

OPTION 1 MENU		WEEK1	WEEK 2	WEEK3	WEEK4	WEEK5	WEEK 6	WEEK 7
		8SEP-12SEP	15SEP-19SEP	22SEP-26SEP	29SEP-30OCT	6SEP-10OCT	13OCT-17OCT	20OCT-24OCT
Sunday	Snack	Strawberries	Banana	Mandarin	Grapes	Banana	Mandarin	Grapes
	Lunch	Chicken Broccoli Pasta with Creamy Sauce, green salad Water. (Italian)	Chicken and Mushroom stroganoff with pasta, Green Salad & Water. (Russian)	Shish Taouk with vegetable rice, tzatziki Sauce & water. (Turkish)	Lasagna with Garlic bread, Green Salad & Water. (Italian)	Butter chicken with rice, Salad & Water. (Indian)	Roast beef with Mushroom Sauce, Rice, Green Salad & Water. (Italian)	Tandoori chicken, sauce & rice green salad. (Indian)
Monday	Snack	Fruit Salad	Kiwi	Banana	Green Apple	Fruit Salad	Watermelon Cube	Strawberries
	Lunch	Chicken Kabsa, Yogurt Salad & Water. (Gulf)	Fajita sandwiches, green Salad & Water. (Mexican)	Vegetable Noodles, Salad & Water. (Chinese)	Philly cheese steak sandwiches, Salad & Water. (American)	Pizza Margarita day, Salad & Water. (Italian)	Sweet-sour chicken with rice, Green salad (Chinese)	Creamy cheese chicken pasta, green Salad & Water. (Italian)
Tuesday	Snack	Watermelon Cube	Green Apple	Fruit Salad	Watermelon Cube	Green Apple	Pineapple Cube	Red Apple
	Lunch	Mongolian beef with rice, green salad & Water. (Chinese)	Roast beef with Mushroom Sauce, Rice, Green Salad & Water. (Italian)	Swedish meatballs with cream sauce, Salad & water (Sweden)	Chicken with spinach cream with rice, corn Salad & Water (Italian)	Chicken Biryani, Yogurt Salad & Water. (Indian)	Baked chicken nuggets, potato, Salad & Water (American)	Herb juicy chicken sandwich, corn Salad & Water (Lebanese)
Wednesday	Snack	Grapes	Watermelon Cube	Red Apple	Melon Cube	Mandarin	Banana	Fruit Salad
	Lunch	Chicken Biryani, Salad & Water (Indian)	Creamy ranch chicken with pasta (American)	Chicken Tandoori rice, Green Salad & water (Indian)	Mandi chicken, yogurt Salad & Water (Gulf)	Roust chicken with potato & rice Green salad (Lebanese)	Penne Alfred with pink sauce, green salad (Italian)	Roast beef with Mushroom Sauce, Rice, Green Salad & Water (Italian)
Thursday	Snack	Red Apple	Mandarin	Watermelon Cube	Pineapple Cube	Watermelon Cube	Red Apple	Mandarin
	Lunch	Baked Nuggets with Baked Potato, Coleslaw salad & Water. (American)	Pizza Margarita day, Coleslaw salad & Water. (Italian)	Mini Burger Slider with Potato Wedges, Coleslaw Salad & Water (American)	Grilled cheesy Burger sandwich, Coleslaw Salad & Water. (American)	Baked Chicken Nuggets & Potato & Coleslaw Salad & Water (American)	Buffalo Chicken Sandwich, potato coleslaw salad & Water. (American)	Pizza Margarita day, Salad & Water (Italian)

OPTION 1 MENU		WEEK8	WEEK 9	WEEK 10	WEEK11	WEEK 12	WEEK 13	WEEK14
		27OCT-31OCT	3NOV-7NOV	10NOV-14NOV	17NOV-21NOV	24NOV-28NOV	1DEC-5DEC	8DEC -12 DEC
Sunday	Snack	Melon Cube	Grapes	Banana	Pineapple	Mandarin	Grapes	Fruit Loaf
	Lunch	Dawood Pasha with rice, Green Salad & Water. (Turkish)	Chicken curry with rice, green Salad & Water. (Indian)	Chicken biryani, Salad & Water (Indian)	Kofte Turkish sandwich with green Salad & Water. (Turkish)	Creamy Garlic chicken with rice, Green Salad & Water. (Italian)	Crispy chicken with creamy mushroom sauce with rice, Green Salad & Water (Italian)	Mushroom and chicken lasagna, Green Salad & Water. (Italian)
Monday	Snack	Banana	Strawberries	Fruit Salad	Kiwi	Red Apple	Strawberries	Cereal with milk
	Lunch	Lemon and garlic chicken pasta with mushroom sauce, green Salad & Water. (Italian)	Chicken Kabsa, Yogurt Salad & Water. (Gulf)	Penne Creamy pasta with chicken, Corn salad & Water. (Italian)	Coconut curry chicken, Green Salad & Water. (Indian)	Chicken fajita pasta, garlic bred Corn Salad & Water. (Mexican)	Lasagna with Garlic bread, Salad & Water (Italian)	Chicken Biryani Salad (Indian)
Tuesday	Snack	Watermelon Cube	Banana	Green Apple	Green Apple	Fruit Salad	Green Apple	Strawberries
	Lunch	Asian steak with noodle. (Chinese)	Mini Burger Slider with Potato Wedges, Salad & Water. (American)	Chicken tikka with green and red pepper with yellow rice, tzatziki Salad & Water. (Indian)	Kushari, tomato sauce, yogurt, water. (Egyptian)	Ranch chicken sandwich with corn Salad & Water. (American)	Beef vegetable stew, Green Salad & Water. (French)	Mongolian beef With Noodles, Salad & Water. (Chinese)
Wednesday	Snack	Red Apple	Watermelon Cube	Mandarin	Strawberries	Banana	Fruit Salad	Banana
	Lunch	Fajita sandwiches, green Salad & Water. (Mexican)	Vegetable noodles, green Salad & Water. (Chinese)	Butter Chicken with rice, Green Salad & Water. (Indian)	Baked Nuggets with bake potato, Salad & Water. (American)	Chicken with mushroom stroganoff pasta, green Salad & Water. (Russian)	coconut curry chicken, Green salad (Indian)	Tandoori chicken with paratha bread. (Indian)
Thursday	Snack	Fruit Salad	Pineapple	Watermelon	Mandarin	Red Apple	Mandarin	Watermelon Cube
	Lunch	Baked Nuggets with bake potato, Salad & Water. (American)	Shawarma, potato wedge, coleslaw salad & Water. (Turkish)	Pizza Margarita day, Salad & Water. (Italian)	Spaghetti with meat balls, Salad & Water. (Italian)	Buffalo chicken sandwich, potato wedges, Coleslaw salad & Water. (American)	Shawarma, potato wedge, coleslaw salad & Water. (Italian)	Mini Burger Slider with Potato Wedges, Salad & Water. (American)

KIDS MENU FROM 8 Sept 2019 TO 12 Dec 2020



OPTION 2 MENU		Week 1	Week 2	Week 3	Week 4	Week 5	WEEK 6	WEEK 7
		8SEP-12SEP	15SEP-19SEP	22SEP-26SEP	29SEP-30OCT	6SEP-10OCT	13OCT-17OCT	20OCT-24OCT
Sunday	Snack	Crepes with Strawberries	Cupcake, Banana, Milk	Fruit Loaf	Labneh with crackers Milk,	Hummus with crackers	Beetroot hummus dib and crackers, Milk	BLT, dib, crackers, juice
	Lunch	Chicken Broccoli Pasta with Creamy Sauce, green salad & Water. (Italian)	Chicken and Mushroom stroganoff with pasta, Green Salad & Water (Russian)	Shish Taouk with vegetable, rice, tzatziki Sauce & Water. (Turkish)	Lasagna with Garlic bread, Salad & Water. (Italian)	Butter chicken with rice, Salad & Water (Indian)	Roast beef with Mushroom Sauce, Rice, Green Salad & Water (Italian)	Tandoori chicken sauce with rice, Green Salad & Water. (Indian)
Monday	Snack	Fruit salad	French toast, Banana	T.L.T (Turkey, lettuce, tomato, orange juice	Cupcake, Banana, Milk	Fruit Salad	Whipped herbed feta cheese.	Cream Cheese and crackers, Milk
	Lunch	Chicken Kabsa, Yogurt Salad & Water. (Gulf)	Fajita sandwiches, green Salad & Water. (Mexican)	Vegetable Noodles, Salad & Water. (Chinese)	Philly cheese steak sandwiches, Salad & Water. (American)	Pizza Margarita day, Salad & Water.(Italian)	Sweet-sour chicken with rice Green salad & Water. (Chinese)	Creamy cheese chicken pasta, green salad water. (Italian)
Tuesday	Snack	Fruit Loaf, juice	Beetroot hummus and crackers	French toast muffin cups with Milk	Fruit Loaf, juice	Fruit Loaf	Cupcake, Banana, Milk	Roasted red pepper hummus, crackers
	Lunch	Mongolian beef with rice, green Salad & Water. (Chinese)	Roast beef with Mushroom Sauce, Rice, Green Salad & Water. (Italian)	Swedish meatballs with cream sauce, Salad & Water. (Sweden)	Chicken with spinach cream with rice, corn salad & Water (Italian)	Chicken Biryani, Yogurt Salad & Water (Indian)	Baked chicken nuggets, potato, salad & Water. (American)	Herb juicy chicken sandwich, corn Salad & Water (Lebanese)
Wednesday	Snack	Whipped herbed feta with crackers	Mini labneh sandwich, juice & cucumber sticks	Cereal with Milk	Hummus with Carrot sticks, Milk	T.L.T (Turkey, lettuce, tomato mini sandwiches & orange juice	Labneh sandwich cucumber sticks	Fruit salad
	Lunch	Chicken Biryani, Salad & Water (Indian)	Creamy ranch chicken with pasta. Salad & Water. (American)	Chicken Tandoori with rice, Green Salad & Water. (Indian)	Mandi chicken, yogurt Salad & Water. (Gulf)	Roast chicken with potato, rice, Green salad & Water. (Lebanese)	Penne Alfred with pink sauce, green Salad & Water. (Italian)	Roast beef with Mushroom Sauce, Rice, Green Salad & Water. (Italian)
Thursday	Snack	Labneh with Cucumber sticks	Cheese fatty, Milk	Fruit Salad	Banana bread, Fruit Loaf & Milk/juice	Cereal with Milk	Banana bread & Milk/juice	Hummus with Cucumber sticks. Juice
	Lunch	Baked Nuggets with Baked Potato, Coleslaw salad & Water. (American)	Pizza Margarita, day, Coleslaw salad & Water. (Italian)	Mini Burger Slider with Potato Wedges, Coleslaw Salad & Water. (American)	Grilled cheesy Burger sandwich, Coleslaw Salad & Water. (American)	Baked Chicken Nuggets & Potato & Coleslaw Salad & Water. (American)	Buffalo Chicken Sandwich, potato coleslaw Salad & Water. (American)	Pizza Margarita day, Salad & Water. (Italian)

KIDS MENU FROM 8 Sept 2019 TO 12 Dec 2020



OPTION2 MENU		WEEK 8	WEEK9	WEEK 10	WEEK11	WEEK 12	WEEK 13	WEEK14
		27OCT-31OCT	3NOV-7NOV	10NOV-14NOV	17NOV-21NOV	24NOV-28NOV	1DEC-5DEC	8DEC -12 DEC
Sunday	Snack	Cheese fatayer, Milk	Labneh sandwich cucumber sticks	Beetroot hummus and crackers	Cheese fattier Juice	Spinach fatayer Juice	Cheese fattier, milk	Fruit Loaf
	Lunch	Dawud Pasha with rice, Green Salad & Water. (Turkish)	Chicken curry with rice, green salad & Water. (Indian)	Chicken biryani, salad & water. (Indian)	Kofte Turkish sandwich with green salad & Water (Turkish)	Creamy Garlic chicken with rice, Green salad & Water. (Italian)	Crispy chicken with creamy mushroom sauce, rice, Green salad & Water. (Italian)	Mushroom and chicken lasagna, Green salad & Water. (Italian)
Monday	Snack	T.L.T (Turkey, lettuce, tomato, orange juice	Banana bread & Milk/Juice	Fruit Salad	Banana bread & Milk/Juice	Cheese fatayer, Milk/Juice	T.L.T (Turkey ,lettuce ,tomato), juice	Cereal with milk
	Lunch	Lemon and garlic chicken pasta with mushroom sauce, green Salad & Water (Italian)	Chicken Kabsa, Yogurt Salad & Water. (Gulf)	Penne Creamy pasta with chicken, Salad & Water (Italian)	Coconut curry chicken, Green salad & Water. (Indian)	Chicken fajita pasta, garlic bred Corn salad & Water. (Mexican)	Lasagna with Garlic bread, Salad & Water. (Italian)	Chicken Biryani, Salad & Water. (Indian)
Tuesday	Snack	Fruit Loaf, juice	Cereal with Milk	Cream Cheese with crackers.	T.L.T (Turkey, lettuce, tomato), orange juice	Fruit Salad	Blueberry cup cake & milk	Mini sandwich baked falafel with tomato, juice
	Lunch	Asian steak with noodles, Salad & Water. (Chinese)	Mini Burger Slider with Potato Wedges, Salad & Water. (American)	Chicken tikka with green and red pepper with yellow rice, tzatziki Salad & Water. (Indian)	Kushari, tomato sauce, yogurt, water (Egyptian)	Ranch chicken sandwich with corn Salad & Water. (American)	Beef vegetable stew, Green salad & Water. (French)	Mongolian beef With Noodles, Salad & Water. (Chinese)
Wednesday	Snack	French toast with fruits	Spinach fattier Juice	Cupcake Banana, milk	Labneh sandwich cucumber sticks	Beetroot hummus and crackers	Fruit Salad	T.L.T (Turkey, ,lettuce, tomato) & juice
	Lunch	Fajita sandwiches, green salad & Water (Mexican)	Chicken Biryani, Yogurt, Salad & Water. (Indian)	Butter Chicken with rice, Green salad & Water. (Indian)	Baked Nuggets with bake potato, Salad & Water. (American)	Chicken with mushroom stroganoff pasta, green Salad & Water. (Russian)	Coconut curry chicken, Green salad & Water. (Indian)	Tandoori chicken with paratha bread, Green Salad & Water. (Indian)
Thursday	Snack	Fruit Salad	Cereal with Milk	Hummus with crackers	Cupcake, juice	Roasted red pepper hummus, crackers	Beetroot hummus with mini bread	Labneh sandwich, cucumber sticks
	Lunch	Baked Nuggets with bake potato, Salad & Water. (American)	Shawarma, potato wedges, coleslaw salad & Water. (Turkish)	Pizza Margarita day, Salad & Water. (Italian)	Spaghetti with meat balls, Salad & Water. (Italia)	Buffalo chicken sandwich, potato wedges, Coleslaw salad & Water. (American)	Shawarma, potato wedges, coleslaw salad & Water. (Italian)	Mini Burger Slider with Potato Wedges, Salad & Water. (American)

