

HOT MEALS SELECTION

LUNCH - WEEK 2

	6-Oct-19	7-Oct-19	8-Oct-19	9-Oct-19	10-Oct-19
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Protein 1	Baked Fish with Potatoes and Sundried tomato sauce	Chicken Sanaya	Grilled Fish Harra Style	Pot Roast Beef with Mushroom Sauce	Baked Chicken Nuggets
Ingredients	Fish Fillet, Herbs, Spices, Fresh Tomato Sauce, Seasoning.	Chicken, Water, Tomatoes, Potato, Marrow, Tomato Purée, Onion, Olive Oil, Parsley, Garlic, Mixed Spices, Salt, Black Pepper.	Fish, Tomatoes, Green Peppers, Water, Onion, Coriander Leaves, Lemon Juice, Olive Oil, Salt, Garlic, Mustard, Dill, Paprika, Black Pepper.	Beef, Onions, Potatoes, Carrots, Mushroom, Butter, Low Fat Milk, Wheat Flour, Seasoning.	Chicken Breast, Bread Crumb, Eggs, Cajun spice powder, Seasoning.
kcal /100g	114	79	80	70	214
Protein 2	Slow Cooked lamb Casserole	Meat Lasagna	Butter Chicken	Arabic roast chicken, lemon & garlic	Bbq Chicken thighs
Ingredients	Lamb, Water, Tomatoes, Potato, Carrots, Marrow, Tomato Paste, Onion, Olive Oil, Garlic, Paprika, Oregano, Salt, Black Pepper.	Pasta sheet, Minced Meat, Onion, Tomato, Flour, Milk, Butter, Cheese, Seasoning. (167Cal)	Chicken Cubes, Tomato Sauce, Butter, Spices & Onion, Herbs, Salt, Pepper, Cooking Cream. (170Cal)	Chicken breast, lemon wedges, garlic, salt, pepper, sunflower oil, chicken stock	Mustard paste, Chicken, Worcestershire sauce, honey, olive oil seasoning
kcal /100g	102			220	193
Vegetarian	Vegetable Cous Cous	Stirfried Tofu with vegetables	Mexican veg Enchiladas	Mac n Cheese	Pasta with Spinach and Peppers
Ingredients	Water, cous cous, pumpkin, onion, marrow, olives, salt, pepper, turmeric powder, carrot, cornstarch, cauliflower	Tofu, cauliflower, olive oil, Spinach, carrot, onion, salt, garlic, coconut milk, coriander	Tortilla Bread, Veggies, Seasoning, Cheese.	Pasta, Milk, Cheddar Cheese, Cream, Wholemeal Wheat Flour, Butter, Parmesan Cheese, Basil, Salt, Black Pepper.	Pasta, Bechamel sauce (spinach and bellpeppers)
kcal /100g	120	130	146	207	191
Carbohydrates	Moroccan Pilaf	Steam rice	Steam rice	Mashed Potato	Potato Wedges
Ingredients	Basmati Rice, Onion, Tomatoes, Butter Ghee, Vegetable Stock, Salt, Ginger, Garlic, Arabic spices	Water, Rice, Salt.	Water, Rice, Salt.	Potato, Water, Milk, Butter, Salt, Pepper.	Potato, Garlic, Olive Oil, Oregano, Black Pepper, Salt.
kcal /100g	120	120	145	63	100
Vegetable	Braised Roots	Tossed Broccoli and Cauliflower	Saute Veggies	Grilled Veggies	Steamed Zucchini and Broccoli
Ingredients	Potato, Carrots, Onion, Salt, Garlic, Black Pepper, Thyme.	Cauliflower, Broccoli, Onion, Garlic, Olive Oil, Salt, Black Pepper.	Carrots, Marrow, Broccoli, Cauliflower, Onion, Garlic, Olive Oil, Salt, Black Pepper, Basil.	Carrots, Marrow, Broccoli, Cauliflower, Onion, Garlic, Olive Oil, Salt, Black Pepper, Oregano.	Zucchini, Broccoli Olive Oil, Salt, Garlic.
kcal /100g	60	62	36	36	53
Arabic Food	Chicken Kabsa	Chicken Maqluba	Chicken Biryani	Chicken Mandi	Chicken Majboos
Ingredients	Chicken, cardamon, pepper, onion, garlic, tomato carrots and rice.	Chicken, eggplant, pepper, cumin powder, onion, garlic, rice, carrot potato.	Boneless Chicken, Rice, Onions, Yogurt, Seasoning, Garlic, Tomato, Ginger, Cilantro, Parsley.	Boneless Chicken, Rice, Onions, Seasoning, Garlic, Tomato, Ginger, Cilantro, Parsley. (161Cal)	Boneless Chicken, Rice, Onions, Butter, Garlic, Tomatoes, Seasoning. (154Cal)
kcal /100g	120	120	120	120	120

