

SAHA Third 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 4



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 16



Spicy Aubergine & Capsicum with Coriander & Mint Served with Rocket Salad

Sautéed vegetables with spices

Cal: 237 Pro: 4g Fat: 16g Carb: 23g
Fiber: 8g Sodium: 798 mg Cholest: 0mg

QR 5



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



Moroccan Fish & Vegetable Tagine

Moroccan national dish

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

QR 10



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Grilled Chicken Breast Served with Mango Chutney & Carrot Mousseline

Chicken breast with mango
chutney with vegetable
accompaniment

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

QR 13



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 Cholest: 131mg

QR 10



Blueberry Lemon Ricotta Cake

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

QR 7



Strawberry Oatmeal Bars

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

QR 3



ALLERGENS GUIDE:

