

		Protein 1	Protein 2	Starch	Vegetarian
SUN		<u>Butter Chicken</u>	<u>Baked Andalous Fish</u>	<u>Steamed White Rice</u>	<u>Baked Potato Stuffed With Caponata</u>
	Ingredients	Chicken Cube, Yoghurt, Salt, Pepper, Lemon Juice, Tomato Paste, Garlic, Cinnamon, Arabic Spice, Cardamom, Onion, Oil.	Dory Fish, Capsicum, Tomato Cube, Black Olive, Parsley, Olive Oil, Rosemary, Onion, pepper, salt.	Rice And Salt.	Baked Potatoes, Marrow, Capsicum, Tomato Diced, Rosemary, Grated Mozzarella Cheese
	Cal per 100g	108kcal	75kcal	130kcal	76kcal
MON		<u>Wok Chicken & Asian Noodles</u>	<u>Spaghetti Bolognese</u>		<u>Spring Roll with Sauteed Veges</u>
	Ingredients	Chicken, Garlic, Ginger, Onion, Cabbage, Carrot, Spring Onion, Egg Noodles, Coriander Leaves	Beef Minced, Garlic, Onion, Carrot, Tomato Sauce, Salt, Pepper, Basil Leave, Rosemary, Spaghetti.		Pastry Sheet, Marrow, Carrot, Onion, Cauliflower, Thyme, Salt, Pepper
	Cal per 100g	109kcal	Pasta = 131Kcal, Sauce = 97Kcal		122kcal
TUE		<u>Beef In Mustard Sauce With Veges</u>	<u>Chicken Roast With Garlic Sauce</u>	<u>Mashed Potato</u>	<u>Penne Primavera</u>
	Ingredients	Beef Cube, Pepper, Sunflower Oil, Mustard, Garlic, Demi Glace, Cooking Cream, Served With Vegetables	Chicken Breast, Salt, Pepper, Onion, Garlic, Carrot, Demi Glace	Potato, Cheese, Milk, Salt.	Penne Pasta, Marrow, Fresh Tomato Cube, Onion, Garlic, Basil, Olive Oil, Parmesan Cheese
	Cal per 100g	231kcal	167kcal	166kcal	168kcal
WED		<u>Colombo Chicken Curry</u>	<u>Fish Machboos</u>	<u>Steamed White Rice</u>	<u>Mexican Vegetarian Fajitas</u>
	Ingredients	Chicken Breast, Pepper, Yellow Curry Paste, Chicken Stock, Corn Flour, Cooking Cream, Salt.	Fish , Onion, Tomato, Garlic, Cloves, Cinnamon Stick, Turmeric, Oil, Salt, Pepper, Rice, Cardamom	Rice And Salt.	Capsicum, Onion, Carrot, Salt, Pepper, Cajun Spice, Grated Cheddar Cheese, Tortilla Bread
	Cal per 100g	167kcal	140kcal	130kcal	143kcal
THU		<u>Monster Beef & Cheese Burger</u>	<u>Breaded Baked Chicken</u>	<u>Roasted Potato Wedges</u>	<u>Quinoa Vegetable Burger</u>
	Ingredients	Cheddar Cheese, Beef Burger Pattie, Burger Bun, Iceberg Lettuce, Tomato.	Chicken Breast, Bread Crumb, Egg, Salt, Cajun Spice Powder	Potato, Salt, Pepper, Sunflower Oil.	Vegetable Pattie, Quinoa, Burger Bun, Lettuce, Tomato
	Cal per 100g	256kcal approx. per serving	170kcal	149kcal	254Kcal approx. per serving

		Protein 1	Protein 2	Starch	Vegetarian
SUN		<u>Chicken Tajine</u>	<u>Roasted Lamb Leg in Rosemary Sauce</u>	<u>Steamed Potato</u>	<u>Couscous With Veges & Dry Fruits</u>
	Ingredients	Chicken Cube, Onion, Arabic Spice, Pepper, Dry Lemon, Dry Grapes, Chicken Stock, Coriander Leaves.	Lamb Leg, Onion, Carrot, Garlic, Rosemary, Demi Glace, Celery.	Potato And Salt.	Couscous, Carrot, Marrow, Pumpkin, Onion, Dry Fruits, Arabic Spice
	Cal per 100g	170kcal	234kcal	87kcal	175kcal
MON		<u>Beef Lasagne</u>	<u>Baked Fish In Lemon Butter Sauce</u>	<u>Steamed White Rice</u>	<u>Vegetable Ratatouille</u>
	Ingredients	Minced Beef, Onion, Parsley, Coriander, Cumin, Salt, Black Pepper, Lasagne Sheet, White Sauce: Milk, Butter, Flour, Salt.	Fish Dory, Salt, Pepper, Butter, Lemon Juice, Lemon Wedges, Parsley	Rice And Salt	Eggplant, Marrow, Capsicum, Onion, Garlic, Olive Oil
	Cal per 100g	153Kcal	89kcal	130kcal	31kcal
TUE		<u>Roast Beef With Carrots</u>	<u>Chicken Biryani & Raita</u>	<u>Mashed Potato</u>	<u>Tofu Spinach Stew With White Rice</u>
	Ingredients	Beef tenderloin, Onion, Carrot, Celery, Salt, Pepper, Chicken Stock, Butter, Cooking Cream, Flour.	Basmati Rice, Chicken Cubes, Spices, Clarified Butter, Herbs, Salt.	Potato, Cheese, Milk, Salt.	Tofu Cube, Spinach, Onion, Garlic, Vegetable Stock. Steamed White Rice.
