

Meal	Sunday	Monday	Tuesday	Wednesday	Thursday
Breakfast	Egg White Omelette With Kale and Green Onion (E)	Vanilla Oats, Lemon Raspberry Jam(D, O, Sy, N)	Boiled Egg in Shakshouka Sauce (E,C)	Protein Pumpkin Waffles, Apple & Berry Jam (Sy, O, E, D)	Omelette Florentine (E)
Lunch	Tahini And Sumac Roast Chicken (Ss), Steamed Rice, Plain Spinach & Nutmeg. Olive Oil	Steamed Shrimp, Salsa Verde (S, M), Steamed Brown Rice & Cucumber & Tomato Salad. Pesto	Turkey Meatloaf (E, M, G, F), Rosemary & Garlic Potatoes, Cabbage Carrot & Butternut Squash. Cajun Mayo	Beef & Mushroom Flat Loaf with Zaatar (G, Ss), Roasted Sweet Potato, Broccoli. Tatar Sauce.	Chicken & Mushroom Quiche (D), Green salad
Dinner	Baked Salmon, Soy & Mirin (F, Ss, Sy,), Vegetable Salad	Turkey Bolognese (C), Penne Pasta.	Thai Quinoa Salad, Mango & Peanuts(P)	Italian Chicken Fricassee, Steamed White Rice & Plain Spinach & Nutmeg.	Piri Piri Roast Cream Dory(F)
Snack	Protein & Peanut Butter Orange Bites (Sy, P, O, D) Corn succotash	Flourless Brownie (D, E, S, N) Mixed Nuts with Zataar(N, G, Ss)	Coconut, Date & Protein Bites (P, D, Sy) Watermelon & Feta Salad With dried mint(D)	Avocado Hummus with Cucumber Batons (Ss) Raw Vegan Bars (P, N)	Cranberry & Almond Protein Bites (O, N, P) Healthy Loaded Fries(N)

Allergens: Peanuts = P, Oats = O, Gluten = G, Shellfish = S, Dairy = D, Treenuts = N, Sesame Seeds = Ss, Eggs = E, Soya = Sy, Fish = F, Mustard = M, Celery = C

www.pura.ae

