Salt, Pepper, Mozzarella Cheese.
	Cal per 100g	187Kcal	210Kcal	149Kcal	76Kcal

		Protein 1	Protein 2	Starch	Vegetarian
SUN		<u>Chicken Biryani With Raita</u>	<u>Meat Lasagne</u>		<u>Sauteed Vegetable & Noodles</u>
	Ingredients	Basmati Rice, Chicken Cubes, Spices, Clarified Butter, Herbs, Salt.	Minced Beef, Onion, Parsley, Coriander, Cumin, Salt, Black Pepper, Lasagne Sheet, White Sauce: Milk, Butter, Flour, Salt.		Garlic, Onion, Ginger, Coriander Leaves, Carrot, Marrow, Capsicum, Egg Noodles
	Cal per 100g	139Kcal	153Kcal		82Kcal
MON		<u>Chicken Tikka</u>	<u>Fish With Vegetable Provencal</u>	<u>White Rice</u>	<u>Teriyaki Tofu & Red Rice</u>
	Ingredients	Chicken Cube, Ginger, Garlic, Labneh, Coriander, Chat Masala, Pepper, Salt, Coriander, Garam Masala, Lemon Juice	Dory Fish, Salt, Pepper, Eggplant, Marrow, Parsley, Olive Oil, Rosemary	Rice And Salt.	Mixed Vegetable, Onion, Tomato, Garlic, Ginger, Lemongrass, Tofu, Coriander Powder, Red Rice.
	Cal per 100g	160Kcal	96Kcal	130Kcal	
TUE		<u>Roasted Lamb Legs With Honey Carrots</u>	<u>Beef Stew With Tomato & Capsicum</u>	<u>Mashed Potato</u>	<u>Marrakesh Vegetable Curry</u>
	Ingredients	Lamb Legs, Onion, Garlic, Thyme, Sunflower Oil, Salt, Pepper, Demi Glace. Carrot, Honey	Beef Cube, Red Onion, Tomato Diced, Capsicum Julienne, Demi Glace, Oregano, Salt, Pepper	Potao, Milk, Cheese, Salt	Sweet Potato, Eggplant, Carrot, Onion, Garlic, Turmeric, Curry Powder, Cinnamon, Orange Juice, Coriander Leave, Salt, Pepper, Dry Grapes, Vegetable Stock.
	Cal per 100g	234Kcal	133Kcal	166Kcal	
WED		<u>Vietnamese-Style Caramel Beef</u>	<u>Chicken In Thai Sauce</u>	<u>Noodles</u>	<u>Buddha'S Feast -Fresh Sauteed Vegetables</u>
	Ingredients	Beef Julienne Onion, Garlic, Brown Sugar, Cinnamon Stick, White Vinegar.	Chicken Cube, Garlic, Onion, Ginger, Coriander Leaves, Carrot, White Cabbage, Broccoli, Sweet Sour Sauce, Lemongrass	Noodles	Garlic, Onion, Ginger, Coriander Leaves, Carrot, Marrow, Capsicum, Egg Noodles.
	Cal per 100g	173Kcal	88Kcal	138Kcal	82Kcal
THU		<u>Beef & Cheese Burger</u>	<u>Kentucky Chicken & Tartar Sauce.</u>	<u>Potato Wedges Roasted</u>	<u>Vegetable Burger</u>
	Ingredients	Beef Patties, Burger Buns, Cheddar Cheese, Tomato, Mayonnaise	Chicken Breast, Bread Crumbs, Oil. Tartar Sauce: Mayonnaise, Gherkin's, Shalots, White Onion, Parsley	Potato, Oil, Salt	Vegetable Burger Patties, Lettuce, Tomato, Burger Buns
	Cal per 100g	256Kcal Approx, Per serving	170Kcal	149Kcal	254Kcal Approx, Per Serving

		Protein 1	Protein 2	Starch	Vegetarian
SUN		<u>Butter Chicken</u>	<u>Eggplant & Meat Mussaka</u>	<u>Steamed Rice</u>	<u>Spaghetti With Pesto Sauce (Nut Free)</u>
	Ingredients	Chicken Cube, Yoghurt, Salt, Pepper, Lemon Juice, Tomato Paste, Garlic, Cinnamon, Arabic Spice, Cardamom, Onion, Oil	Beef Minced, Tomato Sauce, Sauteed Eggplant, Onion, Mozzarella Cheese	White Rice And Salt	Spaghetti, Salt, Pepper, (Pesto Sauce =Basil Leaves, Olive Oil, Parmesan, Garlic)
	Cal per 100g	108Kcal	85Kcal	130Kcal	Pasta = 131Kcal, Sauce = 150Kcal
MON		<u>Roast Beef With Mushroom Sauce</u>	<u>Chicken Cacciatore</u>	<u>Mashed Potato</u>	<u>Vegan Shepherd's Pie</u>
	Ingredients	Beef, Salt, Pepper, Onion, Carrot, Demi Glace, Cooking Cream, Mushroom	Chicken Breast, Red Capsicum, Tomato Juice, Onion, Garlic, Chicken Broth , Basil , Oregano, Capers	Potato, Milk, Cheese, Salt.	Mashed Potato, Mix Vegetable, Salt, Pepper, Parsley
	Cal per 100g	190Kcal	183Kcal	166Kcal	141Kcal
TUE		<u>Chicken Biryani & Raita</u>	<u>Breaded Fish In Lemon Butter Sauce</u>	<u>Boiled Potato</u>	<u>Tofu Stew With Vegetable</u>
	Ingredients	Basmati Rice, Chicken Cubes, Spices, Clarified Butter, Herbs, Salt.	Fish Dory, Eggs, Flour, Breadcrumbs, Oil, Salt, Pepper, Bbq Sauce,	Potato, Salt.	Tofu, Spinach, Onion, Garlic, Vegetable Stock
	Cal per 100g	139Kcal	101Kcal	87Kcal	107Kcal
WED		<u>Arabic Roast Chicken, Lemon & Garlic</u>	<u>Bolognese Pasta</u>		<u>Vegetables In Tomato Sauce with Melted Cheddar Cheese</u>
	Ingredients	Chicken Breast, Lemon Wedges, Garlic, Salt, Pepper, Sunflower Oil, Chicken Stock	Bolognese : Minced Meat, Onion, Garlic, Grated Carrot, Tomato Sauce, Olive Oil, Salt, Pepper. Served With Parmesan Cheese. Pasta		Mashed Potato, Marrow, Eggplant, Tomato , Oregano, Cheddar Cheese
	Cal per 100g	167Kcal	Pasta = 131Kcal, Sauce = 97Kcal		101Kcal
THU		<u>Chicken Pie</u>	<u>Beef Quesadilla</u>	<u>Rosti Potato Baked</u>	<u>French Onion Tart With Olives</u>
	Ingredients	Chicken Shredded, Mix Vegetable, Cheddar, Puff Pastry: Flour, Butter, Salt.	Beef Shredded, Cajun Spice, Capsicum, Onion, Garlic, Coriander, Tortilla Bread	Potato, salt.	Pizza Base, Onion Gravy, Oregano, Olive Oil, Basil, Black & Green Olive & Mozzarella Cheese
	Cal per 100g	193Kcal	144Kcal	93Kcal	137Kcal

• Serving Size: Protein = 125g, Vegetarian = 150g, Carbohydrate = 150g • Low Fat Dairy Products And Lean Meat Is Used In The Food Preparation • Nut Free Food.