

HealthFactory

Name: _____

Program: _____

Date: _____

Week 4		Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
Breakfast	1	Toast wholemeal bread with Sylphide cheese, mint leaves, cucumber and tomato	Feta Cheese Omelette with cucumber and tomato	Light Labneh (Yoghurt Cheese) with wholemeal Arabic Bread and Vegetables	Bagel with low fat cheese, tomato and cucumber	Cheese and Zaatar Manakish with vegetables	Halloumi cheese with wholemeal Arabic bread, mint leaves, cucumber and tomato
	2	Balila (chickpeas, cumin and lemon juice)	Banana Muffins	Hard boiled eggs, potatoes, vegetables and wholemeal bread	Classic Havana Frittata with wholemeal arabic bread (broccoli, egg and potato)	English cookies and Low fat milk	Italian summer tarts with artichokes and mushrooms
	3	Wholegrain Cereal with Low Fat Milk	Wholegrain Cereal with Low Fat Milk	Wholegrain Cereal with Low Fat Milk	Wholegrain Cereal with Low Fat Milk	Wholegrain Cereal with Low Fat Milk	Wholegrain Cereal with Low Fat Milk
Breakfast drink: herbal tea with sweetener							
Snack 1		Mixed nuts	Tropical fruit salad	Pineapple kiwi mix	Strawberry pineapple	Melon strawberry salad	Tropical fruit salad
Side Dish	1	Parmesan cheese and sun dried tomato salad	Tomato and corn salad with feta cheese, lettuce and mint.	Green salad with lemon and oil dressing	Seasonal salad (mixed greens, cucumber, tomato, lemon and olive dressing) with potato wedges	Green salad with lemon and oil dressing	Rocca Mushroom Salad with lemon and oil dressing
	2	Spinach, beetroot salad and Tomato Salad	Cheddar and chicory salad	Fitness salad (rocca, zucchini, artichokes, cauliflower, coriander & lime dressing)	Fattoush (lettuce, parsley, mint, tomato, cucumber, onion and lemon oil dressing)	Bitter greens salad (radish, rocca, pears, walnuts and sherry vinaigrette)	Season salad (mixed greens, cucumber, tomato and lemon & oil dressing)
	3	Beetroot salad (beetroot with sour cream dressing and parsley)	Fennel and celery salad (with fennel, celery, carrot and cheese)	Yogurt Salad (low-fat yogurt, dried mint and cucumber)	Coleslaw salad (cabbage, carrot and parsley)	California Salad (iceberg, apple, tomato, Chives, bell pepper, lemon juice & olive oil)	Roasted pear and baby spinach salad with cheese, chives and cucumber
Lunch	1	Sweet and sour chicken served with jasmine rice	Thai style chicken with coconut rice	Chicken parmigiana with spaghetti marinara	Balsamic chicken with rice	Chicken with tarragon sauce served with rice	Chicken and eggplant gravy with rice
	2	Okra and beef stew in tomato sauce served with steamed rice	Alouette with mashed potatoes and steamed vegetables (beef steak stuffed with carrot and celery)	Roasted kibbeh (baked kibbeh filled with minced meat and pinenuts and served with yogurt)	Beef Kofta served with baked coriander potatoes, parsley and onion	Spinach stew with rice and meat	Pasta bolognese with vegetables
		 Vegetable paella with yoghurt	Quinoa salad with sugar snaps, chives, peas and pumpkin	Potato gnocchi with tomato sauce and feta cheese	Pasta primavera (Whole wheat penne with zucchini, mushroom, carrots and sweet peas)	Fusilli pasta with artichokes and tomato sauce	Vegetable pizza made with wholemeal dough and feta cheese
	4	Shrimp Biryani	Fisherman's stew served with rice	Crusted salmon fillet with lemon pasta	Armoricaine shrimps with Americana sauce and rice	Lemon fish with vegetable rice	Grilled shrimps in sharmolla sauce served with brown rice
Snack		Panna cotta with berries	Berry marble cheesecake	Sticky date cake	Mouhalabiah	Cheesecake	Flavoured yogurt
Dinn		Pan bagnat tuna sandwich (wholemeal bread, tuna, tomato, olives, radish, basil and hard boiled egg)	Cajun Chicken Sandwich (Bread, cajun Spices, Chicken, Lettuce, Mayonaise light and tomato)	Fish with coconut and basil served with brown rice	Nicoise salad (artichoke, beans, capsicum, egg, lettuce & tomato)	Chicken paprika with steamed vegetables	Chef Salad (Lettuce, tomato, Smoked turkey, low fat cheese, carrots, mushrooms and cucumber)
	2	Roasted Pumpkin , Beans and Feta Salad	Greek salad (feta cheese, cucumber, lettuce, mustard, olives, rocca and tomato)	Eggplant and lentil salad	Feta Cheese Sandwich (Lettuce , tomato and Feta Cheese)	Lentil, beetroot , pear and Rocca Salad with mustard Balsamic Vinaigrette	Halloumi sandwich (wholemeal bread, grilled halloumi, cucumber and tomato)

All your choices should be sent not later than **MONDAY** with the driver, by fax or by e-mail. If no menus received on Tuesday, our nutritionists will choose for you which might not always meet your food preference Tel: +971 4 347 3808; Fax: +971 4 347 3707; mail: info@healthfactory.com