

# GASTROGOURMET

## Dinner plan

FRIDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
1	2	3	4	5
BALSAMIC BRAISED LAMB	GARLIC SHRIMP	STEAK CHIMICHURRI	LEMON THYME CHICKEN	BUTTER BASTED COD
SPINACH COUSCOUS	LEMON & BASIL RICE	POTATO BRAVA	ROASTED POTATOES	CREAMY PASTA
GREEN SALAD	CEASAR SALAD	ARUGULA SALAD	Green Beans	ASPARAGUS
6	7	8	9	10
SALMON FLORENTINE	HUNTER CHICKEN	BRAISED BEEF & OKRA	PESTO CHICKEN	Butter Chicken
MOUSELINE POTATO	BUTTER MASH POTATO	VERMICELLI RICE	CREAMY PENNE PASTA	Rice, Naan Bread
GREEN SALAD	GREEN BEANS	TOMATO CABBAGE SALAD	GREEN SALAD	Mint Chutney
11	12	13	14	15
SHRIMP	INDIAN BEEF VINDALLO	LASAGNA	LEBANESE CHICKEN & RICE	COD FISH / TOMATO SAUCE
THAI COCONUT CURRY	RICE PILAF	GARLIC BREAD	FATOUCH SALAD	HERB BAKED POTATO
JASMIN RICE	CUCUMBER RAITTA	CEASAR SALAD		GREEN SALAD
16	17	18	19	20
SEA FOOD PAELLA	CHICKEN FETTUCINI	BEEF STROGANOF	CHICKEN MIOUKHYE	VEGETABLE SHRIMP CURRY
TOMATO SALAD	GARLIC BREAD	CREAMY MASHED POTATO	WHITE RICE// PITA CHIPS	Rice, Naan Bread
	GREEN SALAD	CABBAGE SALAD	SHALLOT VINEGRATE	CUCUMBER RAITTA
21	22	23	24	
Chicken Parmesan	BEEF & PEAS STEW	CABBAGE RROLL	KIBBEH BELABAN	
SPAGHATI MARINARA	VERMICELLI RICE	PEROGIES & CHEESE	VERMICELLI RICE	
CEASAR SALAD	GREEN SALAD	ARUGULA SALAD	FATOUCH SALAD	