










# BACK to SCHOOL








## MENU WEEK 1

|                                                                                                           | MONDAY                                                                                           | TUESDAY                                          | WEDNESDAY                                                                                                                                                   | THURSDAY                                                                                        | FRIDAY                                                                                                           |
|-----------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|--------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|
| <br><b>MORNING SNACK</b> | Cheese and Corn Sandwiches & Clementine                                                          | No Nuts Quinoa & Blueberry Granola & Fruit Juice | Mini Croissant, Cherry Tomato & Cucumber Crudites` & Red Apple Segments  | Whole Oats Flapjack, Carrot Sticks & Fruit Juice                                                | <br><b>Premium Lunch Pack</b> |
| <b>MAIN COURSE</b>                                                                                        | Bolognese Style Chicken & Macaroni Baked                                                         | Beef Meatballs with Tomato Sauce                 | Chicken Curry                                                                                                                                               |  Lamb Kofta | Blueberry Muffin,<br>Fruit Juice & Water<br>----                                                                 |
| <b>SIDE DISH 1</b>                                                                                        | Oven Roast Vegetables                                                                            | Corn Salad                                       | Saffron Rice                                                                                                                                                | Vermicelli Rice                                                                                 | Fruit Yoghurt & Whole Banana<br>----                                                                             |
| <b>SIDE DISH 2</b>                                                                                        |  Garden Salad | Fusilli Pasta                                    | Roasted Carrots                                                                                                                                             | Mediterranean Salad                                                                             | Brown Bread Tomato & Cheese Sandwich<br>----                                                                     |
| <b>VEGETARIAN</b>                                                                                         | Vegetable Lasagna                                                                                | Mushroom Risotto                                 | Garden Vegetable and Potato Curry                                      | Rainbow Vegetable Tajine                                                                        | <br>Garden Salad<br>----    |
| <b>DESSERT</b>                                                                                            | Fruit Salad                                                                                      | Pear                                             | Fruit Salad                                                                                                                                                 | Clementine                                                                                      | ----                                                                                                             |
|                                                                                                           | Low Fat Milk                                                                                     | Fruit Yoghurt                                    | Plain Yoghurt                                                                                                                                               | Low Fat Milk                                                                                    | Apple Crumble Cake                                                                                               |



# BACK to SCHOOL








## MENU WEEK 2

|                                                                                                        | MONDAY                                                                                                  | TUESDAY                    | WEDNESDAY                                                                                                                                               | THURSDAY                                                                                             | FRIDAY                                                                                                        |
|--------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|----------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|
|  <b>MORNING SNACK</b> | Cucumber & Tomato Sandwich, Carrot Crudites & Red Apple Segments                                        | Banana Bread & Fruit Juice | Mini Croissant with Cucumber, Tomato & Low Fat Labneh & Fruit Juice  | No Nuts Quinoa, Banana Granola & Fruit Juice                                                         | <b>Premium Lunch Pack</b>  |
| <b>MAIN COURSE</b>                                                                                     | Grilled Beef Hamburger                                                                                  | Arabic Chicken Skewers     | Beef Lasagna                                                                                                                                            |  Chicken Biryani | Banana Muffin, Grapes & Carrot Crudites, Fruit Juice & Water                                                  |
| <b>SIDE DISH 1</b>                                                                                     | Oven Baked Chips                                                                                        | Saffron Rice               | Roast Pumpkin & Cherry Tomatoes                                                                                                                         | Greek Salad                                                                                          | ---                                                                                                           |
| <b>SIDE DISH 2</b>                                                                                     |  Sautéed Baby Marrow | Fatoush Salad              | Mixed Salad                                                                                                                                             | Lemon Roast Corn on the Cob                                                                          | Fruit Yoghurt & Clementine                                                                                    |
| <b>VEGETARIAN</b>                                                                                      | Fresh Vegetable Pizza                                                                                   | Asian Vegetable Noodles    | Spiral Pasta with Tomato Sauce                                     | Vegetable Biryani                                                                                    | ---                                                                                                           |
| <b>DESSERT</b>                                                                                         | Fruit Salad                                                                                             | Apple                      | Fruit Salad                                                                                                                                             | Pear                                                                                                 |  Mediterranean Salad     |
|                                                                                                        | Fruit Yoghurt                                                                                           | Low Fat Milk               | Plain Yoghurt                                                                                                                                           | Fruit Yoghurt                                                                                        | ---                                                                                                           |
|                                                                                                        |                                                                                                         |                            |                                                                                                                                                         |                                                                                                      | Orange Cake                                                                                                   |



# BACK to SCHOOL

## MENU WEEK 3

|                                                                                                           | MONDAY                                                                                          | TUESDAY                                                             | WEDNESDAY                                                                                                                            | THURSDAY                                                                                                   | FRIDAY                                                                                                     |
|-----------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|---------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|
| <br><b>MORNING SNACK</b> | Oat, Raisin & Carrot Bread, Fruit Juice                                                         | Cheese and Tomato Sandwich, Cucumber & Grape Crudite`s, Fruit Juice | No Nuts Quinoa , Raspberry Granola & Fruit Juice  | Pizza Margherita, Banana                                                                                   | Premium Lunch Pack      |
| <b>MAIN COURSE</b>                                                                                        | Healthy Grilled Chicken Burger                                                                  | Lamb Daoud Basha                                                    | Mama's Chicken Stew with Garden Vegetables                                                                                           |  Penne Pasta Bolognese | Brown Bread Sandwich with Cucumber & Tomato, Fruit Juice & Water                                           |
| <b>SIDE DISH 1</b>                                                                                        | Roast Vegetable Salad                                                                           | Zucchini Rice                                                       | Glazed Carrots & Green Beans                                                                                                         | Mediterranean Salad                                                                                        | ---                                                                                                        |
| <b>SIDE DISH 2</b>                                                                                        |  Baked Fries | Garden Salad                                                        | Mushroom Pulao Rice                                                                                                                  | Steamed Corn & Capsicum                                                                                    | Pear, Fruit Yoghurt                                                                                        |
| <b>VEGETARIAN</b>                                                                                         | Saffron Risotto                                                                                 | Macaroni Pasta with Mushroom                                        | Penne Pasta with Tomato Sauce                   | Oven Baked Vegetable Croquettes                                                                            | ---                                                                                                        |
| <b>DESSERT</b>                                                                                            | Banana                                                                                          | Fruit Salad                                                         | Mandarine                                                                                                                            | Fruit Salad                                                                                                |  Roasted Carrot Salad |
|                                                                                                           | Low Fat Milk                                                                                    | Fruit Yoghurt                                                       | Plain Yoghurt                                                                                                                        | Low Fat Milk                                                                                               | ---                                                                                                        |
|                                                                                                           |                                                                                                 |                                                                     |                                                                                                                                      |                                                                                                            | Vanilla Cake                                                                                               |