HOT MEALS SELECTION

LUNCH - WEEK 3

	13-Oct-19	14-Oct-19	15-Oct-19	16-Oct-19	17-Oct-19
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Protein 1	Spaghetti Bolognaise	Chicken Moussakan	Beef Stew	Butter Chicken	Sweet n Sour Fish
Ingredients	Spaghetti Pasta ,Minced Meat, Onion, Garlic, Grated Carrot, Tomato Sauce, Olive Oil,Seasoning.	Chicken, Yogurt, Onion, Ground Coriander, Salt, Lemon Juice, Olive Oil, Black Pepper, Ginger, Garlic, Mint, Cardomon, Ground Cumin.Sumac powder.	Beef, Water, Carrots, Green Peppers, Mushrooms, Milk, Onion, Cream, Celery, Olive Oil, Garlic, Wholemeal Wheat Flour, Thyme, Salt, Black Pepper.	Chicken, Water, Tomatoes, Onion, Cream , Honey, Ground Coriander, Olive Oil, Turmeric, Ginger, Garlic, Salt, Fenugreek Leaves, Chilli Powder, Ground Cumin, Cardomon.	Fish, Tomatoe Sauce, Tomatoes, Pineapple, Carrots, Onion, Vinegar, Sugar, Corn Flour, Spring Onion, Garlic, Olive Oil, Black Pepper, Salt.
kcal /100g	149	115	88	70	76
Protein 2	Chicken Teriyaki	Char Grilled Fish with Mint Salsa	Chicken Sheesh Ta wok	Baked Fish Milanese	Sweet n Sour Chicken
Ingredients	Chicken , Teriyaki Sauce, ginger, honey.	Fish Olive Oil, Lemon Juice, Mustard, Salt, Black Pepper, Dill, Mint Leaves.	Chicken, Yogurt , Onion, Ground Coriander, Lemon Juice, Mixed Spices, Olive Oil, Turmeric, Salt, Black Pepper, Ground Ginger, Garlic, Mint, Cinnamon, Ground Cumin.	Fish,Tomatoes, Carrots, Onion, Mushrooms, Tomatoe Paste, Celery, Olive Oil, Garlic, Basil, Paprika, Bay Leaf	Chicken, Tomatoe Sauce, Tomatoes, Pineapple, Carrots, Onion, Vinegar, Sugar, Corn Flour, Spring Onion, Garlic, Olive Oil, Black Pepper, Salt.
kcal /100g	180	125	119	115	76
Vegetarian	Veg Noodles	Penne Arabiatta	Pasta Amatriciana	Potato Layonnaise	Veg Noodles
Ingredients	Pasta , Cabbage, Carrots, Green Peppers, Onion, Garlic, Spring Onion, Salt, Olive Oil, Black Pepper.	penne pasta and arrabiatta sauce.	Pasta Water, Tomatoes, Onion, Mushrooms, Tomatoe Paste, Parmesan Cheese Olives, Garlic, Olive Oil, Parsley, Salt,	Potato, Onion, Water, Garlic, Celery, Butter , Parsley, Salt, Black Pepper.	Pasta , Cabbage, Carrots, Green Peppers, Onion, Garlic, Spring Onion, Salt, Olive Oil, Black Pepper.
kcal /100g	165	119		70	165
Carbohydrates	Veg Noodles	Steamed Rice	White Rice	White Rice	Veg Noodles
Ingredients	Pasta , Cabbage, Carrots, Green Peppers, Onion, Garlic, Spring Onion, Salt, Olive Oil, Black Pepper.	Water, Rice, Salt.	Water, Rice, Salt.	Water, Rice, Salt.	Pasta , Cabbage, Carrots, Green Peppers, Onion, Garlic, Spring Onion, Salt, Olive Oil, Black Pepper.
kcal /100g	165	145	145	145	165
Vegetable	Butter Glazed Vegetables	Sauted Trio Beans	Grilled Veggies	Basil scented veggies	Sauteed Veggies
Ingredients	Carrots, Marrow, Broccoli, Cauliflower, Onion, Butter , Salt, Garlic.	Kidney Beans, White Beans, Chickpeas, Oil, Seasoning.	Carrots, Marrow, Broccoli, Cauliflower, Onion, Garlic, Olive Oil, Salt, Black Pepper, Oregano.	Carrots, Marrow, Broccoli, Cauliflower, Onion, Garlic, Olive Oil, Salt, Black Pepper, Basil.	Carrots, Marrow, Broccoli, Cauliflower, Onion, Garlic, Olive Oil, Salt, Black Pepper, Basil.
kcal /100g	47	125	36	36	36
Arabic Food	Chicken Kabsa	Chicken Maqluba	Chicken Biryani	Chicken Mandi	Chicken Majboos
Ingredients	Chicken, cardamon, pepper, onion, garlic, tomato carrots and rice.	Chicken, egyptian, pepper, cumin powder, onion, garlic, rice, carrot potato.	Boneless Chicken, Rice,Onions,Yogurt, Seasoning, Garlic, Tomato, Ginger, Cilantro, Parsley.	Boneless Chicken, Rice,Onions, Seasoning, Garlic, Tomato, Ginger, Cilantro, Parsley. (161Cal)	Boneless Chicken, Rice, Onions, Butter, Garlic, Tomatoes, Seasoning. (154Cal)
kcal /100g	120	120	120	120	120

