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Week 1	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Zaatar Croissant	Zaatar Mankousheh	Vegetable Omelette With Arabic Bread	White Beans with Red Sauce & Arabic Bread	Hummus Tahina with Arabic Bread	Spinach Fatayer	Toast with Strawberry Jam
	 Coffee	 Coffee	 Coffee	 Coffee	 Coffee	 Coffee	 Coffee
	 Red Tea	 Red Tea	 Red Tea	 Red Tea	 Red Tea	 Red Tea	 Red Tea
	 Green Tea	 Green Tea	 Green Tea	 Green Tea	 Green Tea	 Green Tea	 Green Tea
	 Lettuce	 Lettuce	 Lettuce	 Lettuce	 Lettuce	 Lettuce	 Lettuce
	 Cucumber	 Cucumber	 Cucumber	 Cucumber	 Cucumber	 Cucumber	 Cucumber
Lunch	Beans patties with potatoes	Mouloukhiya with Rice	Lebanese potato stew with lemon, coriander & rice	Vegetable & Mushroom Risotto	Vegan Lentil Penne Pasta	Green Peas stew with vermicelli rice	Raw Some Vegetable Pizza
Lunch Salad	Greek Salad	Green Salad	Stuffed Vine Leaves	Fattoush Salad	Greek Salad	Vegetable Soup	Rocket Beetroot Salad
Dinner	Vegetable Stew with Rice	Maghmoura (Eggplant) with bread	Lentil Quinoa Mix	Falafel burger	Vegan Stroganoff with Rice	Vegan Penne Pomodoro	Potato Stew With Vermicelli Rice
Dinner Salad	Lentil Soup	Vegan Tomato Soup (No cream, No cheese)	Mushroom Soup	Vegetable Soup	Pumkin & Red Lentil Soup	White Beans & Kale Soup	Minestrone Soup (No Chicken)
Dessert	Coconut Dark Chocolate Truffles	Date Truffles	Marsipan	Chocomole pudding	Vegan Chocolate Chip Cookies	Vegetable Sticks with Guacamole	Papaya & Chili Chocolate Bar
Snack	 Fruit	 Fruit	 Fruit	 Fruit	 Fruit	 Fruit	 Fruit
	 Dried Fruits Figs / Apricot	 Dried Fruits Figs / Apricot	 Dried Fruits Figs / Apricot	 Dried Fruits Figs / Apricot	 Dried Fruits Figs / Apricot	 Dried Fruits Figs / Apricot	 Dried Fruits Figs / Apricot




To pick your preferred option, please tick the 

Vegetarian Menu: Week 2

Week 2	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Apricot Jam with Toast and Tofo Cheese	Zaatar Mankousheh	Balila (seasoned chickpeas) with Arabic bread	Vegetable Fatera	Whole Meal Bread Roll with Jam	Foul Mdammas with Arabic Bread	Zaatar Roll
	 Coffee	 Coffee	 Coffee	 Coffee	 Coffee	 Coffee	 Coffee
	 Red Tea	 Red Tea	 Red Tea	 Red Tea	 Red Tea	 Red Tea	 Red Tea
	 Green Tea	 Green Tea	 Green Tea	 Green Tea	 Green Tea	 Green Tea	 Green Tea
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)	Green Beans with Rice
	 Lettuce	 Lettuce	 Lettuce	 Lettuce	 Lettuce	 Lettuce	 Lettuce
Lunch Salad	Grilled Salad (Lettuce, Squash, Tomato, Onion)	Rocket Beetroot Salad with Tofo Cheese	Fattoush Salad	Green Salad	Greek Salad with Tofo Cheese	Kale and Quinoa Salad	Stuffed Vine Leaves
Dinner	Moroccan Couscous with Vegetable	Lebanese Oriental Ejeh with Arabic Bread	Vegan Nuggets with Grilled Fries	Lentil Stew with Arabic bread	Potato Kibbeh	Spaghetti Al Olio	Egyptian Koushari
Dinner Salad	Lentil Soup	Vegan Tomato Soup (No cream, No cheese)	Mushroom Soup	Vegetable Soup	Pumkin & Red Lentil Soup	White Beans & Kale Soup	Minestrone Soup (No Chicken)
Dessert	Coconut Dark Chocolate Truffles	Date Truffles	Marsipan	Chocomole pudding	Vegan Chocolate Chip Cookies	Vegetable Sticks with Guacamole	Papaya & Chili Chocolate Bar
Snack	 Fruit	 Fruit	 Fruit	 Fruit	 Fruit	 Fruit	 Fruit
	 Dried Fruits	 Dried Fruits	 Dried Fruits	 Dried Fruits	 Dried Fruits	 Dried Fruits	 Dried Fruits
	Figs / Apricot	Figs / Apricot	Figs / Apricot	Figs / Apricot	Figs / Apricot	Figs / Apricot	Figs / Apricot




































