



**PRE-SCHOOLERS SNACKS MENU - IC**

**Ain Aar campus**

Issuing date:

30/11/2018

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