

COMBO MEAL 1 LUNCH - WEEK 1

COMBO OPTION	MENU DESCRIPTION	02-JAN-23	03-JAN-23	04-JAN-23	05-JAN-23	06-JAN-23
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST		PANCAKE WITH MAPLE SYRUP & JUICE	OATS MUFFIN & FLAVORED MILK	FRENCH TOAST & JUICE	CHEESE & TOMATO SANDWICH WITH POTATO WEDGES & JUICE	BLUEBERRY MUFFIN & FLAVORED MILK
COMBO 1 NON-VEG	PROTEIN	ROAST CAJUN CHICKEN WITH MEXICAN SALSA	GARLIC ROSEMARY CHICKEN WITH HERB SAUCE	STIR FRY CHICKEN	CHICKEN FLORNTINE WITH CHEESE SAUCE	SHISH TAOUK & GARLIC SAUCE
	(INGREDIENTS)	CHICKEN, SOY SAUCE, KETCHUP, HONEY, GARLIC, BASIL	CHICKEN, WATER, TOMATOES, ONION, CREAM, HONEY, GROUND CORIANDER, OLIVE OIL, TURMERIC, GINGER, GARLIC, SALT, FENUGREEK LEAVES, CHILLI POWDER, GROUND CUMIN, CARDOMON	OIL, CHICKEN, BROCCOLI, BELL PEPPER, CARROTS, GARLIC, SOY SAUCE	CHICKEN CUBES, CREAM, MOZERALLA CHEESE, YOGURT, LEMON JUICE, OIL, FLOUR, SEASONING	CHICKEN BREAST, LEMON JUICE, YOGURT, GARLIC, TOMATO PASTE, OREGANO, LABNEH, CINNAMON, CARDAMOM, ONION, PARSLEY, SEASONING
	KCAL/100G	175	180	155	185	167
	PROTEIN	BEEF STICK WITH MUSHROOM SAUCE	SWEET SOUR FISH	MEAT LASAGNA	DAWOOD BASHA	MEAT BALLS WITH GARLIC SAUCE
	PROTEIN (INGREDIENTS)	BEEF STICK WITH MUSHROOM SAUCE BEEF, WATER, WORCESTERSHIRE SAUCE, WHOLEMEAL WHEAT FLOUR, BUTTER, MUSHROOM, MUSTARD, SALT, BLACK PEPPER, ROSEMARY	SWEET SOUR FISH FISH STRIPS, BREAD CRUMBS, EGG, FLOUR, OIL, SEASONING	MEAT LASAGNA PASTA SHEET, GARLIC, OREGANO, GROUND BEEF, CHEESE, EGG TOMATO SAUCE SALT & PEPPER	DAWOOD BASHA DICED LAMB, ONION, YOGURT, SPICES, OIL, SEASONING	MEAT BALLS WITH GARLIC SAUCE BEEF, ONION, EGG, BREAD CRUMBS, SALT, PEPPER, ONION, MUSHROOM, FLOUR, WATER
	KCAL/100G	108	152	149	160	223
	CARBOHYDRATES	MEXICAN RICE /SOFT ROLL	HERBS RICE / DINNER ROLL	SOYA GARLIC RICE/ GARLICE BREAD	POTATO WEDGES / KABSA RICE	MANDI RICE
	(INGREDIENTS)	WATER, RICE, SALT. MIX CAPCICUM PAPRIKA	WATER, RICE, SALT	GARLIC, WATER, RICE, SALT	POTATO, GARLIC, OLIVE OIL, OREGANO, BLACK PEPPER, SALT	GARLIC, WATER, RICE, SALT
	KCAL/100G	70	145	145	99	100
	VEGETABLES	BUTTERED VEG	BRAISED WINTER VEG	SWEET & SOUR VEG	BASIL SCENTED VEGGIES	MANDI SAUCE