HOT MEALS SELECTION

LUNCH - WEEK 4

	20-Oct-19	21-Oct-19	22-Oct-19	23-Oct-19	24-Oct-19
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Protein 1	Minute steak With Mushroom Sauce	Chicken Ala King	Butter Chicken	Arabic roast chicken, lemon & garlic	Wok tossed fish with Garlic Sauce
Ingredients	Beef, Water, Worcestershire Sauce , Wholemeal Wheat Flour, Butter , Mushroom, Mustard, Salt, Black Pepper, Rosemary.	Chicken, Milk, Water, Green Peppers, Mushrooms, Carrots, Cheddar Cheese Peas, Wholemeal Wheat Flour, Olive Oil, Salt, Black Pepper.	Chicken Cubes, Tomato Sauce, Butter, Spices & Onion, Herbs, Salt, Pepper, Cooking Cream. (170Cal)	Chicken breast, lemon wedges, garlic, salt, pepper, sunflower oil, chicken stock	Fish, garlic, seasoning, tomato ketchup, spring onion, capsicum, onion salt pepper, vinegar, brown sugar, wheat flour, cornflour, egg
kcal /100g	108	95		220	163
Protein 2	Chicken Sheesh Ta wok	Beef Casserole	Baked Fish with Potatoes and Sundried tomato sauce	Stir fry beef with vegetables	Chicken Burger
Ingredients	Chicken, Yogurt , Onion, Ground Coriander, Lemon Juice, Mixed Spices, Olive Oil, Turmeric, Salt, Black Pepper, Ground Ginger, Garlic, Mint, Cinnamon, Ground Cumin.	Beef, Water, Tomatoes, Potato, Carrots, Marrow, Tomatoe Paste, Onion, Olive Oil, Garlic, Paprika, Oregano, Salt, Black Pepper.	Fish Fillet, Herbs, Spices, Fresh Tomato Sauce, Seasoning.	oil, chicken, broccoli, bell pepper, carrots, garlic, soy sauce	Bread Bun, Chicken, Lettuce, Tomatoes, Mayonnaise
kcal /100g	119	137	114	120	242
Vegetarian	Mac n Cheese	Pasta Arabiatta	Vegetable Cous Cous	Spaghetty with Shredded Veggies	Vegetables Fajitas
Ingredients	Pasta, Milk, Cheddar Cheese, Cream , Wholemeal Wheat Flour, Butter, Parmesan Cheese, Basil, Salt, Black Pepper.	Pasta, Water, Tomatoes, Onion, Mushrooms, Tomatoe Paste, Parmesan Cheese, Olives, Garlic, Olive Oil, Salt, Parsley	Water, cous cous, pumpkin, onion, marrow, olives, salt, pepper, turmeric powder, carrot, cornstarch, cauliflower	Pasta , Cabbage, Carrots, Green Peppers, Onion, Garlic, Spring Onion, Salt, Olive Oil, Black Pepper.	Tortilla Bread, Mixed vegetables , onion, capsicum, Seasoning
kcal /100g	207	139	120	165	130
Carbohydrates	Mashed Potato	Cajun spiced Potatoes	Roasted Potato Wedges	White Rice	Hakka Noodles
Ingredients	Potato, Water, Milk, Butter , Salt, Pepper.	Potato, Garlic, Olive Oil, Oregano, Cajun Spices, Black Pepper, Salt.	Potato, Garlic, Olive Oil, Oregano, Black Pepper, Salt.	Water, Rice, Salt.	Noodles, Onions, Oil, Carrots, French Beans, Green Beans, Cabbage, Seasoning.
kcal /100g	63	100	100	145	134
Vegetable	Glazed Vegetables	Buttered Peas and Corn	Saute Veggies	Grilled Veggies	Tossed Broccoli And Baby carrot
Ingredients	Carrots, Marrow, Broccoli, Cauliflower, Onion, Olive Oil, Salt, Garlic.	French Beans, Peas, Butter, Seasoning.	Carrots, Marrow, Broccoli, Cauliflower, Onion, Garlic, Olive Oil, Salt, Black Pepper, Basil.	Carrots, Marrow, Broccoli, Cauliflower, Onion, Garlic, Olive Oil, Salt, Black Pepper, Oregano.	Carrots, Broccoli, Onion, Garlic, Olive Oil, Salt, Black Pepper.
kcal /100g	51	90	36	36	67
Arabic Food	Chicken Kabsa	Chicken Maqluba	Chicken Biryani	Chicken Mandi	Chicken Majboos
Ingredients	Chicken, cardamon, pepper, onion, garlic, tomato carrots and rice.	Chicken, eggplant, pepper, cumin powder, onion, garlic, rice, carrot potato.	Boneless Chicken, Rice, Onions, Yogurt, Seasoning, Garlic, Tomato, Ginger, Cilantro, Parsley.	Boneless Chicken, Rice, Onions, Seasoning, Garlic, Tomato, Ginger, Cilantro, Parsley. (161Cal)	Boneless Chicken, Rice, Onions, Butter, Garlic, Tomatoes, Seasoning. (154Cal)
kcal /100g					

