

### Roasted Chicken with Rice and Mixed Veggies

Marinade for chicken: olive oil, lemon juice, white vinegar, garlic, salt, black pepper, oregano powder, seven spices or all spice, ginger powder, paprika, and cumin powder.

Rice Seasoning: Butter, salt, pepper, garlic

Vegetables: Mixed vegetables cooked in, garlic, salt and pepper

### Penne With Beef Halal Meatballs and Marinara

- Beef Meatballs from Midamar
- Penne Pasta
- salt and freshly ground black pepper
- Tomatoes
- garlic cloves, crushed
  
- olive oil
- chopped fresh flat-leaf parsley
- chilli flakes (optional)

### Fish of the day Mashed Potato and Mixed Veg

Fish of the Day ingredients

- Fish of the day (cod, salmon, tilapia)
- Olive Oil
- Salt
- Cracked Black Pepper
- Minced Garlic
- Lemon

Mashed Potato Ingredients

- Potatoes, peeled and quartered
- Sea salt
- Freshly ground black pepper
- Whole milk
- Softened butter, unsalted

