

From March 8 - March 12

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Bread Basket				
Arabic Brown Bread	Arabic Brown Bread	Arabic Brown Bread	Arabic Brown Bread	Arabic Brown Bread
White Buns Sesame	Focaccia Rosemary Buns	Whole Wheat Spring Onion Buns	Focaccia Sundried Tomato & Oregano Buns	Whole Wheat Oats Buns
Appetizers				
Hummus	Hummus	Hummus	Hummus	Hummus
Moutabal	Yoghurt Tomato Basil	Coriander & Garlicky Potato	Tomato Salsa	Baba Ghanouj
Bar Salad (Make Your Own)				
Romain Lettuce	Iceberg Lettuce	Cabbage White	Lolo Rossa Leaves	Romain Lettuce
Green Beans	Roasted Diced Marrow	Green Capsicum	Sweet Corn	Green Beans
Tomato	Tomato	Tomato	Tomato	Tomato
Cucumber	Cucumber	Cucumber	Cucumber	Cucumber
Olives Slices	Olives Slices	Olives Slices	Olives Slices	Olives Slices
Carrot Shredded	Green Capsicum	Sweet Corn	Broccoli	Roasted Pumpkin
Proteins: Meat, Cheese & Legume (Bar Salad)				
Boiled Egg	Chicken Diced	Chickpeas	Tuna	Feta Cheese
Dressing				
Vinegar Dressing	Vinegar Dressing	Vinegar Dressing	Vinegar Dressing	Vinegar Dressing
Asian Dressing	Tahina Dressing	Curry Yoghurt Dressing	Sour Cream	Italian Dressing
Mixed Salad				
Oriental Salad	Quinoa & Corn Salad	Tomato & Olives	Cabbage Slaw	Mediterranean Chickpeas Salad

Soup				
Roasted Vegetables Soup	Broccoli Soup	Beans Soup	Lentil Soup	Potato Soup
Vegetarian Meal				
Spinach Stew	Chickpeas Salona	Mosakkaa	Mixed Beans Stew	Dal
Main Course 1				
Chicken Shawarma	Beef Oyster Sauce	Spaghetti Chicken Bolognaise Gratin	Chicken Fajita	Chicken Biryani & Raita
Main Course 2				
Beef Shawarma	Butter Chicken	Herbed Salmon	Mexican Marrow & Beef Skillet	Fish Tikka Masala
Starch Or Side				
Roasted Potato	Mashed Potato	Steamed Rice	Steamed Rice	Bourghul Tomato
Steamed Rice	Steamed Rice	Mashed Potato	Roasted Potato	Mashed Potato
Fruits				
Water Melon	Sweet Melon	Water Melon	Sweet Melon	Water Melon
Red Grapes	Orange	Pineapple	Apple	Red Grapes