

KIDS MENU FROM 5 Jan-26 Mar



علم متميز مع حب المجتمع
Learning Excellence with a Community Heart

Family of Schools

OPTION 1 MENU		Week 1	Week 2	Week 3	Week 4	Week 5	WEEK 6	WEEK 7
		5JAN-9JAN	12JAN-16JAN	19JAN-23JAN	26JAN-30JAN	2FEB-6FEB	9FEB-13FEB	16FEB20FEB
Sunday	Snack	Strawberries	Banana	Mandarin	Grapes	Banana	Kiwi	Grapes
	Lunch	Herb roasted chicken with creamy pasta, Italian salad ,2slices orange, water (Italian)	Bolognese, Italian salad,2 slices orange, water (Italian)	Cranberry buffalo chicken with rice, green salad ,2 strawberries, water (Canadian)	Lasagna with Garlic bread, Caesar salad, 2 slices orange Water. (Italian)	Mandy chicken, yogurt Salad, 2 oranges, Water. (Gulf)	Roast beef with Mushroom Sauce, Rice, Green Salad & Water (Italian)	Kofta with hummus, grill vegetable, fatuous 2 slices orange, water (Lebanese)
Monday	Snack	Fruit salad	Kiwi	Green Apple	Mandarin	Fruit salad	Red Apple	Strawberries
	Lunch	Chicken Biryani, Yogurt Salad,2 pieces' strawberry, Water (Indian)	Roast beef with Mushroom Sauce, Rice, 2 slices pineapple, Green Salad, Water. (Italian)	Kushari with tomato sauce, yogurt, baby carrot, water. (Egyptian)	Butter chicken with rice green Salad, Water. (Indian)	Stuffed meatball, cheese tomato sauce, rice, salad, (Italian)	Chicken broccoli pasta with creamy sauce, pineapple Green Salad, Water. (Italian)	Mongolian beef with Noodles, Salad & Water. (Chinese)
Tuesday	Snack	Banana	Green Apple	Fruit salad	Melon Cube	Green Apple	Banana	Pineapple Cube
	Lunch	Mediterranean grill chicken with veg rice, hummus& baby carrot tzatziki Sauce, water (Greek)	Asian noodles with vegetable,3-pieces bake popcorn chicken Green salad, water (Chinese)	Swedish meatballs with cream sauce, rice, green salad, 2 oranges, water (Sweden)	Penne Alfred with pink sauce and slices of chicken, chickpea salad, 2 slices apple (Italian)	Spanish rice with herb chicken, green salad, (Spain)	Baked chicken nuggets, potato, Salad 2 slices pineapple Water (American)	Roast beef with Mushroom Sauce, Rice, Green Salad &Water (Italian)
Wednesday	Snack	Grapes	Mandarin	Pineapple Cube	Orange	Grapes	Mandarin	Fruit salad
	Lunch	Kubba 2-pieces and 2pieces vine levees & fatuous salad, Hummus, water (Lebanese)	Chicken kabab with rice, roast vegetable, Beetroot salad ,2 slices apple, water (Turkish)	Chicken Kabsa, Yogurt Salad,2 pineapples Water. (Gulf)	Asian pepper steak with rice, green salad ,2 pineapples, water (Chinese)	Fish tacos with rice, stem vegetable, corn salad, water (Mexican)	Beef teriyaki with vegetables and noodles, Green salad water. (Kurian)	Italian beef sub sandwich, Italian salad ,2slices orange, water(Italy)
Thursday	Snack	Red Apple	Strawberries	Banana	Green Apple	Pineapple Cube	Watermelon Cube	Kiwi
	Lunch	Baked Nuggets with Baked Potato, Caesar 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)

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OPTION 1 MENU		Week 8	Week 9	Week 10	Week 11	Week 12
		23FEB-27FEB	1MAR-5MAR	8MAR-12MAR	15MAR-19MAR	22MAR-26MAR
Sunday	Snack	Strawberries	Banana	Mandarin	Grapes	Banana
	Lunch	Dawood pasha with rice, green salad ,2 slices orange, water (Turkish)	Chicken curry with rice, green salad ,2 pieces strawberry, water (Indian)	Chicken biryani, yogurt salad, baby carrot, water (India)	Lemon and garlic chicken pasta with mushroom sauce, green salad, water.(Italian)	Pizza Margarita day, salad,2pieces strawberry, water. (Italian)
Monday	Snack	Fruit salad	Kiwi	Green Apple	Green Apple	Fruit salad
	Lunch	Chicken Biryani, Yogurt Salad,2 pieces' strawberry, Water (Indian)	Kushari, tomato sauce, yogurt, baby carrot water, (Egyptian)	Tomato creamy pasta with grill chicken ,corn salad, water.(Italian)	Grill honey lime chicken, rice 2 pieces' strawberry, Water (Chinese)	Mongolian beef with noodles, green salad water (Chinese)
Tuesday	Snack	Banana	Pineapple Cube	. Banana	Strawberries	Red Apple
	Lunch	Chicken stroganoff, rice ,green salad 2pieces strawberry, water(Russian)	Mini burger slider with potato wedges, Caesar salad, 2 pieces' strawberry, Water (American)	Mand chicken. Yogurt salad 2oranges, water (Gulf)	Mushroom and chicken lasagna, green salad,2slices orange, water(Italian)	Kushari, tomato sauce, yogurt, baby carrot water, (Egyptian)
Wednesday	Snack	Kiwi	Grapes	Red Apple	Pineapple Cube	Kiwi
	Lunch	Kubba 2-pieces and 2pieces vine levees & fatuous salad, Hummus, water (Lebanese)	Chicken broccoli pasta With creamy sauce,2pieces pineapple, water (Italian)	Bolognese, Italian salad,2 slices orange, water (Italy)	Roost beef with mushroom sauce, rice, Italian salad, water. (Italian)	Asian noodles with vegetable,3-pieces bake popcorn chicken Green salad, water (Chinese)
Thursday	Snack	Red Apple	Orange	Fruit salad	. Banana	Strawberries
	Lunch	Baked Nuggets with Baked Potato, Caesar 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)

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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	6OCT-10OCT	13OCT-17OCT	20OCT-24OCT
Sunday	Snack	Cheese Quesadillas	Apple pie bites, milk	TLT (Turkey ,lettuce, tomato) orange juice	Manakish zatar	Hummus with crackers	Mini sandwich Beetroot hummes,	BLT dip crackers
	Lunch	Herb roasted chicken with creamy pasta, Italian salad ,2slices orange, water (Italin)	Bolognese, Italian salad,2 slices orange, water (Italian)	Cranberry buffalo chicken with rice, green salad ,2 strawberries, water (Canadian)	Lasagna with Garlic bread, Caesar salad ,2 slices orange Water. (Italian)	Mandy chicken, yogurt Salad ,2 oranges, Water. (Gulf)	Roast beef with Mushroom Sauce, Rice, Green Salad & Water (Italian)	Kofta with hummus, grill vegetable, fatuous 2 slices orange, water (Lebanese)
Monday	Snack	Fruit salad	Pizza sticks	Date protein bars, milk	Cereal with milk	Fruit salad	Whipped herbed feta crackers	Mini fatayer cream cheese
	Lunch	Chicken Biryani, Yogurt Salad,2 pieces' strawberry, Water (Indian)	Roast beef with Mushroom Sauce, Rice, 2 slices pineapple, Green Salad, Water. (Italian)	Kushari with tomato sauce, yogurt, baby carrot, water. (Egyptian)	Butter chicken with rice green Salad, Water. (Indian)	Stuffed meatball, cheese tomato sauce, rice, salad, (Italian)	Chicken broccoli pasta with creamy sauce, pineapple Green Salad, Water. (Italian)	Mongolian beef with Noodles, Salad & Water. (Chinese)
Tuesday	Snack	French toast sticks	Mini hummus sandwich	Fruit salad	English muffin with cheese with tomato	Date protein bars, milk	Mini crescent with jam	Apple pie bites, milk
	Lunch	Mediterranean grill chicken with veg rice, hummus& baby carrot tzatziki Sauce, water (Greek)	Asian noodles with vegetable,3-pieces bake popcorn chicken Green salad, water (Chinese)	Swedish meatballs with cream sauce, rice, green salad, 2 oranges, water (Sweden)	Penne Alfred with pink sauce and slices of chicken, chickpea salad, 2 slices apple (Italian)	Spanish rice with herb chicken, green salad, (Spain)	Baked chicken nuggets, potato, Salad 2 slices pineapple Water	Roast beef with Mushroom Sauce, Rice, Green Salad &Water (Italian)
Wednesday	Snack	Whipped herbed feta with crackers	Date protein bars ,milk	Mini labneh sandwich ,juice cucumber sticks	Hummus with crackers baby carrot	T.L.T(Turkey ,lettuce tomato ,orange juice	Mini labneh sandwich ,tomato	Fruit salad
	Lunch	Kubba 2-pieces and 2pieces vine levees & fatuous salad, Hummus, water (Lebanese)	Chicken kabab with rice, roast vegetable, Beetroot salad ,2 slices apple, water (Turkish)	Chicken Kabsa, Yogurt Salad,2 pineapples Water. (Gulf)	Asian pepper steak with rice, green salad ,2 pineapples, water (Chinese)	Fish tacos with rice, stem vegetable, corn salad, water (Mexican)	Beef teriyaki with vegetables and noodles, Green salad water. (Kurian)	Italian beef sub sandwich, Italian salad ,2slices orange, water(Italy)
Thursday	Snack	English muffin with cheese	Mini falafel sandwich	French toast sticks	Spinach fatayer, juice	Fruit loaf, juice	Banana bread ,milk	Cereal with milk
	Lunch	Baked Nuggets with Baked Potato, Caesar 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)

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		8SEP-12SEP	15SEP-19SEP	22SEP-26SEP	29SEP-30OCT	6SEP-10OCT
Sunday	Snack	Manakish zataar	English muffin with cheese	Mini falafel sandwich	Cereal with milk	Hummus with crackers baby carrot
	Lunch	Dawood pasha with rice, green salad ,2 slices orange, water (Turkish)	Chicken curry with rice, green salad ,2 pieces' strawberry, water (Indian)	Chicken biryani, yogurt salad, baby carrot, water (India)	Lemon and garlic chicken pasta with mushroom sauce, green salad, water.(Italian)	Pizza Margarita day, salad, 2pieces strawberry, water. (Italian)
Monday	Snack	Fruit salad	Mini fatayer cream cheese	Pizza sticks	French toast sticks with banana	Spinach fatayer,j juice
	Lunch	Chicken Biryani, Yogurt Salad,2 pieces' strawberry, Water (Indian)	Kushari, tomato sauce, yogurt, baby carrot water, (Egyptian)	Tomato creamy pasta with grill chicken ,corn salad, water.(Italian)	Grill honey lime chicken, rice 2 pieces' strawberry, Water (Chinese)	Mongolian beef with noodles, green salad water (Chinese)
Tuesday	Snack	Date protein bars, milk	Apple pie bites, milk	Spinach fatayer,j juice	BLT dip cheese crackers, milk	Cereal with milk
	Lunch	Chicken stroganoff, rice ,green salad 2pieces strawberry, water(Russian)	Mini burger slider with potato wedges, Caesar salad, 2 pieces' strawberry, Water (American)	Mand chicken. Yogurt salad 2oranges, water (Gulf)	Mushroom and chicken lasagna, green salad,2slices orange, water(Italian)	Kushari, tomato sauce, yogurt, baby carrot water, (Egyptian)
Wednesday	Snack	T L T (Turkey ,lettuce tomato),orange juice	Banana bread ,milk	Date protein bars, milk	Manakish zataar	Pizza sticks
	Lunch	Kubba 2-pieces and 2pieces vine levees & fatuous salad, Hummus, water (Lebanese)	Chicken broccoli pasta With creamy sauce,2pieces pineapple, water (Italian)	Bolognese, Italian salad,2 slices orange, water (Italy)	Roost beef with mushroom sauce, rice, Italian salad, water. (Italian)	Asian noodles with vegetable,3-pieces bake popcorn chicken Green salad, water (Chinese)
Thursday	Snack	Mini cream cheese sandwich with cucumber	T LT(Turkey ,lettuce, tomato) orange juice	Fruit salad	T L T(Turkey ,lettuce, tomato)orange juice	Mini falafel sandwich
	Lunch	Baked Nuggets with Baked Potato, Caesar 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)