

PRE-SCHOOLERS SNACKS

IC MENU | RAS BEIRUT CAMPUS

01 WEEK 1 FROM 3 TO 7 JUNE

- MONDAY** Whole grain mankouché zaatar - cherry tomatoes
Banana
- TUESDAY** Wholegrain toast with labneh dip - cucumber sticks
Pear
- WEDNESDAY** Markouk with mozzarella - cherry tomatoes
Date muffin
- THURSDAY** Rice Cake with labneh dip - cucumber sticks
Apple
- FRIDAY** Zaatar sandwich with wholegrain lebanese
pita bread - cherry tomatoes
Vanilla muffin

02 WEEK 2 FROM 10 TO 14 JUNE

- MONDAY** 1 mini croissant zaatar & 1 cheese - cherry tomatoes
Banana
- TUESDAY** Grissini (x6) with labneh dip - cucumber sticks
Pear
- WEDNESDAY** Kachkawan sandwich with wholegrain lebanese
pita bread - cherry tomatoes
Vanilla muffin
- THURSDAY** Whole wheat margheritta pizza - cucumber sticks
Apple
- FRIDAY** Zaatar sandwich with wholegrain lebanese
pita bread - cherry tomatoes
Date muffin

03 WEEK 3 FROM 17 TO 21 MAY

- MONDAY** Whole gain mankouché cheese - cucumber sticks
Banana
- TUESDAY** Rice cakes with labneh dip - cherry tomatoes
Apple
- WEDNESDAY** Pain au lait with philadelphia cheese - cucumber sticks
Banana muffin
- THURSDAY** Wholegrain toast with labneh dip - cherry tomatoes
Pear
- FRIDAY** Zaatar sandwich with wholegrain lebanese
pita bread - cucumber sticks
Vanilla muffin