




































































































































Balanced Healthy Diet Menu: Week1

Week 1	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	 Fetta cheese Sandwich with cucumber & mint  Zaatar Croissant + cucumber slices	 Olives Finger bread with cream cheese + cucumber slices  Zaatar Mankousheh with cucumber slices + tomato slices	 Vegetable Omellette with Arabic Bread+ tomato slices  Skimmed milk and Cereals	 Fetta Cheese crepe + cucumber slices  White Beans with Red Sauce& Arabic Bread	 Zaatar Mankousheh+ tomato slices + cucumber slices  Lebanese parsley Omellette + tomato slices	 Grilled halloumi Sandwich With Thyme & Vegetables  Turkey & Cheese Club Sandwich+ cucumber slices	 Spinach Pie  Hummus Tahina with Arabic Bread
Lunch	 Chicken Biryani with cucumber yogurt  Fish Siyadiyeh with basmati rice	 Mexican style pasta with minced beef and cheese sauce  Fish samboosik with Potato coriander	 Lebanese rice with chicken & yogurt  Green beans stew with minced meat & rice	 Fish curry with rice  Chicken tandoori with rice and herbed yogurt	 Chicken Risotto + cucumber yogurt  Green peas stew with minced meat & vermicelli rice	 Chicken moughrabieh With yogurt  Shrimp curry with rice	 Chicken Steak with Hungarian sauce and carrots  Spaghetti Bolognese (Pasta with minced beef and Tomato Sauce)
Lunch Salad	Tabbouleh	Nicoise salad	Stuffed Vine leaves	Chicken Ceasar salad	Rocket beetroot Salad	Vegetable soup	Greek Chicken salad
Dinner	 Chicken burger  Beef Burger	 Grilled meat Sandwich  Maghmoura (eggplant with chickpeas) with Arabic bread(New Style)	 Beef Shawarma Sandwich  Lentil Quinoa Mix	 Falafel Sandwich & Tahina & Vegetables (New Style)  Tuna Club Sandwich	 Chicken steak with Hungarian Sauce and carrots  Vegetable pizza	 Chinese kafta Sandwich with pickles, parsley & hummus  Beef Freekeh with yogurt	 Chich taouk Sandwich with Hummus& Coleslaw  Vegetable Quesadillas
Dinner Salad	Lentil Soup	Crème of Chicken soup	Chicken and Rice soup	Beef Orzo soup	Mushroom soup	Minestrone soup	Chicken Vegetable soup
Snack 1 Dessert	 Marble Cake  Fruit	 Fondant Chocolate  Fruit	 Basbousa  Fruit	 Chocolate cake  Fruit	 Victoria Cake  Fruit	 Chocolate sable  Fruit	 Tiramisu  Fruit
Snack 2	 Fruit  Dried Fruits Figs / Apricot	 Fruit  Dried Fruits Figs/ Apricot	 Fruit  Dried Fruits Figs or Apricot	 Fruit  Dried Fruits Figs or Apricot	 Fruit  Dried Fruits Figs or Apricot	 Fruit  Dried Fruits Figs or Apricot	 Fruit  Dried Fruits Figs or Apricot



