

WEEK 1	Breakfast Packed				
	SUNDAY (23/09/18)	MONDAY (24/09/18)	TUESDAY (25/09/18)	WEDNESDAY (26/09/18)	THURSDAY (27/09/18)
Dairy Products - LF yoghurt, fresh Laban & milk	Low Fat Yogurt / Milk	Low Fat Fresh Laban	Low Fat Yogurt / Milk	Low Fat Laban	Low Fat Yogurt
Whole Fruit	Watermelon	Apple	Orange Wedges	Banana	Sweet Melon
2 Vegetable - Crudités, Salad, Corn	Carrot and Cucumber Sticks	Sweet Corn	Cucumber and Tomato	Patrao Delight (inside the tortilla bread -sweet potato hummus, cucumber and carrot)	Spinach Fatayer
1 Main - Sandwich, Rolls, Wraps, Pizza, Muffin, Manakesh, Pancakes	Egg Volcano	Tasty Toasties (olives and Labneh toast sandwich)	Cheese Croissant		
Water	Bottled Water 330 ml	Bottled Water 330 ml	Bottled Water 330 ml	Bottled Water 330 ml	Bottled Water 330 ml
Lunch Packed / QAD Brunch					
	SUNDAY (23/09/18)	MONDAY (24/09/18)	TUESDAY (25/09/18)	WEDNESDAY (26/09/18)	THURSDAY (27/09/18)
Dairy Products - LF yoghurt, fresh Laban & milk	Low Fat Laban	Low Fat Yogurt	Low Fat Laban	Low Fat Yogurt	Low Fat Laban
Whole Fruit	Orange Wedges	Seedless Dates	Banana	Watermelon	Pineapple
2 Vegetable - Crudités, Salad, Corn	Sweet Corn and Carrot Sticks	Tossed Salad	Falafel Chapatti Wrap (Lettuce- Tomato - Tahina Sauce)	Fattoush	Cucumber Raita
1 Main - Sandwich, Rolls, Wraps, Pizza, Muffin, Manakesh, Pancakes	Beef Teriyaki and Stamed Rice	Creamy Chicken Pasta (Pasta Mamarosa with Chicken)		Spaghetti Bolognese	Chicken Biryani with Raita
Water	Bottled Water 330 ml	Bottled Water 330 ml	Bottled Water 330 ml	Bottled Water 330 ml	Bottled Water 330 ml
Brunch - PRE SCHOOL					
	SUNDAY (23/09/18)	MONDAY (24/09/18)	TUESDAY (25/09/18)	WEDNESDAY (26/09/18)	THURSDAY (27/09/18)
Dairy Products - LF yoghurt, fresh Laban & milk	Full Fat Yogurt / Milk	Full Fat Fresh Laban	Full Fat Yogurt / Milk	Full Fat Laban	Full Fat Yogurt
Whole Fruit	Watermelon	Apple	Orange Wedges	Banana	Sweet Melon
2 Vegetable - Crudités, Salad, Corn	Carrot and Cucumber Sticks	Sweet Corn	Cucumber and Tomato	Patrao Delight (inside the tortilla bread -sweet potato hummus, cucumber and carrot)	Spinach Fatayer
1 Main - Sandwich, Rolls, Wraps, Pizza, Muffin, Manakesh, Pancakes	Egg Volcano	Tasty Toasties (olives and Labneh toast sandwich)	Cheese Croissant		
Water	Bottled Water 330 ml	Bottled Water 330 ml	Bottled Water 330 ml	Bottled Water 330 ml	Bottled Water 330 ml