

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
BREAKFAST	<p><b>Baked Falafel with Arabian Side Salad</b> Baked falafel made with chickpeas and fava beans, served with side salad of diced cucumber, capsicum, red onion and tomatoes with lemon dressing.</p>	<p><b>Spanish Breakfast Wrap</b> Eggs, chopped tomato, kidney beans, spring onion and coriander wrapped in a whole wheat tortilla.</p>	<p><b>Egg Muffin</b> Egg muffin with chopped broccoli, capsicum and tomato.</p>	<p><b>Oats Pudding with Apple and Walnut</b> Oats pudding with shredded apple, cinnamon, chopped walnut and cranberries.</p>	<p><b>Arabic Breakfast</b> Traditional slow cooked fava beans, flavored with olive oil, chopped onions, chopped tomatoes, parsley and lemon juice, alongside boiled eggs, grilled tomato wedge and onion rings.</p>
SNACK	<p><b>Feta Cucumber</b> Fresh sliced cucumber with feta.</p>	<p><b>Watermelon</b> Fresh watermelon cubes.</p>	<p><b>Vegetable Labneh Dip with Cucumber</b> Labneh dip with chopped tomatoes, cucumber and capsicum with cucumber sticks.</p>	<p><b>Moutabel and Crudites</b> Traditional roasted eggplant dip made with sour cream, tahini, olive oil, lemon juice, garlic, salt and pepper. Served with carrot strips.</p>	<p><b>Mimosa Fruit Salad</b> Fresh blackberries, blueberries, strawberries kiwi and pineapple, with sweet orange dressing.</p>
LUNCH	<p><b>Zaatar Breaded Chicken</b> Chicken breast cubes breaded in zaatar served with roasted potatoes and mushrooms, with yoghurt tahini sauce for dipping.</p>	<p><b>Baked Spiced Fish with Vegetables</b> Baked spiced fish with baby corn, mushrooms, pumpkin and zucchini.</p>	<p><b>Tomato Bulgur with Chicken</b> Tomato bulgur with chickpeas and chopped chicken breast. Served with a cucumber yoghurt.</p>	<p><b>Tomato Meatball Soup</b> Tomato soup with vermicelli, mini beef meatballs and chopped parsley.</p>	<p><b>Roasted Chickpea &amp; Chicken Salad</b> Grilled chicken breast and roasted chickpeas on top of wild rocca, with mixed quinoa, grated carrot, cherry tomatoes and kalmata olives. Served with lemon, pomegranate dressing.</p>
SNACK	<p><b>Mocha-nana Cake</b> Banana cake mixed with vanilla whey protein powder and coffee, finished with a dark chocolate topping.</p>	<p><b>Namoura</b> Traditional Namoura made with honey, skim milk, yoghurt, rose water, tahini, honey, lemon juice and almonds.</p>	<p><b>Tahini Brownie</b> Chocolate and coconut brownie layered with tahini topping.</p>	<p><b>Date Roll</b> Date roll made with date paste, oats, chopped pistachios, pumpkin seeds, and coconut oil.</p>	<p><b>Coconut Cake</b> Coconut cake made with almond flour, coconut flakes, apple sauce, honey and orange zest.</p>
DINNER	<p><b>Shakriya</b> Tender beef cubes in light yoghurt sauce.</p> <p><b>Brown Rice</b> Steamed brown rice</p>	<p><b>Chicken Biryani</b> Traditional chicken biryani served with brown rice and topped with roasted cashews, onions and golden raisins.</p> <p><b>Arabian Side Salad</b> Traditional Arabian side salad with diced cucumbers, tomatoes and parsley, served with lemon dressing.</p>	<p><b>Beef Kabab with Tahini and Pita Bread</b> Spiced beef topside kabab with herbed brown rice with red cabbage and chopped yellow capsicum. Served with tzatziki.</p> <p><b>Side Green Salad</b> Mixed greens, tomatoes, cucumber with balsamic dressing.</p>	<p><b>Shrimp Kbsa</b> Baked shrimp marinated with spices, tomato and lemon juice, on a bed of brown spiced rice, topped with coriander and roasted pinenuts.</p> <p><b>Fattoush Side Salad</b> Iceberg lettuce, tomato and cucumber cubes, spring onions, fresh mint, sliced red radish and pomengranate seeds, with pomegranate vinaigrette and zaatar pita crisps.</p>	<p><b>Dawood Basha</b> Traditional beef meatballs in tomato sauce. With a side of brown rice.</p> <p><b>Rocca Side Salad</b> Rocca leaves, sliced tomato, spring onion, fresh mint and sumac with a lemon vinaigrette.</p>