



Full Name:
Date:

To Serve you better, We kindly ask, To Write your name, Mark the convenient choice and
SEND THE PAPER WITH THE BOX BY TOMORROW OR ELSE THE CHOICE WILL BE RANDOM.

MONDAY

- Meat Scallopine with Potato Skaldolia
- Artichoke and Broad Bean Ragout with Dill (YakhnetArdichawki ma FasouliaAridaouShoumar)(Vegan)
 - Wild Green Salad (Smart Vinaigrette Dressing)
 - Chocolate Thumbprint Cookies
 - **BREAKFAST:** Croissant
 - **DINNER:** Chicken Organic Kale Sesame Salad (Sesame Dressing)

HEALTH BENEFITS In case you don't like the dinner choice please specify any kind of sandwich of your choice.

Meat is full of Zinc, Iron and Vitamin B12 and biotin.
Potato is a good source of Potassium and Vitamin C and B6. Potassium is important for blood pressure.
The greens in the salad will give us our daily supply of fiber.
Almond Flour in the cookies provides us with Vitamin E, Omega-3 and is good for cancer.

TUESDAY

- Hasselback Salmon with Cilantro Lime Rice
- Creamy Pesto Chicken Gnocci
 - Roasted Broccoli
 - Sticky Date Pudding Cake
 - **BREAKFAST:** White Cheese with Keto Baguette
 - **DINNER:** Fatayer Meat
 - Salad: Panaché (Creamy Orange Burst Dressing)

HEALTH BENEFITS In case you don't like the dinner choice please specify any kind of sandwich of your choice.

Salmon is low in mercury and is full of Omega-3 which lowers TGD (Triglycerides). It contains a big amount of vitamin B12, selenium, niacin, and B6.
Rice is full of fiber, vitamin B6, selenium and zinc.
Broccoli is full of vitamin E and A.
Dates in the dessert are good for constipation.

WEDNESDAY

- Nouille
- Beef Kotleti with Roasted Green Beans
 - Niçoise Salad (Niçoise Dressing)
 - Fruit Salad with Nuts
 - **BREAKFAST:** Scrambled Eggs with Cheese
 - **DINNER:** Mexican Shrimp Soup
 - Salad: Artichoke with Capers and Herb Sauce(Vegan)

HEALTH BENEFITS In case you don't like the dinner choice please specify any kind of sandwich of your choice.

Pasta is the fuel of the muscles with glycemic index lower than the sweets & sugar.
Cheese is full of Calcium and Turkey is full of Protein.
Tuna is a good source of selenium, niacin and Vitamin B6.
Fruits in the dessert are Vitamins A, C and E... which boosts the immunity.

THURSDAY

- Rice with Chicken (Riz a Djeij)
- Mini Spinach Quiche
 - Bakle, Zaatar, Arabic Lettuce, Radish, Red Onion Salad (Lemon Dressing)
 - Sponge Cake with Choco Sauce
 - **BREAKFAST:** Banana Bread with Cream Cheese and Honey
 - **DINNER:** Grilled Halloumi with Sumac and Mint
 - Salad:Fattouche (Debs el Remane Dressing)

HEALTH BENEFITS In case you don't like the dinner choice please specify any kind of sandwich of your choice.

Chicken is a good source of Protein and B6.
Rice is full of fiber, vitamin B6, selenium and zinc.
Baklé and thyme (zaatar) in the Salad are a Cholesterol decreasing vegetable.
Chocolate is full of Magnesium: an anti-stress Vitamin and flavonoids.

FRIDAY

- Crusted Fresh Fillet Fish with Basil Pesto and Sweet Potato Chips
- Moujadara with Veggies(Vegan)
 - Iceberg, Palmito, Fresh Mushroom, Baby Rocket Salad (Dijon Mustard Dressing)
 - Moughli
 - **BREAKFAST:** Foul with Veggies(Vegan)
 - **DINNER:** Asian Chicken Lettuce Wraps
 - Salad: Noodles with Veggies

HEALTH BENEFITS In case you don't like the dinner choice please specify any kind of sandwich of your choice.

Fish is full of Omega-3 which lowers TGD (Triglycerides).
Sweet potato is full of beta carotene, vitamin A and low GI value
Rocket contains vitamin K, A, folate, vitamin C and is a Cholesterol decreasing vegetable.
Cinnamon in the dessert regulates blood sugar.

SATURDAY

- Eggplant Stew (MsaatBatenjein) with Balia(Vegan)
 - Itch (Armenian Tabboulé)(Vegan)
 - Lazy Cake
 - **BREAKFAST:** Oat and Berry Crisp(Vegan)
 - **DINNER:** Quiche Loraine
 - Salad: Beetslaw

HEALTH BENEFITS In case you don't like the dinner choice please specify any kind of sandwich of your choice.

Eggplant is a good source of Potassium and Fiber which is suitable for constipation.
Chickpeas are good source of Minerals & protein.
Parsley is full of Iron, and Potassium.
Chocolate is full of Magnesium: an anti-stress Vitamin and flavonoids.

Please notify that the dessert is subject to change without further notice, thank you.

Other Choice of Dessert Upon Availability

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