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Week 1	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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)
Salad Or Soup	 Tabbouleh  Lentil Soup	 Nicoise salad  Crème of Chicken soup	 Stuffed Vine leaves  Mushroom soup	 Chicken Ceasar salad  Beef Orzo soup	 Rocket beetroot Salad  Vegetable soup	 Vegetable soup  Minestrone soup	 Greek Chicken salad  Chicken Vegetable soup
Dessert	 Marble cake  Popcorn  Jelly Custard  Salty Crackers  Lupine  Fruit	 Fondant Chocolate  Popcorn  Muhalabiya  Salty Crackers  Lupine  Fruit	 Basbousa  Popcorn  Custard  Salty Crackers  Lupine  Fruit	 Chocolate Cake  Popcorn  Rice Pudding  Salty Crackers  Lupine  Fruit	 Victoria Cake  Popcorn  Jelly  Salty Crackers  Lupine  Fruit	 Chocolate Sable  Popcorn  Chocolate Custard  Salty Crackers  Lupine  Fruit	 Tiramissu  Popcorn  Charlotte Custard  Salty Crackers  Lupine  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
Lunch	<input type="checkbox"/> Meat biryani <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 <input type="checkbox"/> Beef Risotto	<input type="checkbox"/> Mongolian meat with vegetables and rice noodles <input type="checkbox"/> Grilled Chicken Barbecue sauce with roasted potato	<input type="checkbox"/> Beef stroganoff with rice <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 <input type="checkbox"/> Stuffed Cabbage	<input type="checkbox"/> Egg Noodles with Chicken <input type="checkbox"/> Beef Lasagna
Salad Or Soup	<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"/> Mushroom soup	<input type="checkbox"/> Chicken Greek salad <input type="checkbox"/> Beef Orzo soup	<input type="checkbox"/> Vegetable Tuna salad <input type="checkbox"/> Vegetable soup	<input type="checkbox"/> Mushroom soup <input type="checkbox"/> Minestrone soup	<input type="checkbox"/> Tabbouleh <input type="checkbox"/> Chicken Vegetable soup
Dessert	<input type="checkbox"/> Date Truffles <input type="checkbox"/> Popcorn <input type="checkbox"/> Jelly Custard <input type="checkbox"/> Salty Crackers <input type="checkbox"/> Lupine <input type="checkbox"/> Fruit	<input type="checkbox"/> Brownies <input type="checkbox"/> Popcorn <input type="checkbox"/> Muhalabiya <input type="checkbox"/> Salty Crackers <input type="checkbox"/> Lupine <input type="checkbox"/> Fruit	<input type="checkbox"/> Aych El Saray <input type="checkbox"/> Popcorn <input type="checkbox"/> Custard <input type="checkbox"/> Salty Crackers <input type="checkbox"/> Lupine <input type="checkbox"/> Fruit	<input type="checkbox"/> Chocolate Swiss Roll <input type="checkbox"/> Popcorn <input type="checkbox"/> Rice Pudding <input type="checkbox"/> Salty Crackers <input type="checkbox"/> Lupine <input type="checkbox"/> Fruit	<input type="checkbox"/> Red Velvet <input type="checkbox"/> Popcorn <input type="checkbox"/> Jelly <input type="checkbox"/> Salty Crackers <input type="checkbox"/> Lupine <input type="checkbox"/> Fruit	<input type="checkbox"/> Bluebrry Oat Muffin <input type="checkbox"/> Popcorn <input type="checkbox"/> Chocolate Custard <input type="checkbox"/> Salty Crackers <input type="checkbox"/> Lupine <input type="checkbox"/> Fruit	<input type="checkbox"/> Carrot Cake <input type="checkbox"/> Popcorn <input type="checkbox"/> Charlotte Custard <input type="checkbox"/> Salty Crackers <input type="checkbox"/> Lupine <input type="checkbox"/> Fruit







































































To pick your preferred option, please tick the apple


Balanced Healthy Diet Menu: Week 3

Week 3	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lunch	<input type="checkbox"/> Stuffed potatoes with tomato sauce & Vermicelli Rice <input type="checkbox"/> Mustard chicken with potato coriander	<input type="checkbox"/> Kebbeh <input type="checkbox"/> Vegetable stew with rice	<input type="checkbox"/> Stuffed squash and eggplant <input type="checkbox"/> Baked Chicken and Potatoes new style	<input type="checkbox"/> Fish kibbeh with potato coriander <input type="checkbox"/> Kofta With Tahina & Potato baked	<input type="checkbox"/> Chicken Freekeh <input type="checkbox"/> Steak chasseur with mushroom and potato puree	<input type="checkbox"/> Chich Barak in yoghurt with white rice <input type="checkbox"/> Crispy chicken burger	<input type="checkbox"/> Squash with minced meat & yoghurt with vermicelli rice <input type="checkbox"/> Tagliatelle with hamour
Salad Or Soup	<input type="checkbox"/> Fattouch <input type="checkbox"/> Lentil Soup	<input type="checkbox"/> Green salad <input type="checkbox"/> Crème of Chicken soup	<input type="checkbox"/> Greek Pasta salad <input type="checkbox"/> Mushroom soup	<input type="checkbox"/> Tabbouleh with Quinoa <input type="checkbox"/> Beef Orzo soup	<input type="checkbox"/> Vine Leaves <input type="checkbox"/> Vegetable soup	<input type="checkbox"/> Lentil Soup <input type="checkbox"/> Minestrone soup	<input type="checkbox"/> Panachee salad <input type="checkbox"/> Chicken Vegetable soup
Dessert	<input type="checkbox"/> Oat Cookies <input type="checkbox"/> Popcorn <input type="checkbox"/> Jelly Custard <input type="checkbox"/> Salty Crackers <input type="checkbox"/> Lupine <input type="checkbox"/> Fruit	<input type="checkbox"/> Umm Ali <input type="checkbox"/> Popcorn <input type="checkbox"/> Muhalabiya <input type="checkbox"/> Salty Crackers <input type="checkbox"/> Lupine <input type="checkbox"/> Fruit	<input type="checkbox"/> Rice Pudding <input type="checkbox"/> Popcorn <input type="checkbox"/> Custard <input type="checkbox"/> Salty Crackers <input type="checkbox"/> Lupine <input type="checkbox"/> Fruit	<input type="checkbox"/> Oat Maamoul <input type="checkbox"/> Popcorn <input type="checkbox"/> Rice pudding <input type="checkbox"/> Salty Crackers <input type="checkbox"/> Lupine <input type="checkbox"/> Fruit	<input type="checkbox"/> Chocolate Succes <input type="checkbox"/> Popcorn <input type="checkbox"/> Jelly <input type="checkbox"/> Salty Crackers <input type="checkbox"/> Lupine <input type="checkbox"/> Fruit	<input type="checkbox"/> Blueberry Cheese Cake <input type="checkbox"/> Popcorn <input type="checkbox"/> Chocolate Custard <input type="checkbox"/> Salty Crackers <input type="checkbox"/> Lupine <input type="checkbox"/> Fruit	<input type="checkbox"/> Black Forest Cake <input type="checkbox"/> Popcorn <input type="checkbox"/> Charlotte Custard <input type="checkbox"/> Salty Crackers <input type="checkbox"/> Lupine <input type="checkbox"/> Fruit
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

To pick your preferred option, please tick the apple

Balanced Healthy Diet Menu: Week 4

Week 4	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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 Siyadieh  Beef steak with mustard and sesame and almond rice	 Rosemary chicken skewers with spicy rice  Beef Kabseh
Salad Or Soup	 Chicken Ceasar Salad  Lentil Soup	 Fattoush  Crème of Chicken soup	 Tuna Pasta salad  Mushroom soup	 Green salad  Beef Orzo soup	 Chef salad  Vegetable soup	 Crème of Chicken Soup  Minestrone soup	 Tabbouleh  Chicken Vegetable soup
Snack 1 Dessert	 Chocolate truffles  Popcorn  Jelly Custard  Salty Crackers  Lupine  Fruit	 Sfouf  Popcorn  Muhalabiya  Salty Crackers  Lupine  Fruit	 Achta Qatayef  Popcorn  Custard  Salty Crackers  Lupine  Fruit	 Chocolate eclair  Popcorn  Rice Pudding  Salty Crackers  Lupine  Fruit	 Milles Feilles  Popcorn  Jelly  Salty Crackers  Lupine  Fruit	 Lemon drizzle cake  Popcorn  Chocolate Custard  Salty Crackers  Lupine  Fruit	 Nougatine Cake  Popcorn  Charlotte Custard  Salty Crackers  Lupine  Fruit

 To pick your preferred option, please tick the apple