


MEAL PLAN MENU SILVER PACKAGE - JULY 2024

Available in Vegetarian or Non-Vegetarian

"Eat Well, Live Well"

That's It 

	BREAKFAST	LUNCH	DINNER	SNACK - 1	SNACK - 2
Sun	Stuffed Veggie Flatbread	Roasted Protein Salad Protein options :- Fish or Cottage Cheese	Protein Francaise with Lemon Butter Sauce Protein options :- Chicken or Veg	Baked Green Peas and Carrots with Flattened Rice	Watermelon Juice
Mon	Mediterranean Chicken/Veg Sandwich	Herb-Marinated Roasted Potatoes and Green Beans Protein options :- Fish or Cottage Cheese	Sauteed Spinach and Carrots with Slow-Cooked Protein Protein options :- Chicken or Cottage Cheese	Cherry Tomato with Mozzarella Skewers	Banana Peanut Butter Toast
Tue	Vegetable Oat Bowl	Maqluba Protein options :- Fish or Cottage Cheese	Moroccan Protein Tagine Protein options :- Chicken or Tofu	Mushroom Fritata	Homemade Berry Jam Toast
Wed	Sauteed Eggs with Vegetables (Veg Option Available)	Mexican Protein with Black-Eyed Beans Salad Protein options :- Fish or Cottage Cheese	Penne Mushroom Rose Sauce with Grilled Protein Protein options :- Chicken or Veg	Roasted Brown Potato with Tamarind Glaze	Tzatziki with Baguette
Thu	Mushroom Cheese Omelette with Brown Toast (Veg/Non-Veg)	Mixed Green Salad with Grilled Protein Protein options :- Chicken or Cottage Cheese	Roz Bel Sha'areya with Grilled Protein Protein options :- Fish or Tofu	Seasonal Fruit Slices with Berries	Mixed Beans Puree with Mustard Bread
Fri	Boiled Egg and Mayo Sandwich (Veg/Non Veg)	Moroccan Chickpea Stew Protein options :- Chicken or Veg	Roasted Pumpkin Puree with Protein Protein options :- Fish or Tofu	Veggie Corn Cheese Wrapped	Mango Smoothie
Sat	Berry Stuffed French Toast	Chinese Stir-Fried Tofu with Vegetables Protein options :- Shrimps or Tofu	Italian Lasagna Protein options :- Chicken or Veg	Green Salad Sandwich	Hard-Boiled Eggs/Veggies