

Garden School Menu January to March, 2020

MENU 1	Sunday 12, January	Monday 13, January	Tuesday 14, January	Wednesday 15, January	Thursday 16, January
SOUP 1	MIDDLE EAST LENTIL SOUP	CREAM OF BROCOLLI SOUP		SEAFOOD CHOWDER SOUP	HARIRA SOUP
ENTRÉE 1	CHICKEN SHASHLIK	CHICKEN BUKHARI	FRIED CHICKEN BURGER or GRILLED BEEF BURGER	CHICKEN MUGALGAL	CHICKEN SHISH TAWOOK
ENTRÉE 2	FISH FILLET W/ PINE APPLE SALSA	BEEF KOFTA KEBAB LESS SPICY	PIZZA	GRILLED FISH WITH CAPER SAUCE	LASAGNA BOLOGNAISE
STARCH	VEGE FRIED RICE	HERBS ROAST POTATO	FRENCH FRIES	Lyonnaise Potatoes	STEAM RICE
VEGETABLE	SAUTE BUTTER VEGETABLE	Seasonal Vegetables		Sautéed Green Beans	SAUTE CORN AND PEAS
VEGETARIAN 1	PASTA ARRABIATA	FUSILLI W/ TOMATO SAUCE	VEGETABLE PIZZA or FALAFEL BURGER	STIR FRIED NOODLES	LASAGNA VEGETABLE
SALAD 1	GREEN SALAD	GREEN SALAD	LETTUCE, ONION, TOMATO	GREEN SALAD	GREEN SALAD
SALAD 2	HUMMUS	FATOUSH	CORN SALAD	TABOULEH	MACARONI SALAD
SALAD 3	RUSSIAN SALAD	CHICKEN PINE NUT APPLE SALAD	COLESLAW	ROASTED VEG SALAD	MOTABAL SALAD
DESSERT 1	fruit cups & yoghurt	fruit cups	FRUIT CUPS & COOKIES	fruit cups	fruit cups & cake
DESSERT 2	FRESH WHOLE FRUIT	FRESH WHOLE FRUIT	FRESH WHOLE FRUIT	FRESH WHOLE FRUIT	FRESH WHOLE FRUIT
BREAD 1	white & brown bread rolls	white & brown bread rolls	white & brown bread rolls	white & brown bread rolls	white & brown bread rolls
BREAD 2	ARABIC BREAD	ARABIC BREAD	ARABIC BREAD	ARABIC BREAD	ARABIC BREAD
BEVERAGE	MILK/JUICE	MILK/JUICE	MILK/JUICE	MILK/JUICE	MILK/JUICE

MENU 2	Sunday 19, January	Monday 20, January	Tuesday 21, January	Wednesday 22, January	Thursday 23, January
SOUP 1	MINISTRONE SOUP	CHICKEN COMBLIAN SOUP		CREAM OF CHICKEN SOUP	VEGETABLE NOODLE SOUP
ENTRÉE 1	BEEF TEXAS HASH	BAKED FISH GREEK STYLE	FRIED CHICKEN BURGER or GRILLED BEEF BURGER	MARINATED FISH CUBE WITH SKEWER	PASTA CARBONARA W/BEEF STRIPS
ENTRÉE 2	CHICKEN TAJIN WITH POTATO	BEEF JULIANNE W/ BELL PEPPER SAUCE	PIZZA	CHICKEN SZECHUAN	CHICKEN BIRYANI
STARCH	FRIED RICE	MASHED POTATO	FRENCH FRIES	BAKED POTATO WEDGES	SAUTEED POTATO
VEGETABLE	VEGETABLE SALOONA	SAUTEED VEGETABLE		VEGETABLE CASSEROLE	ROASTED VEGETABLE
VEGETARIAN 1	VEGETABLE NOODLES	VEGETABLE LASAGNA	VEGETABLE PIZZA or FALAFEL BURGER	PENNE W VEG AND TOMATO SAUCE	VEGETABLE SPRING ROLL
SALAD 1	GREEN SALAD	GREEN SALAD	LETTUCE, ONION, TOMATO	GREEN SALAD	GREEN SALAD
SALAD 2	MOTABAL	FATOUSH	CORN SALAD	TABOULEH	HUMMUS
SALAD 3	RED BEAN SALAD	CHICKEN PINE APPLE SALAD	COLESLAW	GREEK SALAD	ITALIAN PASTA SALAD
DESSERT 1	fruit cups & yoghurt	fruit cups	FRUIT CUPS & COOKIES	fruit cups	fruit cups & cake
DESSERT 2	FRESH WHOLE FRUIT	FRESH WHOLE FRUIT	FRESH WHOLE FRUIT	FRESH WHOLE FRUIT	FRESH WHOLE FRUIT
BREAD 1	white & brown bread rolls	white & brown bread rolls	white & brown bread rolls	white & brown bread rolls	white & brown bread rolls
BREAD 2	ARABIC BREAD	ARABIC BREAD	ARABIC BREAD	ARABIC BREAD	ARABIC BREAD
BEVERAGE	MILK/JUICE	MILK/JUICE	MILK/JUICE	MILK/JUICE	MILK/JUICE

