



PRE-SCHOOLERS SNACKS MENU - IC

campus: ras Beirut

Issuing date:

28/11/2018

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 (from 3 to 7 Dec)	Snack 1	Wholegrain Mankouché zaatar - cherry tomatoes	markouk with mozzarella - cucumber sticks	Halloumi sandwich with wholegrain Lebanese pita bread - cherry tomatoes	Grissini (x6) with labneh dip - cucumber sticks	Zaatar sandwich with white Lebanese pita bread - cucumber sticks
	Snack 2	banana	apple	banana	apple	banana
Week 2 (from 10 to 14 Dec)	Snack 1	1 mini croissant cheese & 1 zaatar - cucumber sticks	Feta sandwich with pain de mie - cherry tomatoes	Toast with labneh dip - cucumber sticks	Pain au lait with kachkawan - cucumber sticks	Grissini (x6) with humus dip - cherry tomatoes
	Snack 2	banana	Muffin sweetened with honey (No sugar)	banana	apple	banana
Week 3 (from 17 to 21 Dec)	Snack 1	Mankouché zaatar - cherry tomatoes	double crème cheese with wholegrain lebanese pita bread - cucumber sticks	Rice cakes with labneh - cherry tomatoes	Zaatar sandwich with white Lebanese pita bread - cucumber sticks	Pain au lait with mozzarella - carrot sticks
	Snack 2	banana	apple	banana	apple	santa dessert