

ONE MEAL MENU

File No.	Name					Duration	
	Calorie	<input type="checkbox"/> 450 kcal	<input type="checkbox"/> 550 kcal	<input type="checkbox"/> 650 kcal	<input type="checkbox"/> 750 kcal	Period	

Day	Starter	Main Course	Snack	Notes
1	<input type="checkbox"/> Green Apple & Chicken Salad <input type="checkbox"/> Tabouleh Salad <input type="checkbox"/> DD Salad <input type="checkbox"/> Spicy Tuna Salad	<input type="checkbox"/> Chicken Majboos <input type="checkbox"/> Papper Steak & Mashed Potato <input type="checkbox"/> Chicken Tenders (Steamed Veg) <input type="checkbox"/> Beef Burger	<input type="checkbox"/> Choco Biscuit Cake <input type="checkbox"/> Date Bake <input type="checkbox"/> Fruit Yoghurt <input type="checkbox"/> Fruit	
2	<input type="checkbox"/> Mediterranean Salad <input type="checkbox"/> Thai Beef Salad <input type="checkbox"/> Greek Salad <input type="checkbox"/> Red Salad	<input type="checkbox"/> Roast Chicken (Zaatar & Lemon) <input type="checkbox"/> Pesto Fish (Steamed Veg) <input type="checkbox"/> Shesh Barak <input type="checkbox"/> Mushroom Pizza	<input type="checkbox"/> Basboussa <input type="checkbox"/> Red Velvet Cupcake <input type="checkbox"/> Digestive Biscuit <input type="checkbox"/> Fruit	
3	<input type="checkbox"/> Light Waldorf Salad <input type="checkbox"/> Spinach Chicken Salad <input type="checkbox"/> Fatoush Salad <input type="checkbox"/> Exotic Salad	<input type="checkbox"/> Shish Taouk (Chapatti) <input type="checkbox"/> Pasta Mexicana <input type="checkbox"/> Chicken Steak (Steamed Veg) <input type="checkbox"/> Tuna Salad Sandwich	<input type="checkbox"/> Choco Brownie <input type="checkbox"/> Edamame Beans <input type="checkbox"/> Bread Bites (Lebnah Cheese) <input type="checkbox"/> Fruit	
4	<input type="checkbox"/> Yoghurt Salad <input type="checkbox"/> Chicken Haloumi Salad <input type="checkbox"/> Summer Salad <input type="checkbox"/> Creamy Broccoli Soup	<input type="checkbox"/> Chicken Delight (Rice) <input type="checkbox"/> Banya & Beef (Rice) <input type="checkbox"/> Modern Kibbeh <input type="checkbox"/> Fish Fingers (Steamed Veg)	<input type="checkbox"/> Blueberry Cheesecake <input type="checkbox"/> Cinnamon Cake <input type="checkbox"/> Fruit Jelly <input type="checkbox"/> Fruit	
5	<input type="checkbox"/> Russian Salad (with Egg) <input type="checkbox"/> Green Salad <input type="checkbox"/> Zain Quinoa Salad <input type="checkbox"/> Caper Salad	<input type="checkbox"/> Chicken BBQ (Steamed Veg) <input type="checkbox"/> Kabab Hindi (Rice) <input type="checkbox"/> Mixed Sushi Platter <input type="checkbox"/> Veg Falafil Roll	<input type="checkbox"/> Flour less Chocolate Cake <input type="checkbox"/> Carple Pecan Muffin <input type="checkbox"/> Popcorn <input type="checkbox"/> Fruit	
6	<input type="checkbox"/> Spanish Salad <input type="checkbox"/> Chicken Fajita Salad <input type="checkbox"/> Ghazal Chickpea Salad <input type="checkbox"/> Crunch Salad	<input type="checkbox"/> Meat Lasagna <input type="checkbox"/> Oriental Fish (Rice) <input type="checkbox"/> Shawarma Chicken Sandwich <input type="checkbox"/> Arayes (Lamb)	<input type="checkbox"/> Mhallabiyah <input type="checkbox"/> DD Cookie <input type="checkbox"/> Light Pringles <input type="checkbox"/> Fruit	
7	<input type="checkbox"/> Leek & Potato Soup <input type="checkbox"/> Chicken Tikka Salad <input type="checkbox"/> Kani Salad <input type="checkbox"/> Garden Salad	<input type="checkbox"/> Biryani Beef <input type="checkbox"/> Thai Green Chicken Curry (Rice) <input type="checkbox"/> Pizza Margherita <input type="checkbox"/> Chicken Guacamole Wrap	<input type="checkbox"/> Custard Chocolate <input type="checkbox"/> Lamb Pine Nut Boat <input type="checkbox"/> Quinoa Rice Cake (Zaatar & Lemon) <input type="checkbox"/> Fruit	
