

<b>WEEK 4</b>						
	<b>SUNDAY (14/10/18)</b>	<b>MONDAY (15/10/18)</b>	<b>TUESDAY (16/10/18)</b>	<b>WEDNESDAY (17/10/18)</b>	<b>THURSDAY (18/10/18)</b>	
Dairy Products - LF yoghurt, fresh Laban & milk	Low Fat Yogurt / Milk	Low Fat Laban	Low Fat Yoghurt / 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	Carrot and Capsicum	Carrot and Cucumber Sticks	Cucumber and Sliced Tomato	
1 Main - Sandwich, Rolls, Wraps, Pizza, Muffin, Manakesh, Pancakes	Beef Volcano	Cheese Fatayer (Akawi and Fondal Cheese)	Labneh with Zaatar in Sliced Bread	Honey and Cream Cheese Sandwich	Sfeeha	
Water	Bottled Water 330 ml	Bottled Water 330 ml	Bottled Water 330 ml	Bottled Water 330 ml	Bottled Water 330 ml	
<b>Lunch Packed / QAD BRUNCH</b>						
	<b>SUNDAY (14/10/18)</b>	<b>MONDAY (15/10/18)</b>	<b>TUESDAY (16/10/18)</b>	<b>WEDNESDAY (17/10/18)</b>	<b>THURSDAY (18/10/18)</b>	
Dairy Products - LF yoghurt, fresh Laban & milk	Low Fat Fresh Laban	Low Fat Yoghurt	Low Fat Laban	Low Fat Yoghurt	Low Fat Laban	
Whole Fruit	Red Apple	Pineapple	Banana	Watermelon	Pear	
2 Vegetable - Crudités, Salad, Corn	Green Salad	Carrot and Cucumber Sticks	Sweet Corn	Lettuce and Tomato	Falafel Chapatti Wrap Lettuce and Tomato with Tahina Sauce	
1 Main - Sandwich, Rolls, Wraps, Pizza, Muffin, Manakesh, Pancakes	Pasta Creamy Basil Sauce	Steamed Rice and Beef and Chickpeas Stew (Cocido Labaniego)	Roast Chicken with Herb Jus and Rice	Shish Tawook and Potato		
Water	Bottled Water 330 ml	Bottled Water 330 ml	Bottled Water 330 ml	Bottled Water 330 ml	Bottled Water 330 ml	
<b>Brunch - PRE SCHOOL</b>						
	<b>SUNDAY (14/10/18)</b>	<b>MONDAY (15/10/18)</b>	<b>TUESDAY (16/10/18)</b>	<b>WEDNESDAY (17/10/18)</b>	<b>THURSDAY (18/10/18)</b>	
Dairy Products - LF yoghurt, fresh Laban & milk	Full Fat Yogurt / Milk	Full Fat Laban	Full Fat Yoghurt / Milk	Full Fat F Laban	Full Fat Yogurt	
Whole Fruit	Watermelon	Apple	Orange Wedges	Banana	Sweet Melon	
2 Vegetable - Crudités, Salad, Corn	Carrot and Cucumber Sticks	Sweet Corn	Carrot and Capsicum	Carrot and Cucumber Sticks	Cucumber and Sliced Tomato	
1 Main - Sandwich, Rolls, Wraps, Pizza, Muffin, Manakesh, Pancakes	Beef Volcano	Cheese Fatayer (Akawi and Fondal Cheese)	Labneh with Zaatar in Sliced Bread	Honey and Cream Cheese Sandwich	Sfeeha	
Water	Bottled Water 330 ml	Bottled Water 330 ml	Bottled Water 330 ml	Bottled Water 330 ml	Bottled Water 330 ml	