


















Vegan Menu: Week 1

Week 1	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Zaatar Croissant + cucumber slices	Zaatar Mankousheh with cucumber slices + tomato slices	Almond Milk with cereals	White beans with red sauce and Arabic bread	Zaatar Croissant + cucumber slices	Hummus Tahina with Arabic bread	Spinach Pie
Lunch	Beans patties with potatoes	Mexican Pasta (No beef, No Cheese)	Green beans stew with rice	Vegetable & Mushroom Risotto	Green peas stew with vermicelli rice	Raw Some Vegetable Pizza	Vegan Spaghetti Bolognese (No beef, No Cheese)
Lunch Salad	Tabbouleh	Nicoise Salad (No Cheese)	Stuffed Vine Leaves	Ceasar Salad	Rocket beetroot Salad (No Cheese)	Vegetable Soup	Greek Salad (No Cheese)
Dinner	Vegetable Stew with Rice	Maghmoura (Eggplant) with bread	Lentil Quinoa Mix	Falafel Sandwich	Vegan Stroganoff with Rice	Vegan Penne Pomodoro with Tofu	Vegetable Quesadillas (No Cheese)
Dinner Salad	Lentil Soup	Spinach Vermicelli Soup	Mushroom Soup (No cream)	Vegan Tomato Soup (No cream, No Cheese)	Vegetable Soup	Pumkin & Red Lentil Soup	Vegetable Soup
Dessert	Coconut Dark Chocolate Truffles	Date Truffles	Marsipan	Chocomole pudding	Vegan Chocolate Chip Cookies	Vegetable Sticks with Guacamole	Papaya & Chili Chocolate Bar
Snack	 Fruit  Dried Fruits Figs / Apricot	 Fruit  Dried Fruits Figs / Apricot	 Fruit  Dried Fruits Figs / Apricot	 Fruit  Dried Fruits Figs / Apricot	 Fruit  Dried Fruits Figs / Apricot	 Fruit  Dried Fruits Figs / Apricot	 Fruit  Dried Fruits Figs / Apricot















To pick your preferred option, please tick the 


Vegan Menu: Week 2

Week 2	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Balila (seasoned chickpeas) with Arabic bread	Vegetable Empenadas	Foul Mdammas with Arabic Bread	Almond Milk with cereals	Zaatar Mankousheh	Vegan Waffle with maple syrup	Zaatar Roll
Lunch	Vegetable Lasagna (Almond Milk)	Rice with Fava Beans	Asian Vegetables Noodles with Red Kidney Beans	Okra Stew with Vermicelli Rice	Indian Style Pasta (pasta , tomato, mushroom, spinach, saffron powder, curry powder)	Stuffed Cabbage (No beef)	Penne Pomodoro (No Cheese)
Lunch Salad	Green Salad	Hawaian Salad (No Chicken, No Cheese)	Baladi Salad	Greek Salad (No Cheese)	Stuffed Vine Leaves	Vegan Tomato Soup	Tabbouleh
Dinner	Vegetable Biryani	Vegetable Gratin	Vegan Nuggets with Grilled Fries	Lentil Stew with Arabic bread	Potato Kibbeh (No beef)	Spaghetti Al Olio	Egyptian Koushari
Dinner Salad	Lentil Soup	Spinach Vermicelli Soup	Mushroom Soup (No cream)	Tomato Soup (No cream, no chicken)	Vegetable Soup	Pumkin & Red Lentil Soup	Vegetable Soup
Dessert	Coconut Dark Chocolate Truffles	Date Truffles	Marsipan	Chocomole pudding	Vegan Chocolate Chip Cookies	Vegetable Sticks with Guacamole	Papaya & Chili Chocolate Bar
Snack	Fruit Dried Fruits Figs / Apricot	Fruit Dried Fruits Figs / Apricot	Fruit Dried Fruits Figs / Apricot	Fruit Dried Fruits Figs / Apricot	Fruit Dried Fruits Figs / Apricot	Fruit Dried Fruits Figs / Apricot	Fruit Dried Fruits Figs / Apricot