MENU 3	Sunday 26,January	Monday 27, January	Tuesday 28, January	Wednesday 29, January	Thursday 30, January
SOUP 1	HARIRA SOUP	CLEAR VEGETABLE SOUP		CREAM OF MUSHROOM SOUP	CHICKEN CORN SOUP
ENTRÉE 1	BEEF BOLOGNAISE	CHICKEN MONGOLIAN	FRIED CHICKEN BURGER or GRILLED BEEF BURGER	CHICKEN KRISPY TENDER	CHICKEN MANDI
ENTRÉE 2	BAKED FISH FILLET W/ ORANGE SEGMENT	BEEF CHICK PEAS SALOONA	PIZZA	BEEF SALISBURY STEAK W/ PEPPER SAUCE	BAKED FISH TIKKA LESS SPICY
STARCH	SPAGHETTI	VEGETABLE RICE	FRENCH FRIES	MASHED POTATO	POTATO WEDGES
VEGETABLE	CARROT & PEAS	VEGETABLE SAUTE		BUTTER VEGETABLE	VEGETABLE SALOONA
VEGETARIAN 1	PENNE W MUSHRRROM AND OLIVE	VEGETABLE SAMOSA	VEGETABLE PIZZA or FALAFEL BURGER	BAKED PENNE PASTA	FUSILLI W/ TOMATO SAUCE
SALAD 1	GREEN SALAD	GREEN SALAD	LETTUCE,ONION,TOMATO	GREEN SALAD	GREEN SALAD
SALAD 2	BEETROOT SALAD	FATOUSH	CORN SALAD	TABOULEH	HUMMUS
SALAD 3	CHICKEN TANDORRI SALAD	NOODLE SALAD	COLESLAW	APPLE CABBAGE AND RAISIN SALAD	NICOISE SALAD
DESSERT 1	fruit cups & yoghurt	fruit cups	FRUIT CUPS & COOKIES	fruit cups	fruit cups & cake
DESSERT 2	FRESH WHOLE FRUIT	FRESH WHOLE FRUIT	FRESH WHOLE FRUIT	FRESH WHOLE FRUIT	FRESH WHOLE FRUIT
BREAD 1	white & brown bread rolls	white & brown bread rolls	white & brown bread rolls	white & brown bread rolls	white & brown bread rolls
BREAD 2	ARABIC BREAD	ARABIC BREAD	ARABIC BREAD	ARABIC BREAD	ARABIC BREAD
BEVERAGE	MILK/JUICE	MILK/JUICE	MILK/JUICE	MILK/JUICE	MILK/JUICE

