

# MEDITERRANEAN MENU

	BREAKFAST	LUNCH	SIDE DISH	DINNER	PM SNACK
FR	omelette spinach + slice multicere-al bread + cucumber	salmon w vegetable & tartar sauce	salad greek: olives cucumber tomato lettuce capsicum feta cheese w herb vinaigrette dressing	shrimps & pineapple salad: cabbage mushroom capsicum olives orange shrimps pineapple w honey mustard dressing	tahini cookie
	oat porridge w bluberries & walnuts	mixed curry beans w brown rice	soup oatmeal	quinoa avocado & sweet potato bowl: basil pineseeds lettuce red onion cherry tomato roast sweet potato avocado quinoa w honey balsamic dressing	
SA	feta + rye crackers + cherry tomato cucumber & mint	fish tajine w quinoa	salad green w walnuts: rocket lettuce walnuts w honey mustard dressing	red beans salad: red & green beans corn tomato colored capsicum w lemon & vinegar dressing + 2 boiled eggs	nachos w tzatziki
	mixed berries w dates chia pudding	mushroom risotto	soup carrot & ginger	roasted butternut freekeh bowl: kale butternut squash freekeh cranberry walnuts w maple vinaigrette dressing	
SU	mexican scrambled egg: jalapeno tomato green capsicum + slice multicereal bread + cherry tomato & rocket leaves	fish & shrimps w spinach	salad watermelon: feta cheese rocket mint water melon w lemon zest dressing	cranberry cilantro w quinoa & halloum salad: colored capsicum red onion almond carrot cilantro dried cranberries quinoa halloum cheese w curry lemon & oil dressing	edamame
	banana peanut butter almond parfait	kibbe pumpkin	soup minestrone	falafel salad: cabbage pickles parsley tomato radish lettuce falafel w tahini dressing	
MO	halloum + brown saj bread + cherry tomato & cucumber	salmon w zoodles: zucchini carrots potato grilled salmon	salad tabboule w beetroot: parsley burghol tomato beetroot onion w lemon & oil dressing	avocado edamame quinoa bowl: quinoa spinach cucumber marrow red cabbage edamame avocado w mustard paprika dressing	tahini cookie
	oat porridge w pistachio: almond milk oats pistachio	stew okra: okra tomato paste w brown rice	soup yellow lentil	chicpeas w feta salad: spinach tomato chickpeas green & red onion parsley red capsicum feta cheese w lemon & oil dressing	
TU	egg white w broccoli + slice multicereal bread + cherry tomato cucumber & radish	fish trabolsieh w brown rice & dill	salad green beans w feta: cherry tomato red onion green beans feta cheese w mustard balsamic dressing	shrimp fajita bowl: radish cucumber cabbage carrot celery almond cranberry brown rice w lemon & oil dressing	ball of dates w cacao powder
	oat bar w peanut butter & berries	vegetarian orzo	soup cabbage	fava beans moutabbal: fava beans green peas tahini lemon juice olive oil garlic + zaatar nachos	
WE	pesto homos + rye crackers + cherry tomato & mint	paella : fish calamari oysters shrimps green peas carrots capsicum w rice	salad rocket w mushroom w balsamic dressing	spinach halloum w quinoa & fruits salad: spinach quinoa avocado mango dried cranberries grapefruit halloum cheese w honey balsamic dressing	blueberry coconut energy ball
	oat porridge w cinnamon & raisins: almond milk cinnamon oats raisins	lebanese moussaka: eggplant potato cauliflower tomato chickpeas + brown arabic bread	soup spicy tomato	kale power salad: quinoa kale sweet potato black beans pumpkim seeds w lemon mustard vinaigrette dressing	
TH	fava beans moudamas: tomato onion garlic parsley fava beans + brown arabic bread + cherry tomato cucumber & radish	kebab fish w potato	salad feta w walnuts: rocket cucumber feta cheese walnuts cherry tomato onion w balsamic dressing	shrimp skewers w grilled vegetables	oat bread + green goodness dip
	omelette mushroom + slice multicereal bread + cherry tomato cucumber & radish	stew green peas: carrots green peas tomato paste w brown rice	soup onion	cobb salad: lettuce avocado tomato boiled egg feta cheese green onion w french dressing	