COMBO MEAL 2 LUNCH - WEEK 1

COMBO OPTION	MENU DESCRIPTION	02-JAN-23	03-JAN-23	04-JAN-23	05-JAN-23	06-JAN-23
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
COMBO 2 VEG	PROTEIN	BLUSHING PENNE PASTA	VEG HAKKA NOODLE	VEG MOUSSAKA	PASTA ARABIATTA	PASTA ALFREDO
	INGREDIENTS	PENNE PASTA, BUTTER, ONION, THYME, BASIL, SALT, CHEESE, CREAM, TOMATO PASTE, FLOUR.	NOODLE , CARROTS, ONION, GREEN BEANS, YELLOW BELLPEPPER, TOMATO PASTE, OIL, FENUGREEK LEAVES, SESONING.	MIXED VEGETABLE, SALT, PEPPER, TOMATO PASTE, ONION, GARLIC	PASTA, WATER, TOMATOES, ONION, TOMATO PASTE, PARMESAN CHEESE OLIVES, GARLIC, OLIVE OIL, SALT, PARSLEY	PANNE PASTA , GARLIC, ONION, PARMESAN CHEESE , BUTTER,FLOUR,MILK
	KCAL/100G	135	93	115	150	165
	CARBOHYDRATES	GARLIC BREAD	SWEET CHILLI SAUCE	FLAVORED RICE	GARLIC BREAD	GARLIC BREAD
	INGREDIENTS	FLOUR, GARLIC, WATER, SALT	GARLIC, OLIVE OIL, OREGANO, BLACK PEPPER, SALT.	WATER, RICE, SALT.	FLOUR, GARLIC, WATER, SALT	FLOUR, GARLIC, WATER, SALT
	KCAL /100G	70	145	145	99	100
	VEGETABLES	PESTO BREAD	VEG BALLS WITH GARLIC SAUCE	GRILLED VEG	POTATO WEDGES	BAKED POTATO



COMBO MEAL 1 LUNCH - WEEK 2

COMBO OPTION	MENU DESCRIPTION	09-JAN-23	10-JAN-23	11-JAN-23	12-JAN-23	13-JAN-23
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST		FRUIT OATMEAL MUFFIN WITH CUT FRUITS & JUICE	CHEESE PUFF & JUICE	BLUEBERRY PANCAKE & JUICE	CHEESE ROLL & FLAVORED MILK	FRENCH TOAST & JUICE
COMBO 1 NON-VEG	PROTEIN	GRILLED FISH WITH HERB VALUTE SAUCE	CRISPY CHICKEN WITH VEGETABLES	CHICKEN LASANGA	OVEN BAKED FISH	CRUNCHY CHICKEN FINGERS
	INGREDIENTS	FISH WORCESTERSHIRE SAUCE , WHOLEMEAL WHEAT FLOUR,BUTTER ,MUSTARD,SALT,BLACK PEPPER,ROSEMARY.	CHICKEN, SOYA SAUCE, PEPPER, CORN FLOUR, SALT, ONION, GARLIC, BELL PEPPER, SPRING ONION.	PASTA SHEET, GARLIC, OREGANO, GROUND BEEF, CHEESE, EGG TOMATO SAUCE SALT & PEPPER.	FISH, SALT, PEPPER, FLOUR, GARLIC, ONION, TOMATO, WATER, RICE VINEGAR	CHICKEN, BREADCRUMBS, SALT, PEPPER, EGG, COOKING OIL.
	KCAL/100G	108	139	189	105	115
	PROTEIN	MEAT LASAGNA	PAGHETTI BOLOGNESE	BEEF & OKRA STEW	BUTTERED CHICKEN	MEAT LASAGNA
	INGREDIENTS	PASTA SHEET, GARLIC, OREGANO, GROUND BEEF, CHEESE, EGG TOMATO SAUCE SALT & PEPPER.	BOLOGNESE: MINCED MEAT, ONION, GARLIC, GRATED CARROT, TOMATO SAUCE, OLIVE OIL, SALT, PEPPER. SERVED WITH PARMESAN CHEESE	BEEF, OKRA, VEGETABLE OIL, ONION, GARLIC, CORIANDER, CUMIN, PEPPER, TOMATOES, GINGER, SALT.	CHICKEN, WATER, TOMATOES, ONION, CREAM , HONEY, GROUND CORIANDER, OLIVE OIL, TURMERIC, GINGER, GARLIC, SALT, FENUGREEK LEAVES, CHILLI POWDER, GROUND CUMIN, CARDOMON.	PASTA SHEET, GARLIC, OREGANO, GROUND BEEF, CHEESE, EGG TOMATO SAUCE SALT & PEPPER.
	KCAL/100G	125	165	167	80	125
	CARBOHYDRATES	CREAMY MASHED POTATO	ONION FRY RICE/ GARLICE BREAD	HERB RICE / GARLICE BREAD	POTATO GARTIN / BRIYANI RICE	POTATO WEDGES
	INGREDIENTS	POTATO, WATER, MILK, BUTTER , SALT, PEPPER.	WATER, RICE, SALT.OIL, ONION	WATER, RICE, HERB, OIL SALT.	POTATO, GARLIC, OLIVE OIL,OREGANO, BLACK PEPPER,SALT.OR RICE , WATTER, OIL, SALT	POTATO, GARLIC, OLIVE OIL, OREGANO, BLACK PEPPER, SALT.
	KCAL/100G	63	100	145	99	100
	VEGETABLES	STEAMED GREENS	HONEYD CARROTS AND CORN	BRAISED ROOTS	GRILLED VEG	GLAZED VEGGIES



COMBO MEAL 2 LUNCH - WEEK 2

COMBO OPTION	MENU DESCRIPTION	09-JAN-23	10-JAN-23	11-JAN-23	12-JAN-23	13-JAN-23
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
COMBO 2 VEG	PROTEIN	PASTA WITH PESTO SAUCE	PASTA ARABIATTA	STIRFRIED TOFU WITH VEGETABLES	MEXICAN VEG ENCHILADAS	RATATOUILLE
	INGREDIENTS	PASTA, OLIVE OIL, SALT, GARLIC, ONION, TOMATO, BELL PEPPERS, OREGANO	PASTA, WATER, TOMATOES, ONION, MUSHROOMS, TOMATO PASTE, PARMESAN CHEESE OLIVES, GARLIC, OLIVE OIL, SALT, PARSLEY	TOFU, GREEN BEANS, CARROTS, PEPPER, SOY SAUCE, GINGER, OIL, SEASONINGS	TORTILLA BREAD, VEGGIES, SEASONING, CHEESE.	TOMATOES, POTATO, CARROTS, EGGPLANT, SQUASH, MARROW, GREEN PEPPERS, TOMATO PASTE, ONION, GARLIC, BASIL, OLIVE OIL, SALT, GROUND CORIANDER, FENNEL SEEDS, BLACK PEPPER.
	KCAL/100G	118	139	105	146	32
	CARBOHYDRATES	GARLIC BREAD	CAJUN SPICED POTATOES	BUTTER RICE	HERB POTATOES	BASAMATI RICE
	INGREDIENTS	GARLIC, BUTTER, BREAD	POTATO, GARLIC, OLIVE OIL, OREGANO, CAJUN SPICES, BLACK PEPPER, SALT.	WATER, RICE, SALT.	POTATO, GARLIC, OLIVE OIL, OREGANO, BLACK PEPPER, SALT.	WATER, RICE, SALT.
	KCAL /100G	63	100	145	99	100
	VEGETABLES	STEAMED GREENS	HONEYED CARROTS AND CORN	BRAISED ROOTS	GARLIC BREAD	POTATO WEDGES