MENU 4	Sunday 02,February	Monday 03,February	Tuesday 04,February	Wednesday 05,February	Thursday 06,February
SOUP 1	LENTIL SOUP	CHICKEN MARMITE SOUP		CREAM OF BROCOLLI SOUP	CORN SOUP
ENTRÉE 1	GRILLED CHICKEN TERIYAKI SAUCE	ARABIC ROAST CHICKEN	FRIED CHICKEN BURGER or GRILLED BEEF BURGER	CHICKEN MARYLAND	CHICKEN MANDI
ENTRÉE 2	FISH FILLET W/ LEMON BUTTER SAUCE	BEEF TEX MEX CASSEROLE	PIZZA	BEEF DAWOOD BASHA	BAKED FISH TIKKA
STARCH	SPAGHETTI TOMATO SAUCE	VEGETABLE RICE	FRENCH FRIES	GARLIC ROAST POTATO	BAKED POTATO WEDGES
VEGETABLE	CARROT & PEAS	VEGETABLE SAUTE		BUTTER VEGETABLE	VEGETABLE SALOONA
VEGETARIAN 1	STIR FRIED NOODLE	PASTA NAPOLITANA	VEGETABLE PIZZA or FALAFEL BURGER	BAKED PENNE PASTA	FUSILLI W/ TOMATO SAUCE
SALAD 1	GREEN SALAD	GREEN SALAD	LETTUCE,ONION,TOMATO	GREEN SALAD	GREEN SALAD
SALAD 2	BEETROOT SALAD	FATOUSH	CORN SALAD	TABOULEH	HUMMUS
SALAD 3	CHICKEN TANDOORI SALAD	NOODLE SALAD	COLESLAW	APPLE CABBAGE AND RAISIN SALAD	NICOISE SALAD
DESSERT 1	fruit cups & yoghurt	fruit cups	FRUIT CUPS & COOKIES	fruit cups	fruit cups & cake
DESSERT 2	FRESH WHOLE FRUIT	FRESH WHOLE FRUIT	FRESH WHOLE FRUIT	FRESH WHOLE FRUIT	FRESH WHOLE FRUIT
BREAD 1	white & brown bread rolls	white & brown bread rolls	white & brown bread rolls	white & brown bread rolls	white & brown bread rolls
BREAD 2	ARABIC BREAD	ARABIC BREAD	ARABIC BREAD	ARABIC BREAD	ARABIC BREAD
BEVERAGE	MILK/JUICE	MILK/JUICE	MILK/JUICE	MILK/JUICE	MILK/JUICE

MENU 5	Sunday 09,February	Monday 10,February	Tuesday 11,February	Wednesday 12,February	Thursday 13,February
SOUP 1	LENTIL SOUP	CREAM OF CAULIFLOWER SOUP		LEEK & POTATO SOUP	PUMPKIN AND COCONUT MILK SOUP
ENTRÉE 1	GRILLED CHICKEN BBQ SAUCE	FRIED CHICKEN GARLIC SAUCE	FRIED CHICKEN BURGER or GRILLED BEEF BURGER	GRILLED CHICKEN BBQ SAUCE	BEEF PASTA CARBONARA
ENTRÉE 2	BEEF DAWOOD BASHA	FISH FILLET W/ OLIVE TOMATO SAUCE	PIZZA	BAKED FISH HERBS	CHICKEN BIRYANI
STARCH	STEAMED RICE	GARLIC MASHED POTATO	FRENCH FRIES	LYONNAISE POTATO	HERBED POTATO
VEGETABLE	VEGETABLE STEW	SAUTE CORN & PEAS		ROASTED VEGETABLE	VEGETABLE SAMOSA
VEGETARIAN 1	NOODLE WITH VEGETABLE	MAC & CHEESE PASTA	VEGETABLE PIZZA or FALAFEL BURGER	VERMICELLI WITH VEGETABLE	VEGETABLE LASAGNA
SALAD 1	GREEN SALAD	GREEN SALAD	LETTUCE,ONION,TOMATO	GREEN SALAD	GREEN SALAD
SALAD 2	MOTABAL	FATOUSH	CORN SALAD	TABOULEH	CHICK PEA W/ APPLE SALAD
SALAD 3	Macaroni Salad	Dill Cucumber Salad	COLESLAW	ROASTED VEG SALAD	VEGETABLE RAITA SALAD
DESSERT 1	fruit cups & yoghurt	fruit cups	FRUIT CUPS & COOKIES	fruit cups	fruit cups & cake
DESSERT 2	FRESH WHOLE FRUIT	FRESH WHOLE FRUIT	FRESH WHOLE FRUIT	FRESH WHOLE FRUIT	FRESH WHOLE FRUIT
BREAD 1	white & brown bread rolls	white & brown bread rolls	white & brown bread rolls	white & brown bread rolls	white & brown bread rolls
BREAD 2	ARABIC BREAD	ARABIC BREAD	ARABIC BREAD	ARABIC BREAD	ARABIC BREAD
BEVERAGE	MILK/JUICE	MILK/JUICE	MILK/JUICE	MILK/JUICE	MILK/JUICE