8	<input type="checkbox"/> Sicilian Salad <input type="checkbox"/> Ceasar Salad <input type="checkbox"/> Thai Beef Salad <input type="checkbox"/> Green Apple & Chicken Salad	<input type="checkbox"/> Veggie Stew (Rice) <input type="checkbox"/> Chicken Cacciatore (Fettuccine Pasta) <input type="checkbox"/> Grilled Steak Sandwich <input type="checkbox"/> Chicken Nuggets (Steamed Veg)	<input type="checkbox"/> Choco Biscuit Cake <input type="checkbox"/> Fruit Salad <input type="checkbox"/> Almond & Pistachio Nuts <input type="checkbox"/> Fruit	
9	<input type="checkbox"/> Mexican Salad <input type="checkbox"/> Oriental Salad <input type="checkbox"/> Halloumi Eggplant Salad <input type="checkbox"/> Mung Bean Soup	<input type="checkbox"/> Siyadih <input type="checkbox"/> Chicken Makani (Rice) <input type="checkbox"/> Pasta Elbow (Lamb) <input type="checkbox"/> Coriander Yoghurt Chicken (Steamed Veg)	<input type="checkbox"/> Esmalliyah <input type="checkbox"/> Apple Tart (with Nuts) <input type="checkbox"/> Fruit Yoghurt <input type="checkbox"/> Fruit	
10	<input type="checkbox"/> Greek Salad <input type="checkbox"/> DD Salad <input type="checkbox"/> Rocca Mushroom Salad <input type="checkbox"/> Tabouleh Salad	<input type="checkbox"/> Mai Thai Beef (Rice) <input type="checkbox"/> Chicken In Pine Nut Sauce (Chapatti) <input type="checkbox"/> Salmon & Spinach <input type="checkbox"/> Veg Burger	<input type="checkbox"/> Chocolate Muffins <input type="checkbox"/> Lemon Brownie <input type="checkbox"/> Digestive Biscuit <input type="checkbox"/> Fruit	
11	<input type="checkbox"/> Fatoush Salad <input type="checkbox"/> Tava Chicken Wrap <input type="checkbox"/> Nicoise Salad <input type="checkbox"/> Barley Salad	<input type="checkbox"/> Kabseh Chicken <input type="checkbox"/> Steak in Creamy Mushroom Sauce (Rice) <input type="checkbox"/> Malai Chicken Tikka (Chapatti) <input type="checkbox"/> Beef Fajita Wrap	<input type="checkbox"/> Mini Pizza <input type="checkbox"/> Fruit Jelly <input type="checkbox"/> Bread Bites (Lebnah Cheese) <input type="checkbox"/> Fruit	
12	<input type="checkbox"/> Chef's Salad <input type="checkbox"/> Tofu Salad <input type="checkbox"/> Exotic Salad <input type="checkbox"/> Crunch Salad	<input type="checkbox"/> DD Spaghetti <input type="checkbox"/> Molokhia & Rice <input type="checkbox"/> Chickpeas Sandwich <input type="checkbox"/> Meat Kebab Sandwich	<input type="checkbox"/> Strawberry Cheesecake <input type="checkbox"/> Flour less Chocolate <input type="checkbox"/> Cake Edamame Beans <input type="checkbox"/> Fruit	
13	<input type="checkbox"/> Garden Chicken Salad <input type="checkbox"/> Chickpeas Summak Salad <input type="checkbox"/> Summer Salad <input type="checkbox"/> Creamy Mushroom Soup	<input type="checkbox"/> Beef in Dijon Sauce (Rice) <input type="checkbox"/> Vegetable Curry (Rice) <input type="checkbox"/> Pizza Supreme <input type="checkbox"/> Beef Satay & Steamed Veg (with Nuts)	<input type="checkbox"/> Carrot Orange Cake <input type="checkbox"/> Apricot Crumble <input type="checkbox"/> Light Pringles <input type="checkbox"/> Fruit	
14	<input type="checkbox"/> Light Cobb Salad <input type="checkbox"/> Mung Bean Salad (with Nuts) <input type="checkbox"/> Szechuan Chicken Salad <input type="checkbox"/> Crab Salad	<input type="checkbox"/> Hammour in Mushroom Sauce(Rice) <input type="checkbox"/> Chicken Skewers(Noodles) <input type="checkbox"/> Mexican Wrap <input type="checkbox"/> Chicken Pocket (Steamed Veg)	<input type="checkbox"/> Mini Cheese Manakeesh <input type="checkbox"/> Oatmeal Cookie <input type="checkbox"/> Snack Bar <input type="checkbox"/> Fruit	
15	<input type="checkbox"/> Couscous Salad <input type="checkbox"/> Balsamic Chicken Salad <input type="checkbox"/> Oriental Salad <input type="checkbox"/> Ceasar Salad	<input type="checkbox"/> Lamb Cutlet (Green Salad) <input type="checkbox"/> Dal Makani (Rice) <input type="checkbox"/> Macaroni in Alfredo Sauce <input type="checkbox"/> Crispy Chicken (Steamed Veg)	<input type="checkbox"/> Marble Cake <input type="checkbox"/> Fruit Salad <input type="checkbox"/> Almond & Pistachio Nuts <input type="checkbox"/> Fruit	

Please tick/shade your food selection in each box.

Please specify if you have any food allergy or food dislike: _____

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