COMBO MEAL 1 LUNCH - WEEK 3

COMBO OPTION	MENU DESCRIPTION	16-JAN-23	17-JAN-23	18-JAN-23	19-JAN-23	20-JAN-23
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST		PANCAKE WITH MAPLE SYRUP & JUICE	OATS MUFFIN & FLAVORED YOGURT	FRENCH TOAST & JUICE	CHEESE & TOMATO SANDWICH WITH POTATO WEDGES & JUICE	BLUEBERRY MUFFIN & FLAVORED MILK
COMBO 1 NON-VEG	PROTEIN	HUNGNAIN CHICKEN STEWROAST	FISH FLORENTINE	BAKED FISH SWEET CHILLY SAUCE	CHICKEN ROULLADE WITH GARLICE TOMATO SAUCE	GRILLED FISH WITH DIL SAUCE
	INGREDIENTS	CHICKEN,, SALT, PEPPER, BUTTER, CREAM , MILK	FISH, OLIVE OIL, BELL PEPPER, GARLIC, BABY SPINACH, CREAM CHEESE, PARMESAN CHEESE, SALT & PEPPER.	FISH, LIME JUICE, SALT, FLOUR, OLIVE OIL, CORIANDER, GARLIC, VINEGAR, SUGAR.	CHICKEN,, SALT, PEPPER, BUTTER, CREAM , MILK	FISH, LEMON,MUSTARD, HONEY, GARLIC, BASIL.
	KCAL/100G	125	151	135	149	175
	PROTEIN	BEEF WITH BROWN SAUCE	BAKED HONEY MUSTARD CHICKEN	BUTTER CHICKEN	OVEN BAKED FISH WITH COPCER SAUCE	BEEF STEW
	INGREDIENTS	BEEF, WATER, WORCESTERSHIRE SAUCE , WHOLEMEAL WHEAT FLOUR, BUTTER ,MUSHROOM,MUSTARD, SALT, BLACK PEPPER, ROSEMARY	CHICKEN, SALT, PEPPER, HONEY, MUSTARD, BASIL, PAPRIKA, PARSLEY	CHICKEN, WATER, TOMATOES, ONION, CREAM , HONEY, GROUND CORIANDER, OLIVE OIL, TURMERIC, GINGER, GARLIC, SALT, FENUGREEK LEAVES, CHILLI POWDER, GROUND CUMIN, CARDOMON.	FISH, WATER, WORCESTERSHIRE SAUCE , WHOLEMEAL WHEAT FLOUR, BUTTER , MUSHROOM,MUSTARD, SALT, BLACK PEPPER, ROSEMARY	BEEF, SOYSAUCE, SUGAR, ONION, GARLIC, OLIVE OIL, PEPPER.
	KCAL/100G	108	232	180	180	232
	CARBOHYDRATES	BREAD ROLL	HERB RICE	GARLIC RICE	CREAMY MASHED POTATO	POTATO WEDGES/ HERB RICE
	INGREDIENTS	OLIVE OIL, POTATO, THYME, GARLIC, ROSEMARY.	WATER, RICE, SAL, HERBS.	WATER, RICE, SALT, GARLIC.	POTATO, WATER, MILK, BUTTER , SALT, PEPPER.	POTATO, GARLIC, OLIVE OIL, OREGANO, BLACK PEPPER, SALT.
	KCAL/100G	161	145	145	63	100
	VEGETABLES	GINGER HONEY GLAZED VEG	BUTTERED VEG	SAUTE VEGETABLES	GRILLED VEGGIES	VEG SAUTE



