

WEEK 2	Breakfast Packed				
	SUNDAY (30/09/18)	MONDAY (01/10/18)	TUESDAY (02/10/18)	WEDNESDAY (03/10/18)	THURSDAY (04/10/18)
Dairy Products - LF yoghurt, fresh Laban & milk	Low Fat Laban / Milk	Low Fat Yogurt	Low Fat Laban / Milk	Low Fat Yogurt	Low Fat Laban
Whole Fruit	Watermelon	Apple	Orange Wedges	Banana	Sweet Melon
2 Vegetable - Crudités, Salad, Corn	Carrot and Cucumber Sticks	Sweet Corn	Carrot and Capsicum	Cubed Cucumber and Tomato	Carrot and Cucumber Sticks
1 Main - Sandwich, Rolls, Wraps, Pizza, Muffin, Manakesh, Pancakes	Chicken Volcano	Cream Cheese with Cucumber and Zaatar on Sliced Bread	Florentine's Delight (bread stick (in house) & Hummus Beetroot)	Zaatar Manakesh Roll	Crostini With Cheese (triangle cheese)
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 (30/09/18)	MONDAY (01/10/18)	TUESDAY (02/10/18)	WEDNESDAY (03/10/18)	THURSDAY (04/10/18)
Dairy Products - LF yoghurt, fresh Laban & milk	Low Fat Yogurt	Low Fat Laban	Low Fat Yogurt	Low Fat Laban	Low Fat Yogurt
Whole Fruit	Orange Wedges	Seedless Dates	Banana	Watermelon	Pineapple
2 Vegetable - Crudités, Salad, Corn	Cucumber and Tomato	Falafel Wrap (Lettuce and Tomato with Tahina Sauce)	Fattoush	Green Salad	Sweet Corn
1 Main - Sandwich, Rolls, Wraps, Pizza, Muffin, Manakesh, Pancakes	Pasta Alfredo		Dawood Basha with Rice	Chicken Marengo and Rice	Pasta Carbonara
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 (30/09/18)	MONDAY (01/10/18)	TUESDAY (02/10/18)	WEDNESDAY (03/10/18)	THURSDAY (04/10/18)
Dairy Products - LF yoghurt, fresh Laban & milk	Full Fat Laban / Milk	Full Fat Yogurt	Full Fat Laban / Milk	Full Fat Yogurt	Full Fat Laban
Whole Fruit	Watermelon	Apple	Orange Wedges	Banana	Sweet Melon
2 Vegetable - Crudités, Salad, Corn	Carrot and Cucumber Sticks	Sweet Corn	Carrot and Capsicum	Cubed Cucumber and Tomato	Carrot and Cucumber Sticks
1 Main - Sandwich, Rolls, Wraps, Pizza, Muffin, Manakesh, Pancakes	Chicken Volcano	Cream Cheese with Cucumber and Zaatar on Sliced Bread	Beetroot Hummus Sandwich	Zaatar Manakesh Roll	Crostini With Cheese (triangle cheese)
Water	Bottled Water 330 ml	Bottled Water 330 ml	Bottled Water 330 ml	Bottled Water 330 ml	Bottled Water 330 ml