

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



TUESDAY

Meat Barbeque with baked french fries

Loubieh bel zeit with grilled halloumi

- Eggplant Dip
- Maamoul (Walnuts- Pistachios- Almonds- Chocolate)

- **BREAKFAST:** Manakish
- **DINNER:** Fatayer meat or cheese
- **Salad:** Panache (mustard 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, Iron and Vitamin B12. Potato is a good source of Potassium and Vitamin C and Vitamin B6. Potassium is important for blood pressure. Eggplant is a good source of Potassium and Fiber which is suitable for constipation. Walnuts and almonds are strong antioxidants that help for cancer. Pistachios contain phtostyrols that help inhibit cholesterol absorption. Chocolate is full of Magnesium: an anti-stress Vitamin.

WEDNESDAY

Spinach Lasagne with Walnut Pesto

Creamy Asparagus Risotto with grilled chicken

- Rocket, fresh mushrooms & parmesan shaves salad (balsamic dressing)
- Fruit salad with nuts

- **BREAKFAST:** Scrambled eggs with basil, mozzarella cheese in pain de mie
- **DINNER:** Chipotle shrimp salad (special chipotle dressing)

THURSDAY

Riz a djej (Rice with chicken)

Gnocci with cheese

- Fattouche (debs el remane dressing)
- Chocolate coconut macaron (like bounty)

- **BREAKFAST:** Banana bread with Philadelphia cheese, honey & bananas
- **DINNER:** Grilled Mexican steak
- **Salad:** Iceberg and corn (mayo dressing)

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 B6. Rice is full of fiber, vitamin B6, selenium and zinc. Molasses in the dressing (Debs) are full of iron and a good source of Selenium. Coconut in the dessert is full of phosphorus and riboflavin and it strengthens the immunity. Chocolate is full of Magnesium: an anti-stress Vitamin.

HEALTH BENEFITS

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

Pasta is the fuel of the muscles with glycemic index lower than the sweets & sugar. Spinach is full of vitamin E and iodine. Walnuts are strong antioxidants that help for cancer. Rocket contains vitamin K, A, folate, vitamin C and Cholesterol decreasing vegetable. Mushrooms are full of Vitamin D and copper. Fruit Salad provides a full supply of all the Vitamins A, C, and E... which boosts the immunity.

FRIDAY

Baked Salmon Parmesan with wild rice

Chicken Bagel pizza

- Mixed greens with beets and pomegranate (lemon dressing)
- Light cream caramel

- **BREAKFAST:** Foul with chia bread
- **DINNER:** Baked pasta with three cheese sauce and tuna mix

SATURDAY

Asian Burger with ginger lemon mayo

Mushroom and okra (bamieh) curry with baked potato chips

- Coleslaw
- Sponge cake with choco sauce

- **BREAKFAST:** Sylphide with rice cakes
- **DINNER:** Confetti salad with chicken & crispy tortillas (cocktail 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, Iron and Vitamin B12. Ginger is a good antioxidant and fights cancer. Cabbage is full of vitamin C, K and folate. Chocolate is full of Magnesium: an anti-stress Vitamin.

HEALTH BENEFITS

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

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 vitamin B6. Rice is full of fiber, vitamin B6, selenium and zinc. Beets are full of vitamin B9 & folic acid & are good for constipation. Pomegranate (reman) has vitamin C and fiber and helps for prostate health.

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

Other Choice of Dessert Upon Availability

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\$27,75/Day

HALF BOARD
\$25,23/Day

LUNCH
\$15,65/Day

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