To pick your preferred option, please tick the 

Vegetarian Menu: Week 3

Week 3	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Spinach Fatayer	Crepe with Honey	Hummus Tahina with Arabic bread	Zaatar Croissant	Spinach Omelette Toast	Balila (seasoned chickpeas) with Arabic bread	Vegetable Omelette with Arabic bread
	 Coffee	 Coffee	 Coffee	 Coffee	 Coffee	 Coffee	 Coffee
	 Red Tea	 Red Tea	 Red Tea	 Red Tea	 Red Tea	 Red Tea	 Red Tea
	 Green Tea	 Green Tea	 Green Tea	 Green Tea	 Green Tea	 Green Tea	 Green Tea
Lunch	Lettuce	Lettuce	Lettuce	Lettuce	Lettuce	Lettuce	Lettuce
	Cucumber	Cucumber	Cucumber	Cucumber	Cucumber	Cucumber	Cucumber
Lunch	Spinach Stew with Rice	Vegetables Quesadillas	Spaghetti with Vegetables	Mintou (Vegetarian Puff Pastry)	Mushroom Risotto	Chinese Rice with vegetables	Mexican Pasta (No chicken, No beef, No cream)
Lunch Salad	Kale and Quinoa Salad	Rocket Beetroot Salad with Tofu Cheese	Greek Pasta (No Cheese)	Tabbouleh	Green Salad	Lentil Soup	Fattoush Salad
Dinner	Vegetable stew with Rice	Vegan Burrito	Mini Vegetables Fritatas	Vegan Spaghetti Bolognese (No cheese, No beef)	Moroccan Couscous with Vegetable	Spring Rolls	Vegetable Pizza with Tofo Cheese
Dinner Salad	Lentil Soup	Vegan Tomato Soup (No cream, No cheese)	Mushroom Soup	Vegetable Soup	Pumkin & Red Lentil Soup	White Beans & Kale Soup	Minestrone Soup (No Chicken)
Dessert	Coconut Dark Chocolate Truffles	Date Truffles	Marsipan	Chocomole pudding	Vegan Chocolate Chip Cookies	Vegetable Sticks with Guacamole	Papaya & Chili Chocolate Bar
Snack	 Fruit	 Fruit	 Fruit	 Fruit	 Fruit	 Fruit	 Fruit
	 Dried Fruits Figs / Apricot	 Dried Fruits Figs / Apricot	 Dried Fruits Figs / Apricot	 Dried Fruits Figs / Apricot	 Dried Fruits Figs / Apricot	 Dried Fruits Figs / Apricot	 Dried Fruits Figs / Apricot

To pick your preferred option, please tick the 

Vegetarian Menu: Week 4

Week4	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Chickpeas and Onion Omelette with Toast	White Beans with Red Sauce & Arabic Bread	Spinach Fatayer	Scrambled Omelette with Arabic bread	Zaatar Croissant	Spinach Omelette with Arabic Bread	Vegetarian Fateera
	 Coffee	 Coffee	 Coffee	 Coffee	 Coffee	 Coffee	 Coffee
	 Red Tea	 Red Tea	 Red Tea	 Red Tea	 Red Tea	 Red Tea	 Red Tea
	 Green Tea	 Green Tea	 Green Tea	 Green Tea	 Green Tea	 Green Tea	 Green Tea
Lunch	Potato Stew with Vermicelli Rice	Freekeh with Vegetables	Grilled Vegetable Wrap	Vegetable Rice Siyadiyeh	Red beans stew with rice	Vegetables Cannelloni (Pasta Stuffed with Vegetables)	Lentil and Burgul Wheat
	Rocket Beetroot Salad	Stuffed Vine Leaves	Kale and Quinoa Salad	Tabbouleh	Grilled Salad (Lettuce, Squash, Tomato, Onion)	Green Salad	Fattoush Salad
Dinner	Mdardara (Lentil Mix with Rice)	Vegetable Quesadillas	Spinach Stew with Chickpeas with rice	Cauliflower Stew with rice	Mushroom Pie	Stuffed Eggplant & Squash with Tomato Sauce	Paneer with Zaatar skewers with Mediterranean Vegetables
Dinner Salad	Lentil Soup	Vegan Tomato Soup (No cream, No cheese)	Mushroom Soup	Vegetable Soup	Pumkin & Red Lentil Soup	White Beans & Kale Soup	Minestrone Soup (No Chicken)
Dessert	Coconut Dark Chocolate Truffles	Date Truffles	Marsipan	Chocomole pudding	Vegan Chocolate Chip Cookies	Vegetable Sticks with Guacamole	Papaya & Chili Chocolate Bar
Snack	 Fruit	 Fruit	 Fruit	 Fruit	 Fruit	 Fruit	 Fruit
	 Dried Fruits Figs / Apricot	 Dried Fruits Figs / Apricot	 Dried Fruits Figs / Apricot	 Dried Fruits Figs / Apricot	 Dried Fruits Figs / Apricot	 Dried Fruits Figs / Apricot	 Dried Fruits Figs / Apricot

To pick your preferred option, please tick the 