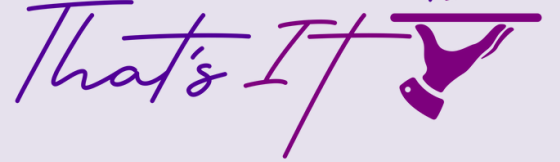


# MEAL PLAN MENU SILVER PACKAGE - JANUARY 2025

Available in Vegetarian or Non-Vegetarian Week 1 and Week 3

"Eat Well, Live Well"



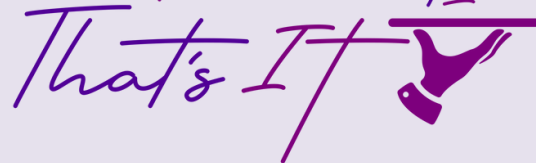
	BREAKFAST	LUNCH	DINNER	SNACK - 1	SNACK - 2
Sun	Stuffed Veggie Flatbread	Roasted Protein Salad Protein Options: Fish or Cottage Cheese	Protein Francaise with Lemon Butter Sauce Protein Options: Chicken or Veg	Veg Baked Wonton	Melon Pot
Mon	Mediterranean Sandwich Protein Options: Chicken or Veg	Hyderabadi Biryani Protein options: Chicken or Cottage Cheese	Herb-Marinated Roasted Potatoes Protein Options: Fish or Tofu	Cherry Tomato with Mozzarella Skewers	Mango Smoothie
Tue	Oats with date puree	Korma with Rice Protein Options: Chicken or Veg	Quesadilla Protein Options: Shrimps or Edamame	Tzatziki with Baguette	Homemade Berry Jam Toast
Wed	Spicy Scrambled Eggs or Tofu	Roz Bel Sha'areya with Grilled Protein Protein Options: Fish or Tofu	Caesar Salad Protein Options: Chicken or Cottage Cheese	Roasted Brown Potato with Tamarind Glaze	Mixed Beans Puree with Mustard Bread
Thu	Mushroom Cheese Omelette with Toast	Penne Pesto Sauce with Grilled Protein Protein options: Chicken or Edamame	Mexican Protein with Black Beans Salad Protein Option: Fish or Cottage Cheese	Greek Yogurt with Honey	Tomato with Spinach frittata
Fri	Spiced Vermicelli with veggies	Moroccan Protein Tajine Protein Options: Chicken or Cottage Cheese	Roasted Pumpkin Puree with Protein Protein Options: Fish or Tofu	Seasonal Fruit Slices with Berries	Banana Peanut Toast
Sat	Berry Stuffed French Toast	Chinese Stir-Fried Noodles with Vegetables Protein Options: Fish or Tofu	Peas Pulao Protein Options: Chicken or Cottage Cheese	Chicken/Veg Kebab Rol	Sweet Potato Dumpling

# MEAL PLAN MENU SILVER PACKAGE - JANUARY 2025

Available in Vegetarian or Non-Vegetarian

Week 2 and Week 4

"Eat Well, Live Well"



	BREAKFAST	LUNCH	DINNER	SNACK - 1	SNACK - 2
Sun	Foul madame's served with Arabic Bread	Protein stroganoff with bread Protein Options: Chicken or Cottage Cheese	Mediterranean salad Protein Options: Fish or Edamame	Vegetables Quesadilla with Salsa Fresha	Watermelon Juice
Mon	Stuffed Potato Flatbread	Mandi with Protein Protein Options: Chicken or Cottage Cheese	Saute spinach and carrots with protein Protein Options: Fish or Tofu	Mushroom Frittata	Peanut butter toast
Tue	Strawberry Compote Pancakes	Shish Taouk Protein Options: Chicken or Cottage Cheese	Red Curry Noodles Protein Options: Shrimps or Tofu	Chicken/Veg Croquettes	Stuffed Cheeseballs
Wed	Sautee eggs with onion, bell peppers and tomatoes with slice bread	Italian lasagna Protein Option: Chicken or Veg	Braised protein with vegetables Protein Options: Fish or Tofu	Lebneh with arabic bread	Saffron, yogurt marinated roasted Cottage cheese
Thu	Fluffy Indian Pancake with Veggies	Thai red curry sweet basil with rice Protein Options: Chicken or Tofu	Mixed Green Salad with Protein Protein Options: Fish or Edamame	Cucumber Sandwich	Veg Slices with Mustard Brown Bread
Fri	Burrito Protein Options: Egg or Veg	Veg Salona with Seared Protein Protein Options: Chicken or Cottage Cheese	Southwestern salad Protein Options: Fish or Cottage Cheese	Satay Protein Options: Chicken or Veg	Almond and Banana Smoothie
Sat	Slice boiled eggs with mayo and multigrain bread	Farfalle mushroom rose sauce Protein Options: Chicken or Veg	Mash Potato with Grilled Protein Protein options: Fish or Cottage Cheese	Saute brown potato	Braised sweet potato with cinnamon