

PRE-SCHOOLERS SNACKS

IC MENU | AIN AAR CAMPUS

01 WEEK 1

- MONDAY** Mankouche thyme – cherry tomatoes
Apple + grissini/kaak zaman
- TUESDAY** Whole-grain toast with labneh dip – cucumber sticks
Sfouf sweetened with molasses (no sugar)
+ grissini/kaak zaman
- WEDNESDAY** Pain au lait with philadelphia cheese – cherry tomatoes
Vanilla muffins sweetened with honey (no sugar)
+ grissini/kaak zaman
- THURSDAY** Grissini with labneh dip – cucumber sticks
Apple + grissini/kaak zaman
- FRIDAY** Thyme sandwich with whole-grain lebanese pita
bread – cherry tomatoes
Banana + grissini/kaak zaman

02 WEEK 2

- MONDAY** Croissant thyme – cucumber sticks
Apple + grissini/kaak zaman
- TUESDAY** Rice cake with labneh dip – cherry tomatoes
Oat cookies sweetened with honey (no sugar)
+ grissini/kaak zaman
- WEDNESDAY** Markouk with mozzarella cheese – cucumber sticks
Sfouf sweetened with molasses (no sugar)
+ grissini/kaak zaman
- THURSDAY** Mini kaak (x3) with labneh aside – cherry tomatoes
Apple + grissini/kaak zaman
- FRIDAY** OFF

03 WEEK 3

- MONDAY** Manouche thyme – cucumber sticks
Apple + grissini/kaak zaman
- TUESDAY** Grissini with labneh dip – cherry tomatoes
Vanilla muffins sweetened with honey (no sugar)
+ grissini/kaak zaman
- WEDNESDAY** Kachkawan sandwich with whole-grain lebanese
pita bread – cucumber sticks
Oat cookies sweetened with honey (no sugar)
+ grissini/kaak zaman
- THURSDAY** Rice cake with labneh dip – cherry tomatoes
Apple + grissini/kaak zaman
- FRIDAY** Thyme sandwich with whole-grain lebanese pita
bread – cherry tomatoes
Banana + grissini/kaak zaman

04 WEEK 4

- MONDAY** Croissant thyme – cucumber sticks
Apple + grissini/kaak zaman
- TUESDAY** Whole-grain toast with labneh dip – cherry tomatoes
Sfouf sweetened with molasses (no sugar)
+ grissini/kaak zaman
- WEDNESDAY** Pain au lait with philadelphia cheese – cucumber sticks
Vanilla muffins sweetened with honey (no sugar)
+ grissini/kaak zaman
- THURSDAY** Mini kaak (x3) with labneh aside – cherry tomatoes
Apple + grissini/kaak zaman
- FRIDAY** Thyme sandwich with whole-grain lebanese pita
bread – cucumber sticks
Banana + grissini/kaak zaman