To pick your preferred option, please tick the apple







































































Balanced Healthy Diet Menu: Week 2

Week 2	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	 Dry toast, Cream cheese + cucumber slices  Chickpeas Fattah (chickpeas, Toasted bread, yogurt)	 Lahm Baajeen + tomato slices  Turkish Cheese Fateera + cucumber slices	 Foul mdammas with Arabic bread & Fresh Tomato  Zaatar & pizza roll & mint + cucumber slices	 Skimmed milk, cereals  Dark Chocolate and peanut butter crepe	 Akkawi Cheese Mankousheh + cucumber slices + tomato slices  Turkey and cheese wrap with mustard & pickles + tomato slices	 Cheddar cheese Sandwich  Waffle with chocolate Sauce & Maple syrup	 Zaatar & pizza roll + cucumber slices + tomato slices  Peanut butter & strawberry Jam toast
Lunch	 Meat biryani with yogurt  Mexican Fish with tomato and lime sauce with vegetables on the side	 Rice with Fava Beans and minced beef with yogurt  Beef Risotto with cucumber yogurt	 Mongolian meat with vegetables and rice noodles  Grilled Chicken Barbecue sauce with roasted potato	 Chicken Steak with Hungarian sauce and carrots  Okra stew and meat with vermicelli rice	 Fish enpapillote with spring vegetables and cheesy potato with broccoli  Mexican Beef with Mexican rice	 Chicken Kabseh With rice and yogurt  Stuffed Cabbage with yoghurt	 Egg Noodles with Chicken  Beef Lasagna
Lunch Salad	Green salad	Hawaiian Salad	Tuna Pasta salad	Chicken Greek salad	Vegetable Tuna salad	Mushroom soup	Tabbouleh
Dinner	 Vegetable lasagna  Chicken enchiladas Sandwich with guacamole sauce	 Penne Pomodoro  Vegetable Gratin	 Potato Pizza  Chicken Club Sandwich	 Samboosik Chicken Wellington with vegetable skewers (tomato, bell pepper, eggplant & squash)  Kebbeh saniyeh with yogurt	 Potato kibbeh  Indian style pasta (pasta, chicken, tomato, mushroom, spinach, saffron powder, curry powder)	 Grilled meat skewers sandwich with Hummus & vegetables  Fish Tacos with Rainbow stew	 Grilled Fish With Coriander Sauce + Tahina + potato coriander  Egyptian Koushari
Dinner Salad	Lentil Soup	Crème of Chicken soup	Chicken and Rice soup	Beef Orzo soup	Mushroom soup	Minestrone soup	Chicken Vegetable soup
Snack 1 Dessert	 Date truffles  Fruit	 Brownies  Fruit	 Aych el saray  Fruit	 Chocolate swiss roll  Fruit	 Red Velvet  Fruit	 Blueberry oat muffin  Fruit	 Carrot Cake  Fruit
Snack 2	 Fruit  Dried Fruits Figs or Apricot	 Fruit  Dried Fruits Figs or Apricot	 Fruit  Dried Fruits Figs or Apricot	 Fruit  Dried Fruits Figs or Apricot	 Fruit  Dried Fruits Figs or Apricot	 Fruit  Dried Fruits Figs or Apricot	 Fruit  Dried Fruits Figs or Apricot



To pick your preferred option, please tick the apple

Balanced Healthy Diet Menu: Week 3

Week 3	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	 Fatta Cheese with herbs Empanadas + cucumber slices  Spinach Omelette With Arabic bread + tomato slices	 Oat meal pudding with nuts and cinnamon  Hummus Tahina With Arabic bread	 Crepes with honey  Eggplant Fatteh (eggplant, Toasted bread, yogurt)	 Thyme croissant + cucumber slices  Toast with jam & cream cheese	 Akkawi Cheese Mankousheh + cucumber slices  Chocolate Croissant	 Pesto Halloumi Sandwich with cucumber  Pancake with Orange & Nuts	 Fetta cheese Sandwich + cucumber slices  Turkish Cheese Fateera + tomato slices + cucumber slices
Lunch	 Stuffed potatoes with tomato sauce & Vermicelli Rice  Mustard chicken with potato coriander	 Kebbeh with yoghurt  Vegetable stew with rice	 Stuffed squash and eggplant with cucumber yogurt  Baked Chicken and Potatoes new style	 Fish curry with white rice  Kofta With Tahina & Potato baked with Arabic Bread	 Chicken Freekeh With yoghurt  Steak chasseur with mushroom and potato puree	 Chich Barak in yoghurt with white rice  Crispy chicken burger	 Squash with minced meat & yoghurt with vermicelli rice  Tagliatelle with hamour
Lunch Salad	Fattouch	Green salad	Greek Pasta salad	Tabbouleh with Quinoa	Vine Leaves	Lentil Soup	Panachee salad
Dinner	 Chicken Shawarma Sandwich  Beef burrito sandwich	 Pasta Alfredo with grilled chicken and mushroom fresh cream sauce  Vegetable quesadillas	 Tagliatelle with vegetables  Lentil stew with Arabic bread	 Meat shawarma Sandwich  Chicken fajita sandwich with vegetables and Mexican sauces	 Chicken Club Sandwich  Vegetarian Pizza	 Lentil Quinoa Mix  Philadelphia steak sandwich	 Msakkhan sandwich (Oriental chx sandwich)  Shish Tawook Sandwich with Hummus
Dinner Salad	Lentil Soup	Crème of Chicken soup	Chicken and Rice soup	Beef Orzo soup	Mushroom soup	Minestrone soup	Chicken Vegetable soup
Snack 1 Dessert	 Oat Cookies  Fruit	 Umm Ali  Fruit	 Rice pudding  Fruit	 Oat Maamoul  Fruit	 Chocolate succès  Fruit	 Blueberry Cheese cake  Fruit	 Black forest cake  Fruit
Snack 2	 Fruit  Dried Fruits Figs or Apricot	 Fruit  Dried Fruits Figs or Apricot	 Fruit  Dried Fruits Figs or Apricot	 Fruit  Dried Fruits Figs or Apricot	 Fruit  Dried Fruits Figs or Apricot	 Fruit  Dried Fruits Figs or Apricot	 Fruit  Dried Fruits Figs or Apricot