MENU 6	Sunday 16,February	Monday 17,February	Tuesday 18,February	Wednesday 19,February	Thursday 20,February
SOUP 1	CREAM OF BROCCOLI	LENTIL SOUP		CARROT & GINGER	CHICKEN CORN SOUP
ENTRÉE 1	SOUTHERN FRIED CHICKEN	BAKED FISH WITH BELL PEPPER SAUCE	FRIED CHICKEN BURGER OR GRILLED BEEF BURGER WITH FRENCH FRIES	BEEF ENCHILADAS	CHICKEN BIRYANI
ENTRÉE 2	SPAGHETTI BOLOGNAISE	CHICKEN MARYLAND	PIZZA	SWEET & SOUR FISH	PASTA CARBONARA W/ BEEF STRIPS
STARCH	STEAMED RICE	OVEN ROAST POTATO		FRIED RICE	ROAST POTATOES
VEGETABLE	SAUTE MIX VEGETABLES	VEGETABLE STEAM		ASST VEGETABLE	CARROTS & PEAS
VEGETARIAN 1	VEGETABLE SPAGHETTI	RATATOUILLE	FALAFEL BURGER	STIR FRIED VEGETABLES	BUTTER VEGETABLE
SALAD 1	GREEN SALAD	GREEN SALAD		GREEN SALAD	GREEN SALAD
SALAD 2	TABBOULEH	TOSSED SALAD		MEXICAN SALAD MEDLEY	CUCUMBER & YOGURT
SALAD 3	POTATO SALAD	GRILLED VEGETABLE SALAD		HUMMUS	GREEK SALAD
DESSERT 1	FRUIT CUPS	FRUIT CUPS	FRUIT CUPS & COOKIES	FRUIT CUPS	FRUIT CUPS & SMALL PIECE OF CAKE
DESSERT 2	FRUIT YOGHURT	FRESH WHOLE FRUITS	FRESH WHOLE FRUITS	FRESH WHOLE FRUITS	FRESH WHOLE FRUITS
BREAD 1	FRESH WHOLE FRUITS	ARABIC BREAD	ARABIC BREAD	ARABIC BREAD	ARABIC BREAD
BREAD 2	ARABIC BREAD	WHITE & BROWN BREAD ROLLS	WHITE & BROWN BREAD ROLLS	WHITE & BROWN BREAD ROLLS	WHITE & BROWN BREAD ROLLS
BEVERAGE	MILK/JUICE	MILK/JUICE	MILK/JUICE	MILK/JUICE	MILK/JUICE

MENU 7	Sunday 23,February	Monday 24,February	Tuesday 25,February	Wednesday 26,February	Thursdays 27,February
SOUP 1	LENTIL SOUP	CHICKEN VEGETABLE SOUP		THAI PUMPKIN SOUP	CHICKEN & CORN
ENTRÉE 1	CHICKEN MARYLAND	FRIED FISH WITH TARTARE SAUCE	FRIED CHICKEN BURGER OR GRILLED BEEF BURGER WITH FRENCH FRIES	CHICKEN PARMIGIANA	CHICKEN TARRAGON
ENTRÉE 2	BEEF SALOONA	BAKED CHICKEN PEPPER SAUCE	PIZZA	FISH W/ OLIVE SAUCE	PASTA CARBONARA
STARCH	MASHED POTATO	STEAMED RICE		SPAGHETTI	ROAST POTATOES
VEGETABLE	STEAMED VEG.	CORN AND PEAS	VEGETABLE PIZZA	MIXED VEGETABLES	CAULIFLOWER MORNAY
VEGETARIAN 1	SPAGHETTI WITH GRILLED VEGETABLES	VEGETABLE TAJAN	FALAFEL BURGER	VEGETABLE STRUDEL	VEGETARIAN SAUTEED
SALAD 1	GREEN SALAD	GREEN SALAD		GREEN SALAD	GREEN SALAD
SALAD 2	COLESLAW	MOROCCAN ORANGE & DATE		RUSSIAN SALAD	HUMMUS
SALAD 3	GREEK SALAD	TABBOULEH		GRILLED VEGETABLE SALAD	CAESAR
DESSERT 1	FRUIT CUPS & FRUIT YOGHURT	FRUIT CUPS	FRUIT CUPS & COOKIES	FRUIT CUPS	FRUIT CUPS & SMALL PIECE OF CAKE
DESSERT 2	FRESH WHOLE FRUITS	FRESH WHOLE FRUITS	FRESH WHOLE FRUITS	FRESH WHOLE FRUITS	FRESH WHOLE FRUITS
BREAD 1	ARABIC BREAD	ARABIC BREAD	ARABIC BREAD	ARABIC BREAD	ARABIC BREAD
BREAD 2	WHITE & BROWN BREAD ROLLS	WHITE & BROWN BREAD ROLLS	WHITE & BROWN BREAD ROLLS	WHITE & BROWN BREAD ROLLS	WHITE & BROWN BREAD ROLLS
BEVERAGE	MILK/JUICE	MILK/JUICE	MILK/JUICE	MILK/JUICE	MILK/JUICE

