



**SAMPLE INDIAN MENU**

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAK FAST</b>						
Dosa	Poori	Idly	Dosa	Paratha	Uppma	Paratha
Sambar	Aloo Bhaji	Chutney	Sambar	Green Peas Masala	Moong Masala	Chana Masala
Chutney	Tea/Coffee	Sambar	Chutney	Tea/Coffee	Tea/Coffee	Tea/Coffee
Tea/Coffee		Tea/Coffee	Tea/Coffee			
<b>LUNCH</b>						
Chicken Fry	Fish Masala	Chicken Chilly	Chicken Curry	Chicken Chukka	Fish Fry	Chicken Biryani
Mix veg	Aloo Gobi	Vegetable Khorma	Vegetable Curry	Channa Masala	Dal	Rasam
Dal Tadka	Dal	Sambar	Yoghurt	Yoghurt	Aloo Palak	Vegetable Jalfrezi
Yoghurt	White Rice	Yoghurt	White Rice	White Rice	White Rice	Green Salad
White Rice	Yoghurt	White Rice	Salad	Green Salad	Salad	White Rice
Salad	Salad	Green Salad	Roti	Roti	Roti	Raita
Roti	Roti	Roti	Sweet	Fruit	Sweet	Roti
Fruit	Sweet	Fruit			Yoghurt	Fruit
<b>DINNER</b>						
Mutton Curry	Chicken Curry	Mutton Masala	Fish Masala	Fish Fry	Chicken Curry	Vegetable Masala
White Rice	Dal Fry	White Rice	Aloo Palak	Mix Vegetable	Sauteed long beans	White Rice
Dal Fry	White Rice	Dal Fry	White Rice	White Rice	White Rice	Chicken Curry
Roti	Roti	Roti	Roti	Roti	Roti	Roti

Note: Menu items may vary according to the availability in market / variety

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**SAMPLE ARABIC MENU**

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SATURDAY</b>						
<b>BREAK FAST</b>	Omlette	Foul Medammes	Fried Egg	Grilled Sausages	Scrambled Egg	Foul Medammes
Foul Medammes	Peeled Tomato	Feta Cheese	Hammous	Peeled Tomato	Hammous	Feta Cheese
Feta Cheese	Arabic Bread	Arabic Bread	Arabic Bread	Arabic Bread	Arabic Bread	Arabic Bread
Arabic Bread	Tea/Coffee	Tea/Coffee	Tea/Coffee	Tea/Coffee	Tea/Coffee	Tea/Coffee
Tea/Coffee						
<b>LUNCH</b>	Cream of Tomato Soup	Vegetable Clear Soup	Lentil Soup	Cream of Tomato Soup	Vegetable Clear Soup	Lentil Soup
Vegetable Clear Soup	Grilled Fish w/ Caper Sauce	Braise Lamb w/ Onion & Herb	Roast Chicken	Chicken & Bell Pepper &	Chicken w/Bell Peppers	Mixed Salad
Braise Lamb w/ Onion & Herbs	Hammous	Hammous	Hammous	Mixed Salad	Pasta Salad	Arabic Bread
Hammous	Arabic Bread	Arabic Bread	Arabic Bread	Arabic Bread	Arabic Bread	Roast Chicken with Tomato Sauce
Arabic Bread	Sweet	Fruit	Sweet	Fruit	Rice	Rice
Fruit						
<b>DINNER</b>	Lentil Soup	Minestrone Soup	Cream of Chicken	Lentil Soup	Stir Fried Fish w/ Black Beans Sauce	Samak Hara
Minestrone Soup	Roasted Potato	Stir Fried Fish w/Black Beans Sauce	Lettuce,Cucumber,Tomato	Vegetable Lasagne	Arabic Bread	Arabic Bread
Stir Fried Fish w/Black Beans Sauce	Mix Salad	Arabic Bread	Spaghetti Bolognaise	Arabice Bread		
Arabic Bread	Vegetable Lasagne	Mix Salad	Steam Rice			

Note: Menu items may vary according to the availability in market / variety

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**SAMPLE FILIPINO MENU**

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SATURDAY	SUNDAY					
BREAK FAST		Fried egg	Egg Burgee	Boiled Egg	Sausage	Plain Omelette
Sliced Bread	Sausage	Sliced Bread	Bread	Sliced Bread	Bread	Bread
Masala Omelette	Sliced Bread	Tea/Coffee	Tea/Coffee	Tea/Coffee	Tea/Coffee	Tea/Coffee
Tea/Coffee	Tea/Coffee					
LUNCH		Beef Kare-Kare	Beef Steak	Chicken Adobo	Tilapia in Coconut	Daing Na Bangus
Tinolang Manok	Fried Chicken	Rice	Vegetable Soup	Rice	Rice	Rice
Rice	Corn Soup	Salad	Rice	Salad	Salad	Salad
Salad	Rice	Fruit	Salad	Fruit	Sweet	Fruit
Fruit	Salad		Sweet			
	Sweet					
DINNER		Beef Kaldereta	Fried Chicken	Chicken w/ Pineapple	Sweetcorn Chicken	Chicken Afritada
Chicken Kaldereta	Beef Sinigang	Rice	Pinakbet	Long Beans	Rice	Yellow Pumpkin
Mixed Vegetables	Rice		Rice	Rice		Rice
Rice						

Note: Menu items may vary according to the availability in market / variety