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Vegan Menu: Week 3

Week 3	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Spinach Fatayer	Oat meal pudding with Almond Milk & banana slices	Crepe with Honey	Toast with Jam & peanut butter	Zaatar Croissant	Vegan Pancake with Strawberry and Mapple Syrup	Hummus Tahina with Arabic bread
Lunch	Spinach Stew with rice (No beef)	Vegetable Stew with rice	Tagliatelle with Vegetables	Mintou (Vegetarian Puff Pastry)	Vegetables and Mushroom Risotto	Chinese Rice with vegetables (No eggs)	Mexican Pasta (No chicken, No beef, No cream)
Lunch Salad	Fattoush	Green Salad	Greek Pasta (No Cheese)	Tabbouleh with Quinoa	Stuffed Vine Leaves	Vegan Tomato Soup	Panachee Salad (No Tuna)
Dinner	Yellow Mjaddara	Vegetable Quesadillas (No cheese)	Lentil stew with Arabic bread	Vegan Spaghetti Bolognese (No cheese, No beef)	Vegetable pizza with tofu cheese	Lentil Quinoa Mix	Falafel Sandwich
Dinner Salad	Lentil Soup	Spinach vermicelli Soup	Mushroom Soup (no cream)	Vegan Tomato Soup (No cream, no cheese)	Vegetable Soup	Pumkin & Red Lentil Soup	Vegetable Soup
Dessert	Coconut Dark Chocolate Truffles	Date Truffles	Marsipan	Chocomole pudding	Vegan Chocolate Chip Cookies	Vegetable Sticks with Guacamole	Papaya & Chili Chocolate Bar
Snack	 Fruit  Dried Fruits Figs / Apricot	 Fruit  Dried Fruits Figs / Apricot	 Fruit  Dried Fruits Figs / Apricot	 Fruit  Dried Fruits Figs / Apricot	 Fruit  Dried Fruits Figs / Apricot	 Fruit  Dried Fruits Figs / Apricot	 Fruit  Dried Fruits Figs / Apricot

To pick your preferred option, please tick the 

Vegan Menu: Week 4

Week4	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Vegetarian Fateera	White Beans with Red Sauce	Zaatar Croissant	Hard Toast with zaatar	Hummus with Avocado & Toast	Zaatar Mankousheh	Zaatar Roll
Lunch	Potato Stew with Rice	Freekeh with Vegetables	Stufed Eggplant Roll (No Cheese, No beef)	Vegetable Risotto (No cheese)	Spinach stew with rice	Vegetables Cannelloni (Pasta Stuffed wit Vegetables)	Lentil and Burgul Wheat
Lunch Salad	Ceasar Salad	Fattoush	Baladi Salad	Green Salad	Stuffed vine leaves	Vegan Tomato Soup	Tabbouleh
Dinner	Mdardara (Lentil Mix with Rice)	Spinach crepe (No Cheese, no béchamel, sauce : lemon & olive oil & salt)	Grilled Vegetable Wrap (No Cheese)	Pesto Pasta (No cheese, no cream)	Mushroom Pie	Stuffed Eggplant & Squash with Tomato Sauce (No beef)	Vegan Vegetable Lasagna (No Cheese)
Dinner Salad	Lentil Soup	Spinach Vermicelli Soup	Mushroom Soup (no cream)	Vegan Tomato Soup (No cream, No cheese)	Vegetable Soup	Pumkin & Red Lentil Soup	Vegetabe Soup
Dessert	Coconut Dark Chocolate Truffles	Date Truffles	Marsipan	Chocomole pudding	Vegan Chocolate Chip Cookies	Vegetable Sticks with Guacamole	Papaya & Chili Chocolate Bar
Snack	 Fruit  Dried Fruits Figs / Apricot	 Fruit  Dried Fruits Figs / Apricot	 Fruit  Dried Fruits Figs / Apricot	 Fruit  Dried Fruits Figs / Apricot	 Fruit  Dried Fruits Figs / Apricot	 Fruit  Dried Fruits Figs / Apricot	 Fruit  Dried Fruits Figs / Apricot

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