












































## Executive Lunch Diet Menu: Week1

Week 1	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Lunch</b>	 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)
<b>Lunch Salad</b>	 Tabbouleh  Lentil Soup	 Nicoise salad  Crème of Chicken soup	 Stuffed Vine leaves  Chicken and Rice soup	 Chicken Ceasar salad  Beef Orzo soup	 Rocket beetroot Salad  Mushroom soup	 Vegetable soup  Minestrone soup	 Greek Chicken salad  Chicken Vegetable soup
<b>Snack 1 Dessert</b>	 Marble Cake  Fruit	 Fondant Chocolate  Fruit	 Basbousa  Fruit	 Chocolate cake  Fruit	 Victoria Cake  Fruit	 Chocolate sable  Fruit	 Tiramisu  Fruit











































 To pick your preferred option, please tick the apple

## Executive Lunch Diet Menu: Week 2

Week 2	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Lunch</b>	<input type="checkbox"/> Meat biryani with yogurt <input type="checkbox"/> Mexican Fish with tomato and lime sauce with vegetables on the side	<input type="checkbox"/> Rice with Fava Beans and minced beef with yogurt <input type="checkbox"/> Beef Risotto with cucumber yogurt	<input type="checkbox"/> Mongolian meat with vegetables and rice noodles <input type="checkbox"/> Grilled Chicken Barbecue sauce with roasted potato	<input type="checkbox"/> Chicken Steak with Hungarian sauce and carrots <input type="checkbox"/> Okra stew and meat with vermicelli rice	<input type="checkbox"/> Fish enpapillote with spring vegetables and cheesy potato with broccoli <input type="checkbox"/> Mexican Beef with Mexican rice	<input type="checkbox"/> Chicken Kabseh With rice and yogurt <input type="checkbox"/> Stuffed Cabbage with yoghurt	<input type="checkbox"/> Egg Noodles with Chicken <input type="checkbox"/> Beef Lasagna
<b>Lunch Salad</b>	<input type="checkbox"/> Green salad <input type="checkbox"/> Lentil Soup	<input type="checkbox"/> Hawaiian Salad <input type="checkbox"/> Crème of Chicken soup	<input type="checkbox"/> Tuna Pasta salad <input type="checkbox"/> Chicken and Rice soup	<input type="checkbox"/> Chicken Greek salad <input type="checkbox"/> Beef Orzo soup	<input type="checkbox"/> Vegetable Tuna salad <input type="checkbox"/> Mushroom soup	<input type="checkbox"/> Mushroom soup <input type="checkbox"/> Minestrone soup	<input type="checkbox"/> Tabbouleh <input type="checkbox"/> Chicken Vegetable soup
<b>Snack 1 Dessert</b>	<input type="checkbox"/> Date truffles <input type="checkbox"/> Fruit	<input type="checkbox"/> Brownies <input type="checkbox"/> Fruit	<input type="checkbox"/> Aych el saray <input type="checkbox"/> Fruit	<input type="checkbox"/> Chocolate swiss roll <input type="checkbox"/> Fruit	<input type="checkbox"/> Red Velvet <input type="checkbox"/> Fruit	<input type="checkbox"/> Blueberry oat muffin <input type="checkbox"/> Fruit	<input type="checkbox"/> Carrot Cake <input type="checkbox"/> Fruit

To pick your preferred option, please tick the apple

## Executive Lunch Diet Menu: Week 3

Week 3	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Lunch</b>	 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
<b>Lunch Salad</b>	 Fattouch  Lentil Soup	 Green salad  Crème of Chicken soup	 Greek Pasta salad  Chicken and Rice soup	 Tabbouleh with Quinoa  Beef Orzo soup	 Vine Leaves  Mushroom soup	 Lentil Soup  Minestrone soup	 Panachee salad  Chicken Vegetable soup
<b>Snack 1 Dessert</b>	 Oat Cookies  Fruit	 Umm Ali  Fruit	 Rice pudding  Fruit	 Oat Maamoul  Fruit	 Chocolate succès  Fruit	 Blueberry Cheese cake  Fruit	 Black forest cake  Fruit



To pick your preferred option, please tick the apple

## Executive Lunch Diet Menu: Week 4

Week 4	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Lunch</b>	<input type="checkbox"/> Potato stew with meat and vermicelli rice	<input type="checkbox"/> Chicken Breast Stuffed with Mozzarella and Spinach with mashed potato	<input type="checkbox"/> Grilled Chicken & Spaghetti with red sauce	<input type="checkbox"/> Vegetable Risotto (Cauliflower, Broccoli, Carrot) & cucumber yogurt	<input type="checkbox"/> Chicken Biryani with cucumber & yogurt	<input type="checkbox"/> Chicken Siyadieih With yoghurt	<input type="checkbox"/> Rosemary chicken skewers with spicy rice
	<input type="checkbox"/> Italian baked chicken and potato	<input type="checkbox"/> Grilled Fish with Freekeh	<input type="checkbox"/> Daoud basha with rice	<input type="checkbox"/> Spanish fish filet with potato coriander	<input type="checkbox"/> Mexican beef with Mexican rice	<input type="checkbox"/> Beef steak with mustard and sesame and almond rice	<input type="checkbox"/> Beef Kabseh with Yogurt
<b>Lunch Salad</b>	<input type="checkbox"/> Chicken Ceasar Salad	<input type="checkbox"/> Fattoush	<input type="checkbox"/> Tuna Pasta salad	<input type="checkbox"/> Green salad	<input type="checkbox"/> Chef salad	<input type="checkbox"/> Crème of Chicken Soup	<input type="checkbox"/> Tabbouleh
	<input type="checkbox"/> Lentil Soup	<input type="checkbox"/> Crème of Chicken soup	<input type="checkbox"/> Chicken and Rice soup	<input type="checkbox"/> Beef Orzo soup	<input type="checkbox"/> Mushroom soup	<input type="checkbox"/> Minestrone soup	<input type="checkbox"/> Chicken Vegetable soup
<b>Snack 1 Dessert</b>	<input type="checkbox"/> Chocolate truffles	<input type="checkbox"/> Sfouf	<input type="checkbox"/> Achta qatayef	<input type="checkbox"/> Chocolate éclair	<input type="checkbox"/> Milles feuilles	<input type="checkbox"/> Lemon Drizzle Cake	<input type="checkbox"/> Nougatine cake
	<input type="checkbox"/> Fruit	<input type="checkbox"/> Fruit	<input type="checkbox"/> Fruit	<input type="checkbox"/> Fruit	<input type="checkbox"/> Fruit	<input type="checkbox"/> Fruit	<input type="checkbox"/> Fruit

To pick your preferred option, please tick the apple