COMBO MEAL 2 LUNCH - WEEK 3

COMBO OPTION	MENU DESCRIPTION	16-JAN-23	17-JAN-23	18-JAN-23	19-JAN-23	20-JAN-23
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
COMBO 2 VEG	PROTEIN	ARTICHOKE FLORENTINE PASTA	PASTA ARABIATTA	STIRFRIED TOFU WITH VEGETABLES	PASTA PESTO SAUCE	VEGETARIAN BURRITOS
	INGREDIENTS	PENNE, BUTTER, GARLIC, SPINACH, FLOUR, MILK, CREAM CHEESE, SALT, PEPPER, CAYENNE PEPPER, ARTICHOKE.	PASTA, WATER, TOMATOES, ONION, TOMATO PASTE, PARMESAN CHEESE OLIVES, GARLIC, OLIVE OIL, SALT, PARSLEY	TOFU, GREEN BEANS, CARROTS, PEPPER, SOY SAUCE, GINGER, OIL, SEASONINGS	BUTTER, CREAM, THYME, GARLIC, SALT, PEPPER, PANNE PASTA, CHEESE.	TORTILLA, ONION, VEGETABLE OIL, BELL PEPPER, CORN, CARROT, BLACK BEANS, TOMATO, CHEESE, SOUR CREAM, CILANTRO
	KCAL/100G	123	139	105	125	187
	CARBOHYDRATES	GARLIC BREAD	GARLIC BREAD	PAPER RICE	GARLIC BREAD	POTATO WEDGES
	INGREDIENTS	BUTTER, GARLIC,	BUTTER, GARLIC,	WATER, RICE, SALT, PAPER, OIL	BUTTER, GARLIC,	POTATO, GARLIC, OLIVE OIL, OREGANO, BLACK PEPPER, SALT.
	KCAL /100G	161	145	145	63	100
	VEGETABLES	GINGER HONEY GLAZED VEG	BUTTERED VEG	SAUTE VEGETABLES	GRILLED VEGGIES	VEG SAUTE



COMBO MEAL 1 LUNCH - WEEK 4

COMBO OPTION	MENU DESCRIPTION	23-JAN-23	24-JAN-23	25-JAN-23	26-JAN-23	27-JAN-23
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST		FRUIT OATMEAL MUFFIN WITH CUT FRUITS & JUICE	CHEESE PUFF & JUICE	BLUEBERRY PANCAKE & JUICE	CHEESE ROLL & FLAVORED MILK	FRENCH TOAST & JUICE
COMBO 1 NON-VEG	PROTEIN	BEEF BULGOGI	CHICKEN MEAT BALLS	SWEET CHILLY FISH	GARLICE ROESMERY CHICKEN WITH HURB SAUCE	CORN FLAKES CRUSTED CHICKEN FILLET
	INGREDIENTS	BEEF, SOYSAUCE, SUGAR, ONION, GARLIC, OLIVE OIL, PEPPER.	CHICKEN MINCE , GARLIC,SALT,PEPPER, OIL, ONION,TOMATO , BUTTER,	FISH, SALT, PEPPER, FLOUR, GARLIC, ONION, TOMATO, WATER, RICE VINEGAR	CHICKEN, WATER, TOMATOES, ONION, CREAM , HONEY, GROUND CORIANDER, OLIVE OIL, TURMERIC, GINGER, GARLIC, SALT, FENUGREEK LEAVES, CHILLI POWDER, GROUND CUMIN, CARDOMON.	CHICKEN, CORN FLAKES, BREAD CRUMB, WHOLEMEAL WHEAT FLOUR, EGG, OLIVE OIL, MUSTARD, LEMON JUICE, SALT, BLACK PEPPER, THYME.
	KCAL/100G	125	189	105	108	214
	PROTEIN	CHICKEN ROULLADE WITH GARLIC SAUCE	GRILLED FISH WITH VALUTE SAUCE	SLOW COOKED LAMB STEW	ROAST CHICKEN IN LEMON BUTTER SAUCE	CHICKEN THIGH BBQ
	INGREDIENTS	CHICKEN,, SALT, PEPPER, BUTTER, CREAM , MILK	FISH, SALT, PEPPER, FLOUR, GARLIC, MUSTARD PASTE	LAMB, WATER, TOMATOES, POTATO, CARROTS, MARROW, TOMATO PASTE, ONION, OLIVE OIL, GARLIC, PAPRIKA, OREGANO, SALT, BLACK PEPPER.	CHICKEN, BUTTER, LEMON ZEST, PEPPER, OLIVE OIL, ONION, GARLIC, THYME, OREGANO,	MUSTARD PASTE, CHICKEN, WORECESTCHERE SAUCE, HONEY, OLIVE OIL SEASONING
	KCAL/100G	102	167	70	115	193
	CARBOHYDRATES	THIME RICE	BASAMATI RICE	FRIED RICE	CREAMY MASHED POTATO	POTATO WEDGES
	INGREDIENTS	THIME, OIL, BLACK PEPPER, SALT.	WATER, RICE, SALT.	WATER, RICE, SALT.	POTATO, WATER, MILK, BUTTER , SALT, PEPPER.	POTATO, GARLIC, OLIVE OIL, OREGANO, BLACK PEPPER, SALT.
	KCAL/100G	145	145	70	63	100
	VEGETABLES	GLAZED VEGETABLES	BUTTERED PEAS AND CORN	SAUTE VEGGIES	GRILLED VEGGIES	TOSSED BROCCOLI AND BABY CARROT



COMBO MEAL 2 LUNCH - WEEK 4

COMBO OPTION	MENU DESCRIPTION	23-JAN-23	24-JAN-23	25-JAN-23	26-JAN-23	27-JAN-23
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
COMBO 2 VEG	PROTEIN	PASTA WITH PESTO SAUCE	PASTA ARABIATTA	STIRFRIED TOFU WITH VEGETABLES	MEX ICAN VEG ENCHILADAS	RATATOUILLE
	INGREDIENTS	PASTA, OLIVE OIL, SALT, GARLIC, ONION, TOMATO, BELL PEPPERS, OREGANO	PASTA, WATER, TOMATOES, ONION, MUSHROOMS, TOMATO PASTE, PARMESAN CHEESE OLIVES, GARLIC, OLIVE OIL, SALT, PARSLEY	TOFU, GREEN BEANS, CARROTS, PEPPER, SOY SAUCE, GINGER, OIL,SEASONINGS	TORTILLA BREAD, VEGGIES, SEASONING, CHEESE.	TOMATOES, POTATO, CARROTS, EGGPLANT, SQUASH, MARROW, GREEN PEPPERS, TOMATO PASTE, ONION, GARLIC, BASIL, OLIVE OIL, SALT, GROUND CORIANDER, FENNEL SEEDS, BLACK PEPPER.
	KCAL/100G	146	105	137	139	207
	CARBOHYDRATES	GARLIC BREAD	CAJUN SPICED POTATOES	BUTTER RICE	HERB POTATOES	BASAMATI RICE
	INGREDIENTS	BREAD , GARLICE , BUTTER	POTATO, GARLIC, OLIVE OIL, OREGANO, CAJUN SPICES,BLACK PEPPER, SALT.	WATER, RICE, SALT.	POTATO, GARLIC, OLIVE OIL, OREGANO, BLACK PEPPER, SALT.	WATER, RICE, SALT.
	KCAL /100G	145	145	70	63	100
	VEGETABLES	GLAZED VEGETABLES	BUTTERED PEAS AND CORN	SAUTE VEGGIES	GRILLED VEGGIES	TOSSSED BROCCOLI AND BABY CARROT

COMBO MEAL 1 LUNCH - WEEK 5

	MENU DESCRIPTION	30-JAN-23	31-JAN-23	01-FEB-23	02-FEB-23	03-FEB-23
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST		PANCAKE WITH MAPLE SYRUP & JUICE	OATS MUFFIN & FLAVORED MILK	FRENCH TOAST & JUICE	CHEESE & TOMATO SANDWICH WITH POTATO WEDGES & JUICE	BLUEBERRY MUFFIN & FLAVORED MILK
COMBO 1 NON-VEG	PROTEIN	HUNGNAIN CHICKEN STEW	FISH FLORENTINE	BAKED FISH SWEET CHILLY SAUCE	CHICKEN ROULLADE WITH GARLICE TOMATO SAUCE	GRILLED FISH WITH DIL SAUCE
	INGREDIENTS	CHICKEN,, SALT, PEPPER, BUTTER, CREAM , MILK	FISH, OLIVE OIL, BELL PEPPER, GARLIC, BABY SPINACH, CREAM CHEESE, PARMESAN CHEESE, SALT & PEPPER.	FISH, LIME JUICE, SALT, FLOUR, OLIVE OIL, CORIANDER, GARLIC, VINEGAR, SUGAR.	CHICKEN,, SALT, PEPPER, BUTTER, CREAM , MILK	FISH, LEMON,MUSTARD, HONEY, GARLIC, BASIL.
	KCAL/100G	125	151	135	149	175
	PROTEIN	ROAST BEEF WITH BROWN SAUCE	BAKED HONEY MUSTARD CHICKEN	BUTTERED CHICKEN	OVEN BAKED FISH WITH COPCER SAUCE	BEEF BULGOGI
	INGREDIENTS	BEEF, WATER, WORCESTERSHIRE SAUCE , WHOLEMEAL WHEAT FLOUR, BUTTER , MUSHROOM,MUSTARD, SALT, BLACK PEPPER, ROSEMARY.	CHICKEN, SALT, PEPPER, HONEY, MUSTARD, BASIL, PAPRIKA, PARSLEY	CHICKEN, WATER, TOMATOES, ONION, CREAM , HONEY, GROUND CORIANDER, OLIVE OIL, TURMERIC, GINGER, GARLIC, SALT, FENUGREEK LEAVES, CHILLI POWDER, GROUND CUMIN, CARDOMON.	FISH, WATER, WORCESTERSHIRE SAUCE , WHOLEMEAL WHEAT FLOUR, BUTTER , MUSHROOM,MUSTARD, SALT, BLACK PEPPER, ROSEMARY.	BEEF, SOYSAUCE, SUGAR, ONION, GARLIC, OLIVE OIL, PEPPER.
	KCAL/100G	108	232	180	180	232
	CARBOHYDRATES	BREAD ROLL/STEEM RICE	HERB RICE	GARLIC RICE	CREAMY MASHED POTATO	POTATO WEDGES
	INGREDIENTS		WATER, RICE, SAL, HERBS.	BREAD , GARLIC , BUTTER	POTATO, WATER, MILK, BUTTER , SALT, PEPPER.	POTATO, GARLIC, OLIVE OIL, OREGANO, BLACK PEPPER, SALT.
	KCAL/100G	161	145	145	63	100
	VEGETABLES	GINGER HONEY GLAZED VEG	BUTTERED VEG	SAUTE VEGETABLES	GRILLED VEGGIES	VEG SAUTE



COMBO MEAL 2 LUNCH - WEEK 5

COMBO OPTION	MENU DESCRIPTION	30-JAN-23	31-JAN-23	01-FEB-23	02-FEB-23	03-FEB-23
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
COMBO 2 VEG	PROTEIN	ARTICHOKE FLORENTINE PASTA	FUSSILI ARABIATTA	STIRFRIED TOFU WITH VEGETABLES	SPAGHETTI OLIO	VEGETARIAN BURRITOS
	INGREDIENTS	PENNE, BUTTER, GARLIC, SPINACH, FLOUR, MILK, CREAM CHEESE, SALT, PEPPER, CAYENNE PEPPER, ARTICHOKE.	PASTA, WATER, TOMATOES, ONION, TOMATO PASTE, PARMESAN CHEESE, OLIVES, GARLIC, OLIVE OIL, SALT, PARSLEY	TOFU, GREEN BEANS, CARROTS, PEPPER, SOY SAUCE, GINGER, OIL, SEASONINGS	BUTTER, CREAM, THYME, GARLIC, SALT, PEPPER, SPAGHETTI, CHEESE.	TORTILLA, ONION, VEGETABLE OIL, BELL PEPPER, CORN, CARROT, BLACK BEANS, TOMATO, CHEESE, SOUR CREAM, CILANTRO
	KCAL/100G	123	139	105	125	187
	CARBOHYDRATES	GARLIC BREAD	GARLIC BREAD	PAPER RICE	GARLIC BREAD	POTATO WEDGES
	INGREDIENTS	BUTTER, GARLIC,	BUTTER, GARLIC	WATER, RICE, SALT, PAPER, OIL	BUTTER, GARLIC,	POTATO, GARLIC, OLIVE OIL, OREGANO, BLACK PEPPER, SALT.
	KCAL /100G	161	145	145	63	100
	VEGETABLES	GINGER HONEY GLAZED VEG	BUTTERED VEG	SAUTE VEGETABLES	GRILLED VEGGIES	VEG SAUTE