	Cal per 100g	184kcal	139kcal	166kcal	Tofu spinach stew = 70kcal, steamed white rice = 130kcal
WED		<u>Fish Aioli Parmentier</u>	<u>Butter Chicken</u>	<u>Steamed White Rice</u>	<u>Eggplant Moussaka</u>
	Ingredients	Dory Fish, Mashed Potatoes, Salt. Garlic Sauce Dip.	Chicken Breast, Tomato Sauce, Garlic, Garam Masala, Tandoori Masala, Cooking Cream, Butter, Salt.	Rice And Salt	Eggplant, Tomato Sliced, Tomato Sauce, Onion, Garlic, Mozzarella Grated
	Cal per 100g	89kcal	108kcal	130kcal	36kcal
THU		<u>Beef Enchilada</u>	<u>Chicken Burger</u>	<u>Baked Potatoes And Corn Cob</u>	<u>Sweet Potato Burrito</u>
	Ingredients	Tortilla Bread, Beef Julienne, Capsicum, Cheddar Cheese	Chicken Pattie, Iceberg Lettuce, Cheddar Cheese, Burger Bun	Potato, Pepper, Oil, Salt. Corn Cob	Sweet Potatoes Mashed, Corn, Peas, Cheddar, Tortilla Bread.
	Cal per	144kcal	251kcal per serving	Baked potato =93kcal,	147kcal

		Protein 1	Protein 2	Starch	Vegetarian
SUN		<u>Spaghetti Bolognese</u>	<u>Lamb, Peas & Potato Pie</u>		<u>Vegetable Pie</u>
	Ingredients	Beef Minced, Garlic, Onion, Carrot, Tomato Sauce, Salt, Pepper, Basil Leave, Rosemary, Spaghetti.	Lamb Cube, Salt, Pepper, Peas, Grated Carrot, Potato Cube, Parsley, Puff Pastry.		Peas, Grated Carrot, Corn, Potatoes Cube, Parsley, Puff Pastry, Pepper, Salt.
	Cal per 100g	Pasta = 131Kcal, Sauce = 97Kcal	197kcal		141kcal
MON		<u>Chicken Salona</u>	<u>Roasted Beef With Garlic, Peas & Mashed Potatoes</u>	<u>Steamed White Rice</u>	<u>Marrow Gratin With Garlic Bread</u>
	Ingredients	Chicken Cube, Onion, Garlic, Ginger, Tomato Paste, Eggplant, Marrow, Chicken Stock, Dry Lemon, Coriander Leaves.	Beef, Salt, Pepper, Demi Glace, Mashed Potatoes, Green Peas, Garlic	Rice And Salt	Marrow, Pepper, Garlic, Oregano, Egg, Milk, Cream, salt, Grated Cheddar Cheese.
