

Full Name:
Date:

To Serve you better, We kindly ask, To Write your name, Mark the convenient choice and
SEND THE PAPER WITH THE BOX BY TOMORROW OR ELSE THE CHOICE WILL BE RANDOM.

MONDAY

Chicken Fajita with tortilla bread, avocado and tomato salsa

Lentils Italiano

- Wild green salad (mustard dressing)
- Chocolate Charlotte with sauce anglaise

- **BREAKFAST:** Croissant
- **DINNER:** Roasted cherry tomato, feta, avocado, basil bruschetta
- Salad: Boiled beets with lemon wedge

HEALTH BENEFITS

In case you don't like the dinner choice please specify any kind of sandwich of your choice.

Chicken is a good source of Protein and vitamin B6.
Avocados are full of vitamin E, vitamin B7 (Biotin), omega 3 and helps for hair loss.
Greens in the salad are full of antioxidants helpful of cancer.
Chocolate is full of Magnesium: an anti-stress Vitamin and flavonoids.

TUESDAY

Spinach Ragout with Rice (sbanikh bel lahmé ou Riz)

Baked fillet fish with Asian Marinade and sesame noodles

- No salad
- Hazelnut raw brownies with chocolate

- **BREAKFAST:** White cheese with baguette
- **DINNER:** Artichoke and chickpea salad (lemon dill dressing)

HEALTH BENEFITS

In case you don't like the dinner choice please specify any kind of sandwich of your choice.

Spinach is full of vitamin E and iodine.
Meat is full of Zinc, Iron and Vitamin B12.
Rice is full of fiber, vitamin B6, selenium and zinc.
Chocolate is full of Magnesium: an anti-stress Vitamin.
Hazelnut is full of calcium and omega-3.

WEDNESDAY

Linguine with Smoked Salmon

Leek and broccoli bake in oven with grilled halloumi

- Boiled broccoli with lemon wedge
- Fruit salad with nuts

- **BREAKFAST:** Deviled eggs with chia bread
- **DINNER:** Mexican chicken soup with sour cream and coriander
- Salad: Artichoke with lemon caper sauce

HEALTH BENEFITS

In case you don't like the dinner choice please specify any kind of sandwich of your choice.

Salmon is the fuel of the muscles with glycemic index lower than the sweets & sugar.
Salmon is low in mercury and is full of Omega-3 which lowers TGD (Triglycerides) It contains a big amount of vitamin B12, selenium, niacin, and B6.
Broccoli is full of vitamin E and A.
Fruits in the dessert are Vitamins A, C and E... which boosts the immunity.
The Nuts provide Vitamin E, Omega-3 and folic acid.

THURSDAY

Eggplant based pizza with Baked garlic french fries

Pesto Risotto stuffed bell peppers

- Tuna mix
- Black forest (foret Noire)

- **BREAKFAST:** Turkey sandwich with lemon tidbits
- **DINNER:** Mediterranean steak sandwich
- Salad: Herbed baked cauliflower

HEALTH BENEFITS

In case you don't like the dinner choice please specify any kind of sandwich of your choice.

Eggplant is rich in chlorogenic acid which helps lower cholesterol (LDL cholesterol).
Potato is a good source of Potassium and Vitamin C. Potassium is important for blood pressure
Tuna is a good source of selenium, niacin, and Vitamin B6.
Fruits in the dessert are Vitamins A, C, and E... which boosts the immunity.

FRIDAY

Moudardara

Sesame mustard chicken with scalloped potatoes

- Fattouche (debs el remmane dressing)
- Lemon cake

- **BREAKFAST:** Raisin loaf with tea/ coffemate/ vegan milk
- **DINNER:** Italian vegetable eggs with olive frittatas
- Salad: Cup veggies

HEALTH BENEFITS

In case you don't like the dinner choice please specify any kind of sandwich of your choice.

Lentils (adas) are full of iron.
Fattouche provide us with a mixture of vegetables full of Vitamin A, B1 and Fiber.
Molasses in the dressing (Debs) are full of iron and a good source of Selenium.
Lemon is full of vitamin C.

SATURDAY

Italian cheese Burger

Cheese pie

- Coleslaw
- Éclair (Chocolate Puffs)

- **BREAKFAST:** Semi-sweet yogurt with cereals
- **DINNER:** Quinoa, shrimps, pomegranate salad (lemon avocado dressing)

HEALTH BENEFITS

In case you don't like the dinner choice please specify any kind of sandwich of your choice.

Meat is full of Zinc and Iron.
Cheese is full of Calcium and Turkey is full of Protein.
Cabbage is full of vitamin C, K and folate.
Chocolate is full of Magnesium: an anti-stress Vitamin.

Please notify that the dessert is subject to change without further notice, thank you.

Other Choice of Dessert Upon Availability

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