

DAY	LUNCH	DINNER
SATURDAY	Kabsa Rice with Beef & Molokhia with Shrimps	Green Peas Ragout & Goulash with Minced Meat
SUNDAY	Vegetables Ragout & Rice Vermicelli	Okra Ragout & Crystal Rice
MONDAY	Zucchini Ragout & Vine leaves with Lamb	Green Beans Ragout & Kabsa Rice with Chicken
TUESDAY	Vegetables Torley & Orzo tagine with chicken	Oriental Night
WEDNESDAY	White Beans Ragout & Macaroni Bechamel	Potatos Ragout & Oriental Rice
THURSDAY	Egyptian Moussaka & Orzo Tagine with Chicken	Loubieh Ragout & Macaroni Negresco
FRIDAY	Spinach Ragout with Chickpeas & Cheese Samosa	Oriental Night