

**Breakfast (7 am)**

**Option 1**

*Bulgur with dates*

Protein -  
Crereal Bulgur  
Fruits a) Dates

**Lunch (12 am - 1 pm)**

*Mung dal with rice*

Salad -  
Protein Mung beans  
Cereal Basmati rice  
Vegetable 1 Carrots  
Vegetable 2 Cucumber  
Chutney Apple/mango  
Dessert Chocolate creme

**Dinner (6.30 pm - 7.30 pm)**

*Oven baked vegetables*

Protein Lentil soup  
Crereal -  
Vegetable Zuchetti, paprika, onion, eggplant

**Option 2**

*Oatmeal with raisins*

Protein Hazlenut  
Crereal Oatmeal with almond milk  
Fruits a) Raisins

*Chickpeas chenu*

Salad Lettuce  
Protein Chickpeas  
Cereal Rice  
Vegetable 1 Beetroot  
Vegetable 2 Damped fennel/leek  
Chutney Pear with grape juice  
Dessert -

*Vegetable stew with chapatti*

Protein Troy lenses  
Crereal Chapatti  
Vegetable Carrots, potato and fennel

**Option 3**

*Rice pudding*

Protein -  
Crereal Round grain rice  
Other Rice milk

*Goat cheese with broccoli*

Salad -  
Protein Goat cheese  
Cereal Rice  
Vegetable 1 Baked potato  
Vegetable 2 Beetroot/broccoli  
Chutney -  
Dessert Carob halva

*Pumpkin soup*

Protein -  
Crereal Mashed pumpkin  
Vegetable Couscous

**Legend**

a) dried