



18 – 23 January 2021

	Breakfast	Lunch & Snack		Dinner
<b>MON</b> 18 January 2021	Mankouche Kechek	Veggie Noodles <input type="checkbox"/>	Swiss Roll	Chef Salad
		Beef Stroganoff <input type="checkbox"/>		
<b>TUE</b> 19 January 2021	Toast Halloum Pesto	Fasolia With Rice Without Meat <input type="checkbox"/>	Layali Lebnan	Fattoush With Grilled Halloum
		Nouille au Poulet <input type="checkbox"/>		
<b>WED</b> 20 January 2021	Kaak Turkey & Cheese	Burghol <input type="checkbox"/>	Lazy Cake	Brown Baguette Fetta Veggie
		Kafta w Batata With Rice <input type="checkbox"/>		
<b>THU</b> 21 January 2021	Sambousik Spinach	Tagliatelle Alfredo <input type="checkbox"/>	Eclair	Beetroot Fetta Salad
		Frikeh Chicken <input type="checkbox"/>		
<b>FRI</b> 22 January 2021	Toast Honey Banana	Mdardra <input type="checkbox"/>	Sable Chocolat	Potato Salad
		Fish Burger <input type="checkbox"/>		
<b>SAT</b> 23 January 2021	Mini Baguette Labneh	Baked Falafel <input type="checkbox"/>	Meghle	Greek Quinoa Salad
		Poulet Oriental <input type="checkbox"/>		

ⓘ Calories per day: Females 1100 Kcal --- Males 1400 Kcal

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