



2019 Menu

W1	MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6
B	Milk & Cornflakes	Cheese Sandwich + Tomato	Thyme Sandwich + Cucumber	Croissant	Pain Au Lait (Labneh)
L	Pasta Bolognese	Stuffed Potato + Salad	Chicken + Rice + Yogurt	Cheese Pasta	Borghoul B Banaoura + Yogurt
S	Watermelon	Banana	Cake	Apple	Biscuits

W2	MONDAY 9	TUESDAY 10	WEDNESDAY 11	THURSDAY 12	FRIDAY 13
B	Milk & Cornflakes	ASHOURA (To be confirmed)	Thyme Sandwich + Cucumber	Croissant	Pain Au Lait (Cheese)
L	Daoud Basha + Rice		Lasagna	Kebbe B Laban + Rice	Reshta B Adas
S	Nectarine		Banana	Jell-O	Apple

W3	MONDAY 16	TUESDAY 17	WEDNESDAY 18	THURSDAY 19	FRIDAY 20
B	Milk & Cornflakes	Labneh Sandwich + Tomato	Cheese Sandwich + Cucumber	Croissant	Pain Au Lait (Thyme)
L	Mehche Malfouf + Yogurt	Kebbe B Sayniyeh + Yogurt	Chicken Nouille	Mehcheh Zucchini + Yogurt	Loubyeh B Zeit + Rice
S	Cake	Cake	Nectarine	Cake	Banana

W4	MONDAY 23	TUESDAY 24	WEDNESDAY 25	THURSDAY 26	FRIDAY 27
B	Milk & Cornflakes	Cheese Sandwich + Tomato	Thyme Sandwich + Cucumber	Croissant	Pain Au Lait (Labneh)
L	Green Peas Stew + Rice	Kafta + Potato + Rice	Borghoul B Chaayriyeh+Yogurt	Chicken + Potato + Rice	Mjaddara + Salad
S	Melon	Plum	Biscuits	Banana	Custard

W5	MONDAY 30	TUESDAY Oct 1	WEDNESDAY Oct 2	THURSDAY Oct 3	FRIDAY Oct 4
B	Milk & Cornflakes	Thyme Sandwich + Tomato	Labneh Sandwich + Cucumber	Croissant	Pain Au Lait (Cheese)
L	Cheese Pasta	Chicken + Rice+ Yogurt	Stuffed Potato + Salad	Lasagna	Reshta B adas
S	Apple	Biscuits	Watermelon	Plum	Nectarine