To pick your preferred option, please tick the apple

Balanced Healthy Diet Menu: Week 4

Week 4	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	 Turkey Omelette with Arabic Bread + cucumber slices  Cinnamon roll	 Turkey & cheese club + tomato slices  White Beans Red sauce & Arabic Bread	 Zaatar Croissant + cucumber slices  Fruit Muffin and skim milk	 Cereals with Nuts & Milk  Hard toast with labneh & Zaatar + cucumber slices	 Lahm Baajen + tomato slices  Vegetarian pizza	 Akkawi Cheese Mankousheh + cucumber slices  Eddame Cheese sandwich	 Zaatar & Pizza Roll + cucumber slices  Chocolate Croissant
Lunch	 Potato stew with meat and vermicelli rice  Italian baked chicken and potato	 Chicken Breast Stuffed with Mozzarella and Spinach with mashed potato  Grilled Fish with Freekeh	 Grilled Chicken & Spaghetti with red sauce  Daoud basha with rice	 Vegetable Risotto (Cauliflower, Broccoli, Carrot) & cucumber yogurt  Spanish fish filet with potato coriander	 Chicken Biryani with cucumber & yogurt  Mexican beef with Mexican rice	 Chicken Siyadieh With yoghurt  Beef steak with mustard and sesame and almond rice	 Rosemary chicken skewers with spicy rice  Beef Kabseh with Yogurt
Lunch Salad	Chicken Ceasar Salad	Fattoush	Tuna Pasta salad	Green salad	Chef salad	Crème of Chicken Soup	Tabbouleh
Dinner	 Mdardra (Lentil mix with rice)  Chicken Quesadillas	 Iranian kebab Sandwich  Spinach crepes with bechamel sauce	 Grilled Vegetables Wrap  Stuffed eggplant rolls with tomato sauce and mini ciabatta	 Beef Pesto pasta  Chicken flutes Sandwich	 Fattet hummus bi laban (Chick peas with Yogurt)  Italian Meat Pie	 Eggplant tower  Grilled Shrimp Sandwich	 Vegetable Lasagna  Crispy chicken wrap
Dinner Salad	Lentil Soup	Crème of Chicken soup	Chicken and Rice soup	Beef Orzo soup	Mushroom soup	Minestrone soup	Chicken Vegetable soup
Snack 1 Dessert	 Chocolate truffles  Fruit	 Sfouf  Fruit	 Achta qatayef  Fruit	 Chocolate éclair  Fruit	 Milles feuilles  Fruit	 Lemon Drizzle Cake  Fruit	 Nougatine cake  Fruit
Snack 2	 Fruit  Dried Fruits Figs or Apricot	 Fruit  Dried Fruits Figs or Apricot	 Fruit  Dried Fruits Figs or Apricot	 Fruit  Dried Fruits Figs or Apricot	 Fruit  Dried Fruits Figs or Apricot	 Fruit  Dried Fruits Figs or Apricot	 Fruit  Dried Fruits Figs or Apricot



To pick your preferred option, please tick the apple