



MON

WEEK 1

AM Snack: Crackers & Cream Cheese

Fruit: (Seasonal Fruit)

LUNCH: Ginger Veggies Rice with Chicken cubes

VEG: *(Mixed Vegetable)

PM Snack: Fruit Yogurt

*(**Fruit:** Strawberry puree)

WEEK 2

AMSnack: Strawberry Honey Oat Cake Slice.

*(**Fruit:** Strawberry)

LUNCH: Lemon-Cream Fish with Veggie Rice

VEG: *(Mixed Veg)

PM Snack: Fruit Yogurt

*(**Fruit:** Strawberry-Puree)

WEEK 3

AM Snack: Banana-Honey-Oat Cake Slice.

*(**Fruit:** Banana)

LUNCH: Hearty Chicken Soup with Chicken Cubes

*(**VEG:** Mixed Veg)

PM Snack: Extra-Virgin Olive Oil Infused Labneh with Thyme & Garlic naan Bread.

WEEK 4

AM Snack: Organic Dates, Honey Oat Cake Slice.

*(**Fruit:** Organic Dates)

LUNCH: Lentil Rice & Signature Yogurt Sauce.

(**VEG:** Cucumber)

PM Snack: Strawberry-infused Pancakes.

(**Fruit:** Apple Slices)

TUE

AM Snack: Banana Cake Slice

*(**Fruit:** Banana Puree)

LUNCH: Baked Fish with Veggie Couscous

(**VEG:** Mixed Veg.)

PM Snack: Crackers & Hummus

(**VEG:** Cucumber)

AM Snack: Blueberry Oat Muffins

*(**Fruit:** Blueberry)

LUNCH: Marinara & Meat-Balls - Signature Baked Potato Wedges

(**VEG:** Steamed Carrots)

PM Snack: Sweet Potato Dip with Pita crackers.

AM Snack: Oatmeal Peach Honey Cups

*(**Fruit:** Peach)

LUNCH: Mexican Chicken Burrito

*(**VEG:** Mixed Veg)

PM Snack: Fruits Yogurt

*(**Fruits:** Strawberry Puree)

AM Snack: Strawberry Honey Oat Cups

*(**Fruits:** Strawberry)

LUNCH: Chickpea-Eggplant Veggie Casserole & Rice

*(**VEG:** Mixed Veg)

PM Snack: Sweet Potato Pancakes.

(**Fruit:** Apple Slices)

WED

AM Snack: Corn Flakes

(**Dried Fruits:** Raisins)

LUNCH: Swedish Meatballs & Veg rice.

PM Snack: Fruit-infused Pancakes
(**Natural Honey**)

AM Snack: Healthy Oat Cereal

(Fruit: Seasonal Fruit)

LUNCH: Signature Lentil Soup & Garlic Bread Sticks

*(**VEG:** Mixed Veg).

PM Snack: Porridge W/Cream, Apples, Cinnamon

*(Fruits: Apple puree)

AM Snack: Apple-Honey-Milk Porridge.

*(**Fruit:** Apple Puree)

LUNCH: Signature caramelized onion & 4-cheese sauce LASAGNA

*(**VEG:** Mixed Veg)

PM Snack: CornFlakes

(**Fruit:** Apple Slices)

AM Snack: 4-Seasonal Fruit Salad

LUNCH: Signature Chicken-caramelized onion & 4-cheese MAC&CHEESE

*(**VEG:** Mixed Veg)

PM Snack: Toasted Waffles w/ Honey

(**Fruit:** Apple Slices)



WEEK 1

WEEK 2

WEEK 3

WEEK 4

THU

AM Snack: Banana Oat Tortillas

*(**Fruit:** Banana puree)

LUNCH: Chicken Shepherd-Pie

*(**VEG:** Mixed Veg)

PM Snack: Three-Cheese Spinach Creamy Dip With Coloured Tortilla chips
*(**VEG:** Spinach)

AM Snack: Apple-Honey-Cinnamon Muffins
*(**Fruits:** Apple Puree)

LUNCH: Pan Pizza with BBQ chicken & Vegetables & three Cheeses.

PM Snack: German Egg-Potato Salad
(**VEG:** Sliced Carrots)

AM Snack: Scones
(**Fruit:** Orange Slices)

LUNCH: Pasta El Forno with 2 cheeses mix
*(**VEG:** Mixed Veg)

PM Snack: Crackers & Hummus
(**VEG:** Cucumber)

AM: Apple Honey Milk Porridge.
*(**Fruit:** Apple Puree)

LUNCH: Chicken Quesadilla with 3-Cheese mix.
*(**VEG:** Mixed Veg)

PM Snack: Cheerios
(**Fruit:** Mandarin Slices)

FRI

AM Snack: Whole-wheat Bagel with Fresh Strawberry cream cheese.
*(**Fruits:** Strawberries)

LUNCH: Pasta Fusilli, Ragu Sauce & Chicken
*(**VEG:** Mixed Veg)

PM Snack: Fresh Seasonal Fruit Salad

AM Snack: Hummus Dip & Cucumber Sticks
(**VEG:** Sliced Cucumber)

LUNCH: Fussili Pasta Alfredo with Chicken Cubes.
*(**VEG:** Mixed Veg)

PM Snack: Sweet Potato Pancakes
(**Natural Honey**)

AM Snack: Blueberry Honey Oat Cups
(**Fruit:** Blueberry)

LUNCH: BBQ Chicken - Veg. Rice - Tomato, Cucumber & 2-Cheese sauce Wrap.
*(**VEG:** Mixed Veg)

PM Snack: Oatmeal Banana Cookies.
*(Fruit: Banana-Apple)

AM Snack: Blueberry Honey Oat Muffins
*(**Fruit:** Blueberry)

LUNCH: Greek Chicken Souvlaki with Rice & Tzatziki Sauce.
*(**VEG:** Mixed Veg)

PM Snack: Extra-Virgin Olive Oil Infused Labneh with Thyme & Garlic Naan Bread.



(*) The Fruits or Vegetables are integrated in the meal
 (*) Milk for cereals is 'extra' and can be provided upon request.