



## 2019 Menu

W1	MONDAY Sept 30	TUESDAY 1	WEDNESDAY 2	THURSDAY 3	FRIDAY 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

W2	MONDAY 7	TUESDAY 8	WEDNESDAY 9	THURSDAY 10	FRIDAY 11
B	Milk & Cornflakes	Cheese Sandwich + Tomato	Thyme Sandwich + Cucumber	Croissant	Pain Au Lait (Labneh)
L	Pasta Bolognese	Kebbe B Laban + Rice	Green Peas Stew + Rice	Mehcheh Zucchini+ Yogurt	Borghoul B Banadoura + Yogurt
S	Cake	Apple	Jell-O	Banana	Biscuits

W3	MONDAY 14	TUESDAY 15	WEDNESDAY 16	THURSDAY 17	FRIDAY 18
B	Milk & Cornflakes	Labneh Sandwich + Tomato	Cheese Sandwich + Cucumber	Croissant	Pain Au Lait
L	Vegetable Stew + Rice	Chicken & Potato + Rice	Kebbe B Sayniyeh + Yogurt	Chicken Nouille	Makhlouta
S	Apple	Custard	Banana	Biscuits	Apple

W4	MONDAY 21	TUESDAY 22	WEDNESDAY 23	THURSDAY 24	FRIDAY 25
B	Milk & Cornflakes	Thyme Sandwich + Tomato	Labneh Sandwich + Cucumber	Croissant	Pain Au Lait (Cheese)
L	Daoud Basha + Rice	Cheese Pasta	Loubyeh b Zeit + Rice	Kafta & Potato + Rice	Mjaddara + Salad
S	Apple	Biscuits	Banana	Chocolate Pudding	Apple

W5	MONDAY 28	TUESDAY 29	WEDNESDAY 30	THURSDAY 31	FRIDAY Nov 1
B	Milk & Cornflakes	Cheese Sandwich + Tomato	Thyme Sandwich + Cucumber	Croissant	
L	Mehcheh Malfouf+Yogurt	Lasagna	Chicken + Rice + Yogurt	Borghoul B chaayriyeh + Yogurt	
S	Cake	Banana	Mhallabiyeh	Apple	