

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