

SAHA First Month HEALTHY MENU



Cold Cucumber Soup *Basil flavored Cold Cucumber Soup*

Cal: 131 Pro: 4g Fat: 10g Carb: 8g
Fiber: 2g Sodium: 438mg Cholest: 0

QR 5



Lentil and Tabouleh Salad *Tabouleh with Boiled Dark Lentil*

Cal: 391 Pro: 15g Fat: 16g Carb: 51g
Fiber: 7g Sodium: 815 mg Cholest: 0mg

QR 4



Pesto Chicken Roulade *Poached Chicken & Pesto Roulade with Light Yoghourt Cole Slaw*

Cal: 432 Pro: 39g Fat: 14g Carb: 40g
Fiber: 7g Sodium: 935 mg Cholest: 110mg

QR 15



Grilled Hamour with Mexican Salsa *Grilled Hamour with Tomato & Capsicum Salsa with Gomashio Steamed Vegetable*

Cal: 473 Pro: 40g Fat: 25g Carb: 23g Fiber: 6g Sodium: 898 mg Cholest: 67mg

QR 20



Grilled Salmon with Couscous *Grilled Salmon Steak served on a bed of Raisin & Mango Couscous & Basil Pesto*

Cal: 777 Pro: 41g Fat: 37g Carb: 74g Fiber: 4g
Sodium: 928mg Cholest: 69

QR 32



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Grilled Chicken Escalope with Gnocchi

served with Gremolata & Milanese Gnocchi

Cal: 1186 Pro: 65g Fat: 68g Carb: 84g
Fiber: 7g Sodium: 1667 mg Cholest: 144mg

QR 19



Chickpea Veggie Burger

Chickpea, Sundried Tomato & Coriander Burger with Tahini Sauce

Cal: 656 Pro: 28g Fat: 14g Carb: 114g
Fiber: 14g Sodium: 1112 Cholest: 0

QR 4



Caramelized Apple Wedges & Low Fat Yogurt

Cal: 308 Pro: 4g Fat: 4g Carb: 67g Fiber: 4g
Sodium: 46mg Cholest: 3mg

QR 4



Orange Cake

with Low Sugar Marmalade Glaze

Cal: 572 Pro: 11g Fat: 24g Carb: 83g
Fiber: 0 Sodium: 727mg Cholest: 137 mg

QR 4



ALLERGENS GUIDE:



Gluten
Wheat
Peanuts



Mollusks



Crustaceans



Eggs



Fish



Soya



Nuts



Celery



Lactose



Mustard



Sesame



Lupin



Sulphur dioxide