

# SAHA First Month HEALTHY MENU



## Cold Avocados & Yoghurt Light Curry Soup

Avocados & yoghurt cold curry soup

Cal: 294 Pro: 5g Fat: 25g Carb: 17g  
Fiber: 12g Sodium: 816mg Cholest: 4mg

QR 7



## Beetroot & Orange Salad with Feta Cheese

Cold mixed salad

Cal: 160 Pro: 11g Fat: 11g Carb: 40g  
Fiber: 9g Sodium: 1315 mg Cholest: 44mg

QR 7



## Pesto Chicken Roulade

Poached chicken & pesto roulade served with light yogurt coleslaw

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

QR 19



## Combination of Hamour & Salmon Served on a Vegetable Tartelette with Green Salsa

Salmon & hamour fish served in a veggies tartelette

Cal: 691 Pro: 54g Fat: 42g Carb: 24g  
Fiber: 4g Sodium: 1141 mg Cholest: 284mg

QR 24



## Grilled Salmon with Raw Dill Cucumber Salad

A grilled fish with cucumber pesto

Cal: 315 Pro: 33g Fat: 17g Carb: 7g  
Fiber: 2g Sodium: 907mg Cholest: 69mg

QR 39



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## Poached Chicken with Green Salsa

Poached chicken served with bulgur and vegetable

Cal: 458 Pro: 41g Fat: 10g Carb: 53g  
Fiber: 9g Sodium: 913 mg Cholest: 110mg

QR 24



## Chickpea Veggie Burger

Chickpea, sundried tomato and coriander burger with tahini sauce

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

QR 8



## Blueberry Lemon Ricotta Cake

Cal: 322 Pro: 8g Fat: 13g Carb: 46g  
Fiber: 3g Sodium: 423mg Cholest: 101mg

QR 7



## Orange Cake

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 | Molluscs | Crustaceans | Eggs            | Fish    |
| Peanuts      | Nuts     | Celery      | Lactose         | Mustard |
| Soya         | Sesame   | Lupin       | Sulphur Dioxide |         |