November 2026

MON	TUE	WED	THU	FRI	SAT	SUN	MON	T
18	17	16	15	14	19	17	15	



Balanced menu

High-quality everyday meals at prices you'll love.

Monday, 2 November



BREAKFAST

424 KCAL

Savory Waffle with Turkey & Cheese



LUNCH

424 KCAL

Italian Meatballs in Rich Tomato Sauce with Classic Spaghetti



DINNER

424 KCAL

The Famous Butter Chicken & white rice



SNACKS

424 KCAL

Chocolate Chip Cookie (2 pcs)

Tuesday, 3 November



BREAKFAST

424 KCAL

Savory Waffle with Turkey & Cheese



LUNCH

424 KCAL

Italian Meatballs in Rich Tomato Sauce with Classic Spaghetti

WED 16 | THU 15 | FRI 14 | SAT 19 | SUN 17

Balanced menu

Today

Monday, 2 November



BREAKFAST

Savory Waffle with Turkey & Cheese

424 KCAL



LUNCH

Italian Meatballs in Rich Tomato Sauce with Classic Spaghetti

424 KCAL



DINNER

The Famous Butter Chicken & white rice

424 KCAL



SNACKS

Chocolate Chip Cookie (2 pcs)

424 KCAL

Tuesday, 3 November



BREAKFAST

Savory Waffle with Turkey & Cheese

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LUNCH

Italian Meatballs in Rich Tomato Sauce with Classic Spaghetti

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DINNER

The Famous Butter Chicken & white rice

424 KCAL



SNACKS

Chocolate Chip Cookie (2 pcs)

424 KCAL



LUNCH

Italian Meatballs in Rich Tomato Sauce with Classic Spaghetti

★ *4.5*

Tender chicken simmered in a rich, creamy butter tomato sauce, served with fragrant basmati rice for a smooth, indulgent and irresistibly comforting bite.

Regular portion | Large portion

Calories	Protein	Carb	Fat
800 Kcal	92gr	92gr	92gr

Allergens

Tender chicken simmered in a rich

Rate this meal

How to serve

Wallet
Ð120

Hello!
Ali Zamani

Your active plan

+ New order



Balanced plan

20
meals left

3
deliveries left

5 days / week
2 meals / day

Week 2 of 4

+ 2 more plans

- Personal Details
- Manage Address
- Transaction history
- Payment methods

- Contact us
- Terms & conditions
- Log out

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Edit plan



Balanced plan

5 Days / Week R

BREAKFAST LUNCH DINNER SNACKS

30 Oct 2026 ▶ 26 Nov 2026

UR PLAN ENDS IN 9 DAYS YOUR RENEW NOW!

20 meals left out of 40

3 deliveries left

2/4 week

21 days remaining

Next Delivery

Mon, Oct 12

8 AM - 12 PM 6 meals

Pause plan

Edit Address

This week's menu

view all

Monday, 2 November



BREAKFAST

Italian Meatballs in Rich Tomato Sauce with Classic Spaghetti

4.5



Turn on auto-renew

Turn on auto-renew and never miss a meal. You can turn it off at anytime



PLEASE LEAVE YOUR EMPTY HAS BAG OUTSIDE YOUR DOOR BEFORE EACH DELIVERY.

Edit plan

Review your plan and change eligible details.

- Pause Plan
- Change Delivery Time Slot
- Change Exclusions
- Edit Address
- Change Meal Type
- Upgrade Plan

Pause Plan

Choose the complete period when your meal plan should be paused.

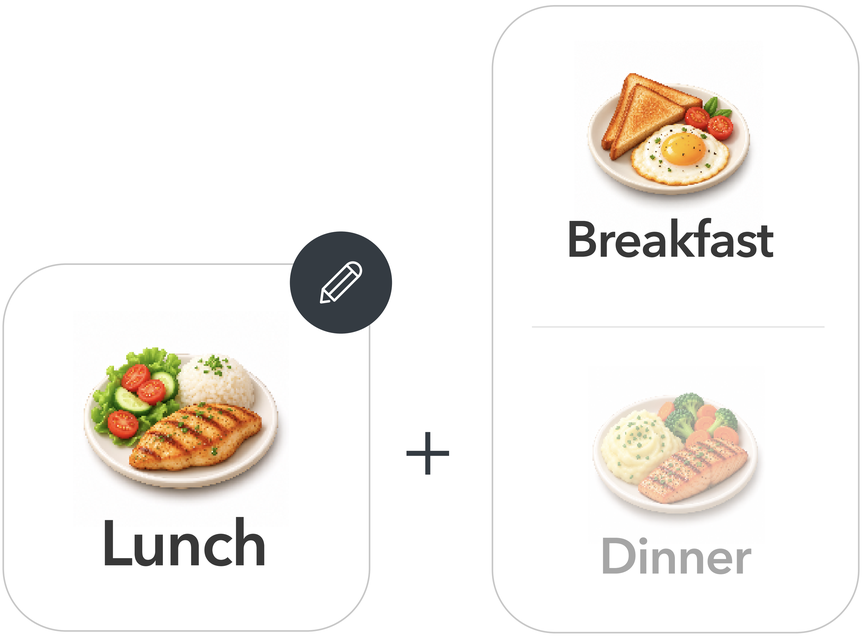
Pause From: 30 Oct 2026 ▶ **Reactivate on:** 30 Oct 2026

11	10	9	8	7	6	5
	18	17	16	15	14	13
25	24	23	22	21	20	19
31	30	29	28	27	26	

January 2027

MON	TUE	WED	THU	FRI	SAT	SUN
			4	3	2	1
11	10	9	8	7	6	5
19	18	17	16	15	14	13
25	24	23	22	21	20	19
31	30	29	28	27	26	

Confirm & Pause



Select your Meal Types

Choose your preferred combination
from the available meal types.

Confirm & Save

Upgrade Plan

Compare the current and available upgrades,
then review the exact system-calculated amount.

Meal Types

Current:



2 meals / day
Lunch + Dinner

Available upgrade:



3 meals / day
Breakfast + Lunch + Dinner

Plan length

Current:

5 days / week
Mondays to Fridays

Available upgrade:

6 days / week
Mondays to Fridays

Portion size

Current:



Regular portion
1050 - 800 Kcal / day

Available upgrade:



Large portion
1050 - 800 Kcal / day

Snacks

Current:



No snacks

Available upgrade:



Add snacks
1 snack per day

Review Upgrade

Our system calculates unused credit,
the selected upgrades amount, applicable VAT,
checkout fee and effective delivery date.

Edit profile details

Name

Ali

Zamani

Email & Phone

alizamaniii@yahoo.com

+971 564479907

Email offers

I agree to receive HAS meal plan offers and updates by email. I can unsubscribe at any time

Delete account

Confirm & Pause

Transaction history

Purchased
26 Oct 2026
Đ260
** 1785

Refunded
26 Oct 2026
Đ260
** 1785

Upgrade quote

Valid until 13 Nov 2026 at 06:21 PM GST

Meal plan	฿1,197.00
Discount	−฿398.00
Delivery	~~฿150.00~~
Service fee	฿25.33
VAT	฿39.95
Total Amount to pay	**฿846.28**

Your changes apply on the plan from:

Mon, 16 Nov 2026

I agree to the timeline for my plan changes to take effect.

Continue to payment