

# Balanced Bites Program



WEEK 1	Sunday	Monday	Tuesday	Wednesday	Thursday
Breakfast	Zaatar & Tomato Tartlet	Honey cottage cheese with wholewheat bread	Feta cheese sandwich with mint leaves, cucumber and tomato	Mixed Berries Pancake	Cheese and Egg Pie
Lunch	Fish Biryani / Vegetables Biryani	Beef lasagna / Green Lasagna (Contains Spinach)	Grilled Fish with Mediterranean Herbs served with Rice & Veggies / Egg Fried Rice	Veggie Pizza	Black Bean Burger
Afternoon Snack	Labneh Club Sandwich with Vegetables Crudites	Oatmeal Banana Raisin Waffles	Zaatar manakish with labneh	Strawberries Rice Cakes	Barley & Vegetable Stew
Snack 2	Grape mix (Red grapes, Black grapes) + Home made fruit yogurt	Strawberry slices + Homemade fruit yogurt	Mango mania + Home made fruit yogurt	Citrus Mix (Mandarine, Grapefruit & Orange) + Home made fruit yogurt	Melon melody + Home made fruit yogurt

WEEK 2	Sunday	Monday	Tuesday	Wednesday	Thursday
Breakfast	Feta cheese in brown sliced bread with cucumber, thyme and tomato	Lemon, thyme and honey overnight oats	Akkawi cheese in brown sliced bread with cucumber, thyme and tomato	Pancake with vanilla berry compote	Chinese egg omelet in tortilla wrap
Lunch	Tofu Stroganoff served with brown rice and saute vegetables	CHicken Bites with Mashed Potatoes / Ravioli spinach and Ricotta	Poblano Mango and Black bean Quesadillas	Pumpkin Risotto	Chicken Biryani and Raita / Baked pasta with green zucchini sauce, light mozzarella
Afternoon Snack	Cheese Manakish	Tuna Sandwich / Cheese and Veg Quesadillas	Three-bean Vegetarian Chili	Baked Spinach Fatayer	Banana & Ricotta Grilled Cheese Sandwich
Snack 2	Grape mix (Red grapes, Black grapes) + Home made fruit yogurt	Melon melody + home made fruit yogurt	Mango mania + Home made fruit yogurt	Citrus Mix (Mandarine, Grapefruit & Orange) + Home made fruit yogurt	Strawberry slices + Home made fruit yogurt

WEEK 3	Sunday	Monday	Tuesday	Wednesday	Thursday
Breakfast	Quinoa & Chia porridge with Stone fruits (Peach, Plums, Apricots)	Cheese and sundried tomato fatayer	Muesli pancakes with cinnamon and apple	Avocado and Egg Healthy Sandwich	Spinach and sun-dried tomato frittata
Lunch	Spaghetti with Roasted cherry Tomato Feta and Herb	Meat balls with Pomegranate BBQ sauce and Mashed Potatoes / Basic Veggie Risotto	Macaroni served with Chicken & Veggies / Macaroni served with Veggies only	Lemony Chicken served with Potato Wedges / Burghul & lentil pilaf with toasted almonds	Veggie Enchiladas
Afternoon Snack	Carrot Tart	Mixed Berries Pancakes	Roast Beef Sandwich / Cucumber, Hummus & Lemon Snack Sandwiches	Manoushe zaatar with labneh	Baked Chicken Nuggets / Mushroom & lentil cottage pie
Snack 2	Grape mix (Red grapes, Black grapes) + Home made fruit yogurt	Melon melody + Home made fruit yogurt	Mango mania + Home made fruit yogurt	Citrus Mix (Mandarine, Grapefruit & Orange) + Home made fruit yogurt	Strawberry slices + Home made fruit yogurt

WEEK 4	Sunday	Monday	Tuesday	Wednesday	Thursday
Breakfast	Granola Cereal with milk and dry fruits (Raisins, Prunes, Pineapple)	Baked zucchini omelette (Eggs, Zucchini, Shallots, Mint)	Ricotta Pie	Mediterranean omelet wrap	Baked Cheese fatayer
Lunch	Low-Fat Beef Burger / Veggie Burger	Vietnamese Veggie Hotpot	Thai Fish Cakes With Kaffir Lime Leaves / Browned butternut Squash Couscous	Jacket Potato with Cheese and Baked Beans	Chicken Burrito / Garden Alfredo with tofu
Afternoon Snack	Honey oatmeal cookies	Carrot and cheese sandwich	Roasted aubergine wrap with mozzarella, tomato & pita bread	Baked Chicken Cutlet / Rarebit Toasts	Broccoli and Carrots Biscuits
Snack 2	Grape mix (Red grapes, Black grapes) + Home made fruit yogurt	Melon melody + Homemade fruit yogurt	Mango mania + Home made fruit yogurt	Grapes + Home made fruit yogurt	Strawberry slices + Home made fruit yogurt