MENU 8	Sunday 01, March	Monday 02, March	Tuesday 03, March	Wednesday 04, March	Thursdays 05, March
SOUP 1	LENTIL SOUP	CREAM OF VEGETABLE		VEGETABLE NOODLE	POTATO & LEEK
ENTRÉE 1	CHICKEN PENNE ALFREDO SAUCE	CHICKEN SHISH TAWOOK	FRIED CHICKEN BURGER OR GRILLED BEEF BURGER WITH FRENCH FRIES	ITALIAN CHICKEN CASSEROLE	BEEF BOLOGNAISE SAUCE
ENTRÉE 2	GRILLED WHITE FISH FILLET WITH LEMON BUTTER SAUCE	BEEF BURRITOS	PIZZA	BAKED FISH WITH VEGETABLE SALSA	CHICKEN PICCATA
STARCH	BAKED POTATO WEDGES	STEAMED RICE		MASHED POTATOES	SPAGHETTI
VEGETABLE	BRAISED CABBAGE	SAUTEED GREEN BEANS	VEGETABLE PIZZA	CARROTS & PEAS	STEAMED VEG.
VEGETARIAN 1	VEGETARIAN LASAGNE	VEGETABLE CURRY	FALAFEL BURGER	VEGETARIAN CASSEROLE	STIR FRY VEG.
SALAD 1	GREEN SALAD	GREEN SALAD		GREEN SALAD	GREEN SALAD
SALAD 2	SWEET CORN SALAD	COLESLAW		FRUIT DIPLOMAT SALAD	APPLE CABBAGE SALAD
SALAD 3	CAESAR	FATTOUCHE		BEETROOT & EGG	HUMMUS
DESSERT 1	FRUIT CUPS & YOGHURT	FRUIT CUPS	FRUIT CUP & COOKIES	FRUIT CUPS	FRUIT CUPS & SMALL PIECE OF CAKE
DESSERT 2	FRESH WHOLE FRUITS	FRESH WHOLE FRUITS	FRESH WHOLE FRUITS	FRESH WHOLE FRUITS	FRESH WHOLE FRUITS
BREAD 1	ARABIC BREAD	ARABIC BREAD	ARABIC BREAD	ARABIC BREAD	ARABIC BREAD
BREAD 2	WHITE & BROWN BREAD ROLLS	WHITE & BROWN BREAD ROLLS	WHITE & BROWN BREAD ROLLS	WHITE & BROWN BREAD ROLLS	WHITE & BROWN BREAD ROLLS
BEVERAGE	MILK/JUICE	MILK/JUICE	MILK/JUICE	MILK/JUICE	MILK/JUICE

MENU 9	Sunday 08, March	Monday 09, March	Tuesday 10, March	Wednesday 11, March	Thursdays 12, March
SOUP 1	CREAM OF BROCCOLI	LENTIL SOUP		CARROT & GINGER	CHICKEN CORN SOUP
ENTRÉE 1	CHICKEN SHISH TAWOOK	BAKED FISH WITH BELLPEPPER SAUCE	FRIED CHICKEN BURGER OR GRILLED BEEF BURGER WITH FRENCH FRIES	BEEF ENCHILADAS	CHICKEN BIRYANI
ENTRÉE 2	LASAGNA BOLOGNAISE	CHICKEN MARYLAND	PIZZA	SWEET & SOUR FISH	PASTA CARBONARA W/ BEEF STRIPS
STARCH	STEAMED RICE	OVEN ROAST POTATO		FRIED RICE	ROAST POTATOES
VEGETABLE	SAUTE MIX VEGETABLES	VEGETABLE STEAM		