HOT MEALS SELECTION

LUNCH - WEEK 5

	27-Oct-19	28-Oct-19	29-Oct-19	30-Oct-19	31-Oct-19
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Protein 1	Spaghetti Bolognaise	Butter Chicken	Stirfried Chicken with Veg	Baked Fish Fingers	Chicken Noodles
Ingredients	Spaghetti Pasta ,Minced Meat, Onion, Garlic, Grated Carrot, Tomato Sauce, Olive Oil,Seasoning.	Chicken Cubes, Tomato Sauce, Butter, Spices & Onion,Herbs, Salt, Pepper, Cooking Cream.	Chicken, Carrots, Green Peppers, Cauliflower, Potato, Broccoli, Onion, Mushrooms, Celery, Olive Oil, Garlic, Cornstarch, Thyme, Salt, Black Pepper.	Fish, Bread Crumb,Wheat Flour, Egg, Lemon Juice, Mustard, Salt, Black Pepper, Dill.	egg noodles, garlic, onion, cabbage, carrot, spring onion, coriander leaves
kcal /100g	149	170	80	161	197
Protein 2	Chicken Teriyaki	Fish Portuguese	Meat Ball Casserole	Chicken Tandoori	Oven Baked Chicken Strips w/ garlic sauce
Ingredients	Chicken , Teriyaki Sauce, ginger, honey.	Fish Fillets, Tomato, Onion, Garlic, Parsley, Lemon, Seasoning	Minced Meat Water, Tomatoes, Potato, Carrots, Marrow, Tomatoe Paste, Onion, Olive Oil, Garlic, Paprika, Oregano, Salt, Black Pepper.	Chicken, Yogurt , Onion, Ground Coriander, Lemon Juice, Mixed Spices, Olive Oil, Turmeric, Salt, Black Pepper, Ground Ginger, Garlic, Mint, Cinnamon, Ground Cumin.	chicken, breadcrumbs, salt, pepper, egg, cooking oil.
kcal /100g	180	128	102	119	120
Vegetarian	Veg Noodles	Stirfried Cottage Cheese and Vegetable	Spaghetti with Shredded Veggies	Fusilli Arabiatta	Vegetable Lasagna
Ingredients	Pasta , Cabbage, Carrots, Green Peppers, Onion, Garlic, Spring Onion, Salt, Olive Oil, Black Pepper.	Cottage Chesse, Red,Yellow and Green Bell peppers, Flour, Tomato & Onion Oil, Seasoning.	Spaghetty, Cabbage, Carrots, Green Peppers, Spinach, Onion, Garlic, Spring Onion, Salt, Olive Oil, Black Pepper.	Pasta, Water, Tomatoes, Onion, Mushrooms, Tomatoe Paste, Parmesan Cheese Olives, Garlic, Olive Oil, Salt, Parsley	Milk, Carrots, Green Peppers, French Beans, Spinach, Tomatoes, Onion, Basil, Cream , Butter , Wholemeal Wheat Flour, Parmesan Cheese , Cheese, Lasagne Sheet, Garlic, Olive Oil, Salt, Black Pepper.
