

FOOD MENU

Weekly Meal Plan for April/May 2018

	BREAKFAST	LUNCH	DINNER	DAILY SUPPLIES
MONDAYS	BREAKFAST BOX	SAUSAGES*	MOROCCAN SALAD CHICKEN TAGINE W/LEMON CINNAMON ORANGE	BREAD & M'SAMMEN FROZEN WATER BOTTLE
TUESDAYS	BREAKFAST BOX	SPAGHETTI BOLOGNESE	SALAD NICOISE SKEWER W/MARINATED BEEF FRUIT SALAD	BREAD & M'SAMMEN FROZEN WATER BOTTLE
WEDNESDAYS	BREAKFAST BOX	SWEDISH MEATBALLS W/POTATOES AND BROWN SAUCE	HARIRA SOUP COUS-COUS CREME CARAMEL	BREAD & M'SAMMEN FROZEN WATER BOTTLE
THURSDAYS	BREAKFAST BOX	SAUSAGES*	GREEN SALAD TURKEY STEAK FRUIT SALAD	BREAD & M'SAMMEN FROZEN WATER BOTTLE
FRIDAYS	BREAKFAST BOX	PAELLA	MOROCCAN SALAD BEEF TAGINE CINNAMON ORANGE	BREAD & M'SAMMEN FROZEN WATER BOTTLE
SATURDAYS	BREAKFAST BOX	MARINATED TURKEY*	SALAD NICOISE PASTELLA CHICKEN MIXED FRUIT	BREAD & M'SAMMEN FROZEN WATER BOTTLE
SUNDAYS	BREAKFAST BOX	SPAGHETTI CARBONARA	SALAD SPECIAL KEFTA TAGINE CREME CARAMEL	BREAD & M'SAMMEN FROZEN WATER BOTTLE

* YOU PREPARE THE FOOD YOURSELF USING THE INGREDIENTS AVAILABLE IN THE BREAKFAST BOX (ONION, BREAD, TOMATOES, POTATOES, ETC)