



























































































































































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	 OlivesFinger bread with cream cheese + cucumber slices  Zaatar Mankousheh with cucumber slices	 Vegetable Omelette with Arabic Bread+ cucumber slices  Skimmed milk and Cereals	 Mozzarella crepe + cucumber slices  White Beans with Red Sauce& Arabic Bread	 Zaatar Mankousheh + cucumber slices  Lebanese parsley Omelette + cucumber slices	 Grilled halloumi Sandwich With Thyme & Vegetables  Turkey & Cheese Club Sandwich+ cucumber slices	 Spinach Pie  Hummus Tahina with Arabic Bread
Lunch	 Mediterranean Kafta with Saffron Rice  Fish Siyadiyeh with basmati rice	 Mexican style pasta with minced beef and cheese sauce  Fish samboosik with Potato coriander	 Lebanese rice with chicken  Green beans stew with minced meat & rice	 Fish curry with rice  Chicken tandoori with rice	 Chicken Risotto  Green peas stew with minced meat & vermicelli rice	 Chicken moughrabieh  Shrimp curry with rice	 Crusted fish with lemon & spinach and chickpeas aside  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	 Chicken Kofta skewers + grilled fries & hummus + Arabic Bread  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	 Chich taouk Sandwich with Hummus& Coleslaw  Vegetable Quesadillas
Dinner Salad	Lentil Soup	Crème of Chicken soup	Mushroom soup	Beef Orzo soup	Vegetable soup	Minestrone soup	Chicken Vegetable soup
Snack 1 Choose 1 from the list	 Marble cake  Popcorn  Jelly Custard  Salty Crackers  Lupine	 Fondant Chocolate  Popcorn  Muhalabiya  Salty Crackers  Lupine	 Basbousa  Popcorn  Custard  Salty Crackers  Lupine	 Chocolate Cake  Popcorn  Rice Pudding  Salty Crackers  Lupine	 Victoria Cake  Popcorn  Jelly  Salty Crackers  Lupine	 Chocolate Sable  Popcorn  Chocolate Custard  Salty Crackers  Lupine	 Tiramissu  Popcorn  Charlotte Custard  Salty Crackers  Lupine
Snack 2	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit



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 + cucumber slices  Turkish Cheese Fateera + cucumber slices	 Foul mdammas with Arabic bread + cucumber slices  Zaatar & pizza roll & mint + cucumber slices	 Skimmed milk, cereals  Dark Chocolate and peanut butter crepe	 Akkawi Cheese Mankousheh + cucumber slices  Turkey and cheese wrap with mustard & pickles + cucumber slices	 Cheddar cheese Sandwich  Waffle with chocolate Sauce & Maple syrup	 Zaatar roll + cucumber 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  Beef Risotto	 Mongolian meat with vegetables and rice noodles  Grilled Chicken Barbecue sauce with roasted potato	 Beef stroganoff with rice  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  Stuffed Cabbage	 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)	 Crispy Chicken wrap  Fish Tacos with Rainbow stew	 Grilled Fish With Coriander Sauce + Tahina + potato coriander  Egyptian Koushari
Dinner Salad	Lentil Soup	Crème of Chicken soup	Mushroom soup	Beef Orzo soup	Vegetable soup	Minestrone soup	Chicken Vegetable soup
Snack 1 Choose 1 from the list	 Date Truffles  Popcorn  Jelly Custard  Salty Crackers  Lupine	 Brownies  Popcorn  Muhalabiya  Salty Crackers  Lupine	 Aych El Saray  Popcorn  Custard  Salty Crackers  Lupine	 Chocolate Swiss Roll  Popcorn  Rice Pudding  Salty Crackers  Lupine	 Red Velvet  Popcorn  Jelly  Salty Crackers  Lupine	 Bluebrry Oat Muffin  Popcorn  Chocolate Custard  Salty Crackers  Lupine	 Carrot Cake  Popcorn  Charlotte Custard  Salty Crackers  Lupine
Snack 2	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit
















































































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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 + cucumber 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 + cucumber slices
Lunch	 Stuffed potatoes with tomato sauce & Vermicelli Rice  Mustard chicken with potato coriander	 Kebbeh in yogurt  Vegetable stew with rice	 Stuffed squash and eggplant  Baked Chicken and Potatoes new style	 Fish kibbeh with potato coriander  Kofta With Tahina & Potato baked	 Chicken Freekeh  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  Chicken burrito sandwich	 Pasta Alfredo with grilled chicken and mushroom fresh cream sauce  Vegetable quesadillas	 Tagliatelle with vegetables  Lentil stew with Arabic bread	 Chicken 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	Mushroom soup	Beef Orzo soup	Vegetable soup	Minestrone soup	Chicken Vegetable soup
Snack 1 Choose 1 from the list	 Oat Cookies  Popcorn  Jelly Custard  Salty Crackers  Lupine	 Umm Ali  Popcorn  Muhalabiya  Salty Crackers  Lupine	 Rice Pudding  Popcorn  Custard  Salty Crackers  Lupine	 Oat Maamoul  Popcorn  Rice pudding  Salty Crackers  Lupine	 Chocolate Succes  Popcorn  Jelly  Salty Crackers  Lupine	 Blueberry Cheese Cake  Popcorn  Chocolate Custard  Salty Crackers  Lupine	 Black Forest Cake  Popcorn  Charlotte Custard  Salty Crackers  Lupine
Snack 2	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit

 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 + cucumber 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 + cucumber 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	 Chicken escalope & Spaghetti with red sauce  Daoud basha with rice	 Vegetable Risotto (Cauliflower, Broccoli, Carrot)  Spanish fish filet with potato coriander	 Chicken Biryani  Lebanese Spinach with vermicelli rice	 Chicken Siyadih  Beef steak with mustard and sesame and almond rice	 Rosemary chicken skewers with spicy rice  Beef Kabseh
Lunch Salad	Chicken Ceasar Salad	Fattoush	Tuna Pasta salad	Green salad	Chef salad	Crème of Chicken Soup	Tabbouleh
Dinner	 Mdarda (Lentil mix with rice)  Chicken Quesadillas	 Grilled chicken burger  Spinach crepes with bechamel sauce	 Grilled Vegetables Wrap  Stuffed eggplant rolls with tomato sauce and mini ciabatta	 Chicken 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	Mushroom soup	Beef Orzo soup	Vegetable soup	Minestrone soup	Chicken Vegetable soup
Snack 1 Choose 1 from the list	 Chocolate truffles  Popcorn  Jelly Custard  Salty Crackers  Lupine	 Sfouf  Popcorn  Muhalabiya  Salty Crackers  Lupine	 Achta Qatayef  Popcorn  Custard  Salty Crackers  Lupine	 Chocolate eclair  Popcorn  Rice Pudding  Salty Crackers  Lupine	 Milles Feilles  Popcorn  Jelly  Salty Crackers  Lupine	 Lemon drizzle cake  Popcorn  Chocolate Custard  Salty Crackers  Lupine	 Nougatine Cake  Popcorn  Charlotte Custard  Salty Crackers  Lupine
Snack 2	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit



To pick your preferred option, please tick the apple