kcal /100g	165	129	165	139	128
Carbohydrates	Veg Noodles	Steamed Rice	Spaghetti with Shredded Veggies	Potato Parmentier	Potato Wedges
Ingredients	Pasta , Cabbage, Carrots, Green Peppers, Onion, Garlic, Spring Onion, Salt, Olive Oil, Black Pepper.	Water, Rice, Salt.	Spaghetty, Cabbage, Carrots, Green Peppers, Spinach, Onion, Garlic, Spring Onion, Salt, Olive Oil, Black Pepper.	Potato, Green Peppers, Parmesan Cheese , Cream , Garlic, Olive Oil, Salt.	Potato, Garlic, Olive Oil, Oregano, Black Pepper, Salt.
kcal /100g	165	145	165	120	100
Vegetable	Butter Glazed Vegetables	Sauted Trio Beans	Grilled Veggies	Basil scented veggies	Sauteed Veggies
Ingredients	Carrots, Marrow, Broccoli, Cauliflower, Onion, Butter , Salt, Garlic.	Kidney Beans, White Beans, Chickpeas, Oil, Seasoning.	Carrots, Marrow, Broccoli, Cauliflower, Onion, Garlic, Olive Oil, Salt, Black Pepper, Oregano.	Carrots, Marrow, Broccoli, Cauliflower, Onion, Garlic, Olive Oil, Salt, Black Pepper, Basil.	Carrots, Marrow, Broccoli, Cauliflower, Onion, Garlic, Olive Oil, Salt, Black Pepper, Basil.
kcal /100g	47	125	36	36	36
Arabic Food	Chicken Kabsa	Chicken Maqluba	Chicken Biryani	Chicken Mandi	Chicken Majboos
Ingredients	Chicken, cardamon, pepper, onion, garlic, tomato carrots and rice.	Chicken, egplant, pepper, cumin powder, onion, garlic, rice, carrot potato.	Boneless Chicken, Rice,Onions,Yogurt, Seasoning, Garlic, Tomato, Ginger, Cilantro, Parsley.	Boneless Chicken, Rice,Onions, Seasoning, Garlic, Tomato, Ginger, Cilantro, Parsley. (161Cal)	Boneless Chicken, Rice, Onions, Butter, Garlic, Tomatoes, Seasoning. (154Cal)
kcal /100g	120	120	120	120	120