	Cal per 100g	167kcal	178kcal	130kcal	Marrow gratin = 78kcal, garlic bread = 330kcal
TUE		<u>Lemon-Honey Chicken Kebab</u>	<u>Ginger Glazed Dory Fish</u>	<u>Coconut Rice</u>	<u>Fresh Wok Vegetables</u>
	Ingredients	Chicken Cube, Lemon Juice, Honey, Salt, Pepper, Oregano, Red Food Color, Sunflower Oil.	Dory Fish, Sunflower Oil, Salt, Pepper, Fresh Ginger, Honey, Balsamic Vinegar	Basmati Rice Steamed With Coconut Milk & Grated Coconut.	Onion, Garlic, White Cabbage, Carrot Julienne, Marrow, Cauliflower, Coriander Leaves
	Cal per 100g	167kcal	89kcal	135kcal	60kcal
WED		<u>Caramel-Apple Chicken</u>	<u>Beef Bourguignon</u>	<u>Mashed Potatoes</u>	<u>Spinach Quiche Doughless</u>
	Ingredients	Chicken Cube, Apple Cube, Brown Sugar, Salt, Pepper, Cinnamon, Nutmeg, Chicken Gravy Sauce.	Beef Cube, Carrot, Onion, Celery, Mushroom, Salt, Pepper, Demi Glace	Potato, Cheese, Milk, Salt.	Spinach, Milk, Cooking Cream, Eggs, Salt, Pepper, Nutmeg.
	Cal per 100g	170kcal	178kcal	166kcal	77kcal
THU		<u>Meat Lasagne</u>	<u>Butter Chicken</u>	<u>Steamed White Rice</u>	<u>Vegetable Cheese Burger With Potato Wedges</u>
	Ingredients	Minced Beef, Onion, Parsley, Coriander, Cumin, Salt, Black Pepper, Lasagne Sheet, White Sauce: Milk, Butter, Flour, Salt.	Chicken Breast, Tomato Sauce, Garlic, Garam Masala, Tandoori Masala, Cooking Cream, Butter.	Rice And Salt	Vegetable Pattie, Onion, Tomato, Lettuce, Burger Bun, Cheddar Cheese. Wedges Potatoes
	Cal per 100g	153Kcal	108kcal	130kcal	254Kcal approx. per serving

		Protein 1	Protein 2	Starch	Vegetarian
SUN		<u>Beef Steak With Rich Balsamic Glaze</u>	<u>Grilled Fish Al Arrabbiata</u>	<u>Roasted Potato</u>	<u>Red Lentil Curry & Rice</u>
	Ingredients	Beef Steak, Balsamic Vinegar, Demi Glace, Ground Black Pepper	Dory Fish, Tomato Sauce, Capsicum, Onion, Garlic, Basil Leaves, Salt, Pepper,	Potato, Salt, Pepper, Sunflower Oil.	Red Lentil, Onion, Garlic, Curry Powder, Turmeric Powder, Tomato Puree, Ginger. Steamed White Rice.
	Cal per 100g	178kcal	89kcal	149kcal	Red lentil curry = 80kcal, Steamed white rice = 130kcal
MON		<u>Tomato Stuffed With Beef, Peas & Corn</u>	<u>Roast Greek Chicken Souvlaki</u>	<u>Pilaf Rice</u>	<u>Penne Alla Casa</u>
	Ingredients	Tomato, Minced Beef, Cooked Rice, Green Peas & Corn, Salt, Pepper.	Chicken Cube, Marrow, Eggplant, Capsicum, Lemon Juice, Oregano, Olive Oil, Green Sliced Olives, Salt, Pepper.	Rice, Clarified Butter, Bay Leaf, Onions, Salt And Pepper.	Penne, Marrow, Olive Oil, Garlic, Parmesan.
	Cal per 100g	122kcal	167kcal	140kcal	168kcal
TUE		<u>Pineapple Tender Chicken</u>	<u>Fish Tikka Masala</u>	<u>Steamed White Rice</u>	<u>Eggplant Parmigiano</u>
	Ingredients	Pineapple Cube, Chicken Breast, Salt, Pepper, Cornflower Oil, Maple Syrup, Demi Glace	Dory Fish, Garlic, Onion, Cumin Powder, Ginger, Turmeric, Cinnamon, Tomato Sauce, Curry Powder, Cooking Cream, Vegetable Stock	Rice And Salt	Eggplant, Tomato Sauce, Garlic, Olive Oil, Bread Crumbs, Parmesan Cheese
	Cal per 100g	167kcal	89kcal	130kcal	89kcal
WED		<u>Shish Tawook With Grilled Veges</u>	<u>Spaghetti Bolognese</u>	<u>Mashed Potato</u>	<u>Grilled Veges In Pita With Feta Cheese</u>
	Ingredients	Chicken Cube, Yoghurt, Lemon Juice, Tomato Paste, Garlic, Cinnamon, Arabic Spice, Cardamom, Onion, Oil, Salt, Pepper.	Beef Minced, Garlic, Onion, Carrot, Tomato Sauce, Salt, Pepper, Basil Leave, Rosemary, Spaghetti.	Potato, Cheese, Milk, Salt.	Marrow, Capsicum, Feta Cheese, Pepper, Onion, Arabic Bread, Eggplant, Tomato Sauce, Oregano
	Cal per 100g	167kcal	Pasta = 131Kcal, Sauce = 97Kcal	166kcal	139kcal
THU		<u>Mushroom Chicken Pie</u>	<u>Beef Quesadillas</u>	<u>Roasted Potato Wedges</u>	<u>Vegetable Fajitas with corn</u>
	Ingredients	Mushroom, Chicken Cube, White Sauce: Flour, Milk, Butter, Salt. Puff Pastry: Flour, Milk, Butter	Beef, Onion, Capsicum, Cheddar Cheese, Tortilla Bread	Potato, Salt, Pepper, Sunflower Oil.	Mixed Vegetables, Tortilla Bread, Onion, Capsicum
	Cal per 100g	193kcal	144kcal	149kcal	143kcal

		Protein 1	Protein 2	Starch	Vegetarian
SUN		<u>Butter Chicken</u>	<u>Baked Andalous Fish</u>	<u>Steamed White Rice</u>	<u>Baked Potato Stuffed With Caponata</u>
	Ingredients	Chicken Cube, Yoghurt, Salt, Pepper, Lemon Juice, Tomato Paste, Garlic, Cinnamon, Arabic Spice, Cardamom, Onion, Oil.	Dory Fish, Capsicum, Tomato Cube, Black Olive, Parsley, Olive Oil, Rosemary, Onion, pepper, salt.	Rice And Salt.	Baked Potatoes, Marrow, Capsicum, Tomato Diced, Rosemary, Grated Mozzarella Cheese
	Cal per 100g	108kcal	75kcal	130kcal	76kcal
MON		<u>Wok Chicken & Asian Noodles</u>	<u>Spaghetti Bolognese</u>		<u>Spring Roll with Sauteed Veges</u>
	Ingredients	Chicken, Garlic, Ginger, Onion, Cabbage, Carrot, Spring Onion, Egg Noodles, Coriander Leaves	Beef Minced, Garlic, Onion, Carrot, Tomato Sauce, Salt, Pepper, Basil Leave, Rosemary, Spaghetti.		Pastry Sheet, Marrow, Carrot, Onion, Cauliflower, Thyme, Salt, Pepper
	Cal per 100g	109kcal	Pasta = 131Kcal, Sauce = 97Kcal		122kcal
TUE		<u>Beef In Mustard Sauce With Veges</u>	<u>Chicken Roast With Garlic Sauce</u>	<u>Mashed Potato</u>	<u>Penne Primavera</u>
	Ingredients	Beef Cube, Pepper, Sunflower Oil, Mustard, Garlic, Demi Glace, Cooking Cream, Served With Vegetables	Chicken Breast, Salt, Pepper, Onion, Garlic, Carrot, Demi Glace	Potato, Cheese, Milk, Salt.	Penne Pasta, Marrow, Fresh Tomato Cube, Onion, Garlic, Basil, Olive Oil, Parmesan Cheese
	Cal per 100g	231kcal	167kcal	166kcal	168kcal
WED		<u>Colombo Chicken Curry</u>	<u>Fish Machboos</u>	<u>Steamed White Rice</u>	<u>Mexican Vegetarian Fajitas</u>
	Ingredients	Chicken Breast, Pepper, Yellow Curry Paste, Chicken Stock, Corn Flour, Cooking Cream, Salt.	Fish , Onion, Tomato, Garlic, Cloves, Cinnamon Stick, Turmeric, Oil, Salt, Pepper, Rice, Cardamom	Rice And Salt.	Capsicum, Onion, Carrot, Salt, Pepper, Cajun Spice, Grated Cheddar Cheese, Tortilla Bread
	Cal per 100g	167kcal	140kcal	130kcal	143kcal
THU		<u>Monster Beef & Cheese Burger</u>	<u>Breaded Baked Chicken</u>	<u>Roasted Potato Wedges</u>	<u>Quinoa Vegetable Burger</u>
	Ingredients	Cheddar Cheese, Beef Burger Pattie, Burger Bun, Iceberg Lettuce, Tomato.	Chicken Breast, Bread Crumb, Egg, Salt, Cajun Spice Powder	Potato, Salt, Pepper, Sunflower Oil.	Vegetable Pattie, Quinoa, Burger Bun, Lettuce, Tomato
	Cal per 100g	256kcal approx. per serving	170kcal	149kcal	254Kcal approx. per serving