

From March 1 - March 5

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
Yoghurt Cucumber	Moutabal	Labneh & Basil	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	White Beans	Parmesan Cheese Shredded	Lentil	Red Beans
Dressing				
Vinegar Dressing	Vinegar Dressing	Vinegar Dressing	Vinegar Dressing	Vinegar Dressing
Asian Dressing	Tahina Dressing	Curry Yoghurt Dressing	Sour Cream	Italian Dressing
Mixed Salad				
Cabbage Slaw	Quinoa & Corn Salad	Green Peas & Carrots Veggie	Greek Salad	Corn & Green Peas Salad

Soup				
Tomato Soup	Beans Soup	Roasted Vegetables Soup	Brown Lentil Soup	Green Peas Soup
Vegetarian Meal				
Vegetables Salona	Mujadarah	Kadai Vegetable	Green Peas Corn Stew	Quinoa Vegetables Stew
Main Course 1				
Chicken Teriyaki	Beef Kofta	Irish Beef Stew	Beef Patty	Chicken Biryani & Raita
Main Course 2				
Beef Lo Mein	Chicken Tikka Masala	Spaghetti Mixed Sauce Prawns	Chicken Patty	Grilled Fish & Tomato Sauce
Starch Or Side				
Steamed Rice	Steamed Rice	Mashed Potato	Steamed Rice	Bourghul Tomato
Roasted Potato	Mashed Potato	Steamed Rice	Roasted Potato	Mashed Potato
Fruits				
Water Melon	Sweet Melon	Water Melon	Sweet Melon	Water Melon
Red Grapes	Orange	Pineapple	Apple	Red Grapes