










BACK
to
SCHOOL








MENU WEEK 1

	MONDAY	TUESDAY	WEDNSDAY	THURSDAY	FRIDAY
 MORNING SNACK	Cheese and Corn Sandwich - Clementine Segments	Oats & Blueberry Granola - Fruit Juice	Mini Croissant - Red Apple Segments 	Whole Oats Flapjack & Fruit Juice	 Premium Lunch Pack Baked Margherita Focaccia Slice Fruit Juice Low Fat Milk  Banana Yoghurt Wrap
MAIN COURSE	Bolognese Style Chicken & Macaroni Baked	Mini Beef Fingers with Tomato Sauce	Chicken Curry	 Mini Minced Lamb Kebab	
SIDE DISH 1	 Roasted Carrots	Fusilli Pasta	Steamed Rice	Sweet Potato Mash	
DESSERT	Fruit Salad	Pear Slices	Fruit Yoghurt 	Banana Rice Pudding	



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MENU WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 MORNING SNACK	Cucumber Sandwich & Sliced Red Apple	Banana Soft Bread & Fruit Juice	Mini Croissant with Low Fat Labneh,  Sliced Banana & Fruit Juice	Oat, Raisin & Carrot Bread & Fruit Juice	 Premium Lunch Pack Banana Muffin
MAIN COURSE	Grilled Beef Mini Burger	Arabic Chicken Skewers	Baked Beef Lasagna	 Chicken Biryani	Clementine Segments
SIDE DISH	 Healthy Oven Baked Chips	Yellow Rice	Roast Pumpkin & Cherry Tomatoes	Steamed Sweetcorn	Water
DESSERT	Fruit Salad	Apple	 Fruit Yoghurt	Pear	---- Fruit Yoghurt ---- Mini Low Fat Croissant  & Fresh Melon Rainbow



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MENU WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 MORNING SNACK	Blueberry Muffin Fruit Juice	Oatmilk Pancake with Sliced Banana	Oat & Raspberry Granola & Fruit Juice 	Pizza Margherita & Melon Cubes	Premium Lunch Pack  Orange Cake Sliced Pear Fruit Juice ---- Fruit Yoghurt ---- Egg & Cheese Soft Burrito  Cucumber Sticks
MAIN COURSE	Mini Healthy Grilled Chicken Burger	Mini Daoud Basha Lamb Kofta	Mama's Chicken Stew with Garden Vegetables	 Penne Pasta Bolognese	
SIDE DISH	 Healthy Oven Baked Fries	Zucchini Rice	Mushroom Pulao Rice	Ratatouille	
DESSERT	Banana	Fruit Salad	Fruit Yoghurt 	Mandarine	