

# SAHA Second 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 8



### Grape Fruit with Cured Salmon Salad

Grape fruit & cured salmon combination

Cal: 325 Pro: 23g Fat: 15g Carb: 28g  
Fiber: 4g Sodium: 1975mg Cholest: 46mg

QR 19



### Oriental Vegetable Tagine

Oriental vegetable dish

Cal: 522 Pro: 17g Fat: 16g Carb: 88g  
Fiber: 19g Sodium: 1997mg Cholest: 0

QR 10



### Grilled Hammour with Mexican Salsa

Grilled hammour served with tomato & capsicum salsa and steamed vegetable seasoned with "gomasio"

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

QR 29



### Moroccan Fish & Vegetable Tagine

Moroccan national dish

Cal: 497 Pro: 42g Fat: 17g Carb: 52g  
Fiber: 17g Sodium: 924mg Cholest: 56mg

QR 16



# SAHA Second Month HEALTHY MENU



**Grilled Chicken Breast  
Served w/ Mango Chutney  
& Carrot Mousseline**  
Chicken breast with mango  
chutney with vegetable bouquet

Cal: 546 Pro: 45g Fat: 21g Carb: 47g  
Fiber: 9g Sodium: 966mg Cholest: 131mg

**QR 17**



**Stir Fried Chicken with  
Sautéed Thai Vegetable**  
Thai stir fried chicken with  
vegetable

Cal: 460 Pro: 46g Fat: 21g Carb: 23g  
Fiber: 6g Sodium: 1054 mg Cholest: 131mg

**QR 15**



**Caramelized Apple Wedges  
and Low Fat Yogurt**

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

**QR 6**



**Strawberry Oatmeal Bars**

Cal: 204 Pro: 2g Fat: 7g Carb: 33g  
Fiber: 3g Sodium: 140mg Cholest: 16mg

**QR 5**



## ALLERGENS GUIDE:

