

# FULL MEAL MENU

|          |         |                                    |                                    |                                    |                                    |          |  |
|----------|---------|------------------------------------|------------------------------------|------------------------------------|------------------------------------|----------|--|
| File No. | Name    |                                    |                                    |                                    |                                    | Duration |  |
|          | Calorie | <input type="checkbox"/> 1000 kcal | <input type="checkbox"/> 1200 kcal | <input type="checkbox"/> 1400 kcal | <input type="checkbox"/> 1600 kcal | Period   |  |

| DAY | BREAKFAST  | SNACK 1 | LUNCH   |   | SNACK 2  | DINNER   |   | Extra | Notes |
|-----|--|---------|---|---|--|--|---|-------|-------|
|     |  |         | Starter   | Main Course   |  | Starter  | Main Course   |       |       |
| 1   | <input type="checkbox"/> Quinoa Porridge (Almond Milk)<br><input type="checkbox"/> Croissant Cheese              | Fruit   | <input type="checkbox"/> Gr. Apple & Chicken Salad<br><input type="checkbox"/> Tabouleh Salad     | <input type="checkbox"/> Chicken Majboos<br><input type="checkbox"/> Pepper Steak & Mashed Potato               | <input type="checkbox"/> Choco Biscuit Cake<br><input type="checkbox"/> Date Bake                    | <input type="checkbox"/> DD Salad<br><input type="checkbox"/> Spicy Tuna Salad                 | <input type="checkbox"/> Chicken Tenders ( Steamed Veg)<br><input type="checkbox"/> Beef Burger                 |       |       |
| 2   | <input type="checkbox"/> French Egg Omelette (French Toast)<br><input type="checkbox"/> Crepe with Caramel Sauce | Fruit   | <input type="checkbox"/> Mediterranean Salad<br><input type="checkbox"/> Thai Beef Salad          | <input type="checkbox"/> Roast Chicken (Zaatar & Lemon)<br><input type="checkbox"/> Pesto Fish (Steamed Veg)    | <input type="checkbox"/> Basboussa<br><input type="checkbox"/> Red Velvet Cupcake                    | <input type="checkbox"/> Greek Salad<br><input type="checkbox"/> Red Salad                     | <input type="checkbox"/> Shesh Barak<br><input type="checkbox"/> Mushroom Pizza                                 |       |       |
| 3   | <input type="checkbox"/> Toast & Jam<br><input type="checkbox"/> Curried Veg Pie                                 | Fruit   | <input type="checkbox"/> Light Waldorf Salad<br><input type="checkbox"/> Spinach Chicken Salad    | <input type="checkbox"/> Shish Taouk (Chapatti)<br><input type="checkbox"/> Pasta Mexicana                      | <input type="checkbox"/> Choco Brownie<br><input type="checkbox"/> Edamame Beans                     | <input type="checkbox"/> Fatoush Salad<br><input type="checkbox"/> Exotic Salad                | <input type="checkbox"/> Chicken Steak (Steamed Veg)<br><input type="checkbox"/> Tuna Salad Sandwich            |       |       |
| 4   | <input type="checkbox"/> Nutty Bar<br><input type="checkbox"/> Turkey Pepper Panini                              | Fruit   | <input type="checkbox"/> Yoghurt Salad<br><input type="checkbox"/> Chicken Haloumi Salad          | <input type="checkbox"/> Chicken Delight (Rice)<br><input type="checkbox"/> Bamyra & Beef (Rice)                | <input type="checkbox"/> Blueberry Cheesecake<br><input type="checkbox"/> Cinnamon Cake              | <input type="checkbox"/> Summer Salad<br><input type="checkbox"/> Creamy Broccoli Soup         | <input type="checkbox"/> Modern Kibbeh<br><input type="checkbox"/> Fish Fingers ( Steamed Veg)                  |       |       |
