

WEEK 3	Breakfast Packed				
	SUNDAY (07/10/18)	MONDAY (08/10/18)	TUESDAY (09/10/18)	WEDNESDAY (10/10/18)	THURSDAY (11/10/18)
Dairy Products - LF yoghurt, fresh Laban & milk	Low Fat Yogurt / Milk	Low Fat 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	Zaatar and Cucumber Wrap	Lettuce and Tomato	Focaccia Cream Cheese with Tomato and Cucumber Sandwich	Carrot and Cucumber Sticks
1 Main - Sandwich, Rolls, Wraps, Pizza, Muffin, Manakesh, Pancakes	Egg Volcano		Zaatar and Labneh Fatayer		Pizza Margarita
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 (07/10/18)	MONDAY (08/10/18)	TUESDAY (09/10/18)	WEDNESDAY (10/10/18)	THURSDAY (11/10/18)
Dairy Products - LF yoghurt, fresh Laban & milk	Low Fat Laban	Low Fat Yogurt	Low Fat Laban	Low Fat Yogurt	Low Fat Laban
Whole Fruit	Banana	Pineapple	Watermelon	Orange Wedges	Apple
2 Vegetable - Crudités, Salad, Corn	Green Salad	Falafel Wrap (Lettuce- Tomato - Tahina Sauce)	Tossed Salad	Fattoush	Cucumber Raita
1 Main - Sandwich, Rolls, Wraps, Pizza, Muffin, Manakesh, Pancakes	Mac with Chicken		Barbeque Chicken with Dill Roasted Potato	Pasta with Tomato Cream Sauce	Chicken Biryani
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 (07/10/18)	MONDAY (08/10/18)	TUESDAY (09/10/18)	WEDNESDAY (10/10/18)	THURSDAY (11/10/18)
Dairy Products - LF yoghurt, fresh Laban & milk	Full Fat Yogurt / Milk	Full Fat 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	Zaatar and Cucumber Wrap	Lettuce and Tomato	Focaccia Cream Cheese with Tomato and Cucumber Sandwich	Carrot and Cucumber Sticks
1 Main - Sandwich, Rolls, Wraps, Pizza, Muffin, Manakesh, Pancakes	Egg Volcano		Zaatar and Labneh Fatayer		Pizza Margarita
Water	Bottled Water 330 ml	Bottled Water 330 ml	Bottled Water 330 ml	Bottled Water 330 ml	Bottled Water 330 ml