



CLASSROOM PACKED BREAKFAST MENU

WEEK 1 & 3

DAILY ITEMS	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
DAIRY	Low Fat Milk	Low Fat Laban	Low Fat Milk	Low Fat Laban	Low Fat Milk
FRUIT	Apple	Banana	Watermelon	Mandarin	Pear
VEGETABLES	Cucumber & Olives	Carrot Sticks & Lettuce	Cucumber & Bell Pepper Strips	Cucumber & Carrot Slices	Grated Carrot & Corn
MAIN ITEM	Stuffed Cheesy Croissant	Whole Wheat Pancake & Cheese Berry Dip	Crunchy Sticks & Zaatar Labneh Dip	Breakfast Yogurt Parfait	Strawberry & Cheese Sandwich

Eat Well

Feel Good

Hydrate

Be Active



CLASSROOM PACKED BREAKFAST MENU

WEEK 2 & 4

DAILY ITEMS	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
DAIRY	Low Fat Milk	Low Fat Laban	Low Fat Milk	Low Fat Laban	Low Fat Milk
FRUIT	Sweet Melon	Apple	Pear	Watermelon	Banana
VEGETABLES	Cucumber & Carrot Slices	Cucumber & Olives	Grated Carrot & Corn	Cucumber & Bell Pepper Strips	Carrot Sticks & Lettuce
MAIN ITEM	Apple Cinnamon Cheesecake	Little Pizza Square	Zaatar Crackers & Cheese Stick	Chicken Wrap	Zaatar Manakeesh & Cheese Stick

Eat Well

Feel Good

Hydrate

Be Active

Colorful Munchkins

by Compass Qatar

Eat Good, Feel Good!

★ CLASSROOM PACKED LUNCH MENU ★

WEEK 1 & 3

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
 DAIRY	Low Fat Yoghurt	Low Fat Laban	Low Fat Yoghurt	Low Fat Laban	Low Fat Yoghurt
 FRUIT	Mandarin	Sweet Melon	Apple	Watermelon	Banana
 SALAD	Carrot & Peas	Lettuce & Tomato	Cucumber & Broccoli	Carrot & Bell Pepper	Tossed Salad
 MAIN ITEM	Butter Chicken with Steamed Rice	Mini Beef Burger & Homemade Ketchup	Chicken Biryani with Cucumber Raita	Fettuccine & Meatballs Marinara Sauce	Baked Chicken Finger & Roasted Potato



 Eat Well

 Feel Good

 Hydrate

 Be Active

Colorful Munchkins

by Compass Qatar

Eat Good, Feel Good!

★ CLASSROOM PACKED LUNCH MENU ★

WEEK 2 & 4

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
 DAIRY	Low Fat Yoghurt	Low Fat Laban	Low Fat Yoghurt	Low Fat Laban	Low Fat Yoghurt
 FRUIT	Sweet Melon	Apple	Mandarin	Banana	Watermelon
 SALAD	Carrot & Peas	Lettuce & Tomato	Cucumber & Broccoli	Carrot & Bell Pepper	Tossed Salad
 MAIN ITEM	Meat Balls & Steamed Rice	Mini Chicken Burger & Homemade Ketchup	Chicken Machboos & Tomato Salsa	Spaghetti Bolognaise	Herb Grilled Chicken & Mashed Potato



 Eat Well

 Hydrate

 Feel Good

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Colorful Munchkins

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Eat Good, Feel Good!

CAFETERIA JUNIOR BUFFET LUNCH

WEEK 1 & 3

SUNDAY



DAIRY

- Low Fat Laban
- Low Fat Yogurt
- Low Fat Milk



BREAD

- Arabic Brown Bread
- Kraft Corn Bread Roll



SALAD BAR

- Assorted Lettuce
- Cucumber
- Tomato
- Black Olive
- Grilled Chicken
- Hummus

DRESSINGS & DIPS



- Lemon & Olive Oil Vinaigrette
- Pomegranate Molasses Dressing
- Caesar Dressing



MAIN COURSES

- Butter Chicken
- Beef Steak in Rosemary Jus
- Baked Veggie Nuggets



SIDES

- Mashed Potato
- Steamed Rice



FRUITS

- Watermelon Dice
- Whole Fruit



Eat Well

Feel Good

Hydrate

Be Active

Colorful Munchkins

by Compass Qatar

Eat Good, Feel Good!

CAFETERIA JUNIOR BUFFET LUNCH

WEEK 1 & 3

MONDAY



DAIRY

- Low Fat Laban
- Low Fat Yogurt
- Low Fat Milk



BREAD

- Arabic Brown Bread
- Burger Bun



SALAD BAR

- Assorted Lettuce
- Carrot
- Broccoli
- Sweet Corn
- Feta Cheese
- Baba Ganoush

DRESSINGS & DIPS



- Lemon & Olive Oil Vinaigrette
- Balsamic Dressing
- Lime Cilantro Dressing



MAIN COURSES

- Beef Burger & Dynamite Sauce
- Chicken Tagine
- Mixed Bean Casserole



SIDES

- Baked Potato Fingers
- Steamed Rice



FRUITS

- Pineapple Dice
- Whole Fruit



Eat Well



Feel Good



Hydrate



Be Active

Colorful Munchkins

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Eat Good, Feel Good!



CAFETERIA JUNIOR BUFFET LUNCH



WEEK 1 & 3

TUESDAY



DAIRY

- Low Fat Laban
- Low Fat Yogurt
- Low Fat Milk



BREAD

- Arabic Brown Bread
- Rye Bread Roll



SALAD BAR

- Assorted Lettuce
- Cucumber
- Tomato
- Black Olive
- Boiled Egg
- Muhammara

DRESSINGS & DIPS



- Lemon & Olive Oil Vinaigrette
- Pomegranate Molasses Dressing
- Italian Vinaigrette



MAIN COURSES

- Chicken Biryani & Cucumber Raita
- Beef Kafta with Salona
- Chickpea Curry



SIDES

- Creamy Baked Pasta
- Steamed Rice



FRUITS

- Sweet Melon Dice
- Whole Fruit



Eat Well



Feel Good



Hydrate



Be Active

Colorful Munchkins

by Compass Qatar

Eat Good, Feel Good!

CAFETERIA JUNIOR BUFFET LUNCH

WEEK 1 & 3

WEDNESDAY



DAIRY

- Low Fat Laban
- Low Fat Yogurt
- Low Fat Milk



BREAD

- Arabic Brown Bread
- Soft Pav



SALAD BAR

- Assorted Lettuce
- Carrot
- Broccoli
- Sweet Corn
- Herb Chicken
- Moutabel

DRESSINGS & DIPS



- Lemon & Olive Oil Vinaigrette
- Balsamic Dressing
- Honey Mustard Dressing



MAIN COURSES

- Spaghetti & Juicy Meatballs in Tomato Sauce
- Baked Chicken Finger
- Broccoli & Cheese Bake



SIDES

- Herb Roasted Potato
- Steamed Rice



FRUITS

- Papaya Dice
- Whole Fruit



Eat Well



Feel Good



Hydrate



Be Active

Colorful Munchkins

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CAFETERIA JUNIOR BUFFET LUNCH

WEEK 1 & 3

THURSDAY

Theme - 1
MIDDLE EASTERN

DAIRY



Low Fat Laban
Low Fat Yogurt
Low Fat Milk

BREAD



Whole Wheat Pita
Zaatar Bread Roll

SALAD BAR



Assorted Lettuce
Cucumber
Tomato
Green Olive
Sumac Chicken
Pumpkin Hummus

DRESSINGS & DIPS



Lemon & Olive Oil Vinaigrette
Pomegranate Molasses Dressing
Tahini Dressing

MAIN COURSES



Chicken Shish Tawook
Beef Moussaka
Makhlouta



SIDES



Batata Harra



Saffron Rice

DESSERTS & FRUITS



Chia-Date Pudding
Whole Fruit



Eat Well



Feel Good



Hydrate



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CAFETERIA JUNIOR BUFFET LUNCH

WEEK 2 & 4

SUNDAY



DAIRY

- Low Fat Laban
- Low Fat Yogurt
- Low Fat Milk



BREAD

- Arabic Brown Bread
- Ciabatta Roll



SALAD BAR

- Assorted Lettuce
- Cucumber
- Tomato
- Black Olive
- BBQ Chicken
- Tzatziki



DRESSINGS & DIPS

- Lemon & Olive Oil Vinaigrette
- Pomegranate Molasses Dressing
- Caesar Dressing



MAIN COURSES

- Meat Ball Stew
- Chicken & Broccoli Mornay
- Fasoulia Bi Zeit



SIDES

- Potato Gratin
- Steamed Rice



FRUITS

- Sweet Melon Dice
- Whole Fruit



Eat Well



Feel Good



Hydrate



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Colorful Munchkins

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CAFETERIA JUNIOR BUFFET LUNCH

WEEK 2 & 4

MONDAY



DAIRY

- Low Fat Laban
- Low Fat Yogurt
- Low Fat Milk



BREAD

- Arabic Brown Bread
- Burger Bun



SALAD BAR

- Assorted Lettuce
- Carrot
- Broccoli
- Sweet Corn
- Boiled Egg
- Hummus



DRESSINGS & DIPS

- Lemon & Olive Oil Vinaigrette
- Balsamic Dressing
- Lime Cilantro Dressing



MAIN COURSES

- Chicken Burger & Dynamite Sauce
- Lamb Kofta with Tomato Sauce
- Brown Lentil & Quinoa Stew



SIDES

- Cajun Spiced Roasted Potatoes
- Steamed Rice



FRUITS

- Watermelon Dice
- Whole Fruit



Eat Well



Feel Good



Hydrate



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CAFETERIA JUNIOR BUFFET LUNCH

WEEK 2 & 4

TUESDAY



DAIRY

- Low Fat Laban
- Low Fat Yogurt
- Low Fat Milk



BREAD

- Arabic Brown Bread
- Multigrain Bread Roll



SALAD BAR

- Assorted Lettuce
- Cucumber
- Tomato
- Black Olive
- Halloumi Cheese
- Labneh with Za'atar & Olive Oil



DRESSINGS & DIPS

- Lemon & Olive Oil Vinaigrette
- Pomegranate Molasses Dressing
- Italian Vinaigrette



MAIN COURSES

- Chicken Machboos & Tomato Salsa
- Stir Fried Beef
- Paneer Butter Masala



SIDES

- Vegetable Noodles
- Steamed Rice



FRUITS

- Pineapple Dice
- Whole Fruit



Eat Well



Feel Good



Hydrate



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CAFETERIA JUNIOR BUFFET LUNCH

WEEK 2 & 4

WEDNESDAY



DAIRY

- Low Fat Laban
- Low Fat Yogurt
- Low Fat Milk



BREAD

- Arabic Brown Bread
- Mini Brioche Bun



SALAD BAR

- Assorted Lettuce
- Carrot
- Broccoli
- Sweet Corn
- Boiled Chickpeas
- Beetroot Labneh



DRESSINGS & DIPS

- Lemon & Olive Oil Vinaigrette
- Balsamic Dressing
- Honey Mustard Dressing



MAIN COURSES

- Spaghetti Bolognaise
- Chicken Salona
- Cauliflower & Spinach Gratin



SIDES

- Smoky BBQ Roasted Potatoes
- Steamed Rice



FRUITS

- Papaya Dice
- Whole Fruit



Eat Well



Feel Good



Hydrate



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CAFETERIA JUNIOR BUFFET LUNCH

WEEK 2 & 4

THURSDAY

Theme - 2

ITALIANO FEAST

DAIRY



Low Fat Laban
Low Fat Yogurt
Low Fat Milk

BREAD



Mini Margarita
Garlic Bread Sticks

SALAD BAR



Assorted Lettuce
Cucumber
Tomatoes
Black Olive
Herb Chicken
Baked Aranchini



DRESSINGS & DIPS

Lemon-Basil Dressing
Italian Herb Dressing
Creamy Caesar Dressing



MAIN COURSES

Chicken Piccata
Beef Lasagna
Steamed Vegetables



SIDES

Roasted Garlic Potatoes
Green Peas Risotto



DESSERTS & FRUITS



Mango Panna Cotta
Whole Fruit



Eat Well

Feel Good

Hydrate

Be Active