| 5   | <input type="checkbox"/> Manakeesh Zaatar<br><input type="checkbox"/> Special K & Milk                           | Fruit   | <input type="checkbox"/> Russian Salad (with Egg)<br><input type="checkbox"/> Green Salad         | <input type="checkbox"/> Chicken BBQ (Steamed Veg)<br><input type="checkbox"/> Kabab Hindi (Rice)               | <input type="checkbox"/> Flour-less Chocolate Cake<br><input type="checkbox"/> Carple Pecan Muffin   | <input type="checkbox"/> Zain Quinoa Salad<br><input type="checkbox"/> Caper Salad             | <input type="checkbox"/> Mixed Sushi Platter<br><input type="checkbox"/> Veg Falafel Roll                       |       |       |
| 6   | <input type="checkbox"/> Cheddar Sandwich<br><input type="checkbox"/> Walnut Cake                                | Fruit   | <input type="checkbox"/> Spanish Salad<br><input type="checkbox"/> Chicken Fajita Salad           | <input type="checkbox"/> Meat Lasagna<br><input type="checkbox"/> Oriental Fish (Rice)                          | <input type="checkbox"/> Mhallabiyah<br><input type="checkbox"/> DD Cookie                           | <input type="checkbox"/> Ghazal Chickpeas Salad<br><input type="checkbox"/> Crunch Salad       | <input type="checkbox"/> Shawarma Chicken Sandwich<br><input type="checkbox"/> Arayes (Lamb)                    |       |       |
| 7   | <input type="checkbox"/> DD Yoghurt Parfait Feta<br><input type="checkbox"/> Mushroom Calzone                    | Fruit   | <input type="checkbox"/> Leek & Potato Soup<br><input type="checkbox"/> Chicken Tikka Salad       | <input type="checkbox"/> Biryani Beef<br><input type="checkbox"/> Thai Green Chicken Curry (Rice)               | <input type="checkbox"/> Custard Chocolate<br><input type="checkbox"/> Lamb Pine Nut Boat            | <input type="checkbox"/> Kani Salad<br><input type="checkbox"/> Garden Salad                   | <input type="checkbox"/> Pizza Margherita<br><input type="checkbox"/> Chicken Guacamole Wrap                    |       |       |
| 8   | <input type="checkbox"/> Spinach Omelette Muffin<br><input type="checkbox"/> Croissant Cheese                    | Fruit   | <input type="checkbox"/> Sicilian Salad<br><input type="checkbox"/> Ceasar Salad                  | <input type="checkbox"/> Veggie Stew (Rice)<br><input type="checkbox"/> Chicken Cacciatore (Fettuccine Pasta)   | <input type="checkbox"/> Choco Biscuit Cake<br><input type="checkbox"/> Fruit Salad                  | <input type="checkbox"/> Thai Beef Salad<br><input type="checkbox"/> Gr. Apple & Chicken Salad | <input type="checkbox"/> Grilled Steak Sandwich<br><input type="checkbox"/> Chicken Nuggets (Steamed Veg)       |       |       |
| 9   | <input type="checkbox"/> Boiled Egg & Fresh Veg<br><input type="checkbox"/> Foul & Arabic Bread                  | Fruit   | <input type="checkbox"/> Mexican Salad<br><input type="checkbox"/> Oriental Salad                 | <input type="checkbox"/> Siyadih<br><input type="checkbox"/> Chicken Makani (Rice)                              | <input type="checkbox"/> Esmallyyah<br><input type="checkbox"/> Apple Tart (with Nuts)               | <input type="checkbox"/> Halloumi Eggplant<br><input type="checkbox"/> Salad Mung Bean Soup    | <input type="checkbox"/> Pasta Elbow (Lamb)<br><input type="checkbox"/> Coriander Yoghurt Chicken (Green Salad) |       |       |
| 10  | <input type="checkbox"/> Club Sandwich<br><input type="checkbox"/> Strawberry Oat Porridge & Milk                | Fruit   | <input type="checkbox"/> Greek Salad<br><input type="checkbox"/> DD Salad                         | <input type="checkbox"/> Mai Thai Beef (Rice)<br><input type="checkbox"/> Chicken in Pine Nut Sauce ( Chapatti) | <input type="checkbox"/> Chocolate Muffin<br><input type="checkbox"/> Lemon Brownie                  | <input type="checkbox"/> Rocca Mushroom Salad<br><input type="checkbox"/> Tabouleh Salad       | <input type="checkbox"/> Salmon & Spinach<br><input type="checkbox"/> Veg Burger                                |       |       |
| 11  | <input type="checkbox"/> Toast & Cheese<br><input type="checkbox"/> French Muffin                                | Fruit   | <input type="checkbox"/> Fatoush Salad<br><input type="checkbox"/> Tava Chicken Wrap              | <input type="checkbox"/> Kabseh Chicken<br><input type="checkbox"/> Steak In Creamy Mushroom Sauce (Rice)       | <input type="checkbox"/> Mini Pizza<br><input type="checkbox"/> Fruit Jelly                          | <input type="checkbox"/> Nicoise Salad<br><input type="checkbox"/> Barley Salad                | <input type="checkbox"/> Malai Chicken Tikka (Chapatti)<br><input type="checkbox"/> Beef Fajita Wrap            |       |       |
| 12  | <input type="checkbox"/> Waffle with Syrup<br><input type="checkbox"/> Manakeesh Zaatar                          | Fruit   | <input type="checkbox"/> Chef's Salad<br><input type="checkbox"/> Tofu Salad                      | <input type="checkbox"/> DD Spaghetti<br><input type="checkbox"/> Molokhia & Rice                               | <input type="checkbox"/> Strawberry Cheesecake<br><input type="checkbox"/> Flour less Chocolate Cake | <input type="checkbox"/> Exotic Salad<br><input type="checkbox"/> Crunch Salad                 | <input type="checkbox"/> Chickpeas Sandwich<br><input type="checkbox"/> Meat Kebab Sandwich                     |       |       |
| 13  | <input type="checkbox"/> White Egg Omelette (Fench Toast)<br><input type="checkbox"/> Coffee Cake                | Fruit   | <input type="checkbox"/> Garden Chicken Salad<br><input type="checkbox"/> Chickpeas Summak Salad  | <input type="checkbox"/> Beef in Dijon Sauce (Rice)<br><input type="checkbox"/> Vegetable Curry (Rice)          | <input type="checkbox"/> Carrot Orange Cake<br><input type="checkbox"/> Apricot Crumble              | <input type="checkbox"/> Summer Salad<br><input type="checkbox"/> Creamy Mushroom Soup         | <input type="checkbox"/> Pizza Supreme<br><input type="checkbox"/> Beef Satay & Steamed Veg (with Nuts)         |       |       |
| 14  | <input type="checkbox"/> Lebnah Sandwich<br><input type="checkbox"/> DD Yoghurt Parfait                          | Fruit   | <input type="checkbox"/> Light Cobb Salad<br><input type="checkbox"/> Mung Bean Salad (with Nuts) | <input type="checkbox"/> Hammour in Mushroom Sauce (Rice)<br><input type="checkbox"/> Chicken Skewer (Noodles)  | <input type="checkbox"/> Mini Cheese Manakesh<br><input type="checkbox"/> Oatmeal Cookie             | <input type="checkbox"/> Szechuan Chicken Salad<br><input type="checkbox"/> Crab Salad         | <input type="checkbox"/> Mexican Wrap<br><input type="checkbox"/> Chicken Pocket (Steamed Veg)                  |       |       |
| 15  | <input type="checkbox"/> Foul & Arabic Bread<br><input type="checkbox"/> Cheese Quiche                           | Fruit   | <input type="checkbox"/> Couscous Salad<br><input type="checkbox"/> Balsamic Chicken Salad        | <input type="checkbox"/> Lamb Cutlet (Green Salad)<br><input type="checkbox"/> Dal Makani (Rice)                | <input type="checkbox"/> Marble cake<br><input type="checkbox"/> Fruit Salad                         | <input type="checkbox"/> Oriental Salad<br><input type="checkbox"/> Ceasar Salad               | <input type="checkbox"/> Macaroni in Alfredo Sauce<br><input type="checkbox"/> Crispy Chicken (Steamed Veg)     |       |       |

Please tick/shade your food selection in each box.

|   |   |
|---|---|
| <p>Please specify if you have any food allergy or food dislike: _____</p> <p>_____</p> <p>_____</p> | <p>Tel: +973 17534499</p> <p>Email: info@diet-delight.com</p> |
|---|---|