



JUNE 24-29

MONDAY

Vegetables Omelet
Baked Italian Chicken
Fish Ranch Salad

TUESDAY

Egg Toast, Greens, and Fruits
Grilled Fish, Mashed Potato, and Vegetables
Marinated Chicken with Avocado Salsa

WEDNESDAY

Beef Arroz Ala Cubana
Sweet & Sour Fish Fillet
Chicken Waldorf Salad

THURSDAY

Breakfast Vegetables Mixed Salad
Falafel and Vegetables Sandwich
Balsamic Vinaigrette Salad

FRIDAY

Tuna and Vegetables Salad
Stir Fry Vegetables with Meatballs
Grilled Fish with Pineapple Salsa

SATURDAY

Shakshuka Egg and Vegetable Crackers
Herbed Mushroom and Vegetable Medley
Roasted Pesto Chicken

MEAL PLAN MENU





JULY 01-06

MONDAY

Fruits and Oats
Cilantro Chicken with Mixed Vegetables
Lemon Capes Fish Fillet with Mediterranean Salsa

TUESDAY

Chicken Tocino with Pineapple Rice
Roasted Chicken with Stir Fry Vegetables
Grilled Fish with Chili Corn Salsa

WEDNESDAY

Quinoa Breakfast Bowl
Stir Fry Chicken Steak
Fish Parmigiana

THURSDAY

Kimchi Rice with Fried Egg
Chicken Greek Quinoa Salad
Asian Glazed Salmon

FRIDAY

Egg Toast Sandwich
Poached Lemongrass Chicken
Tuna and Vegetables Medley

SATURDAY

Yoghurt Granola Fruit Bowl
Chicken, Mushroom and Spinach Rice Bowl
Tofu Vermicelli Salad Bowl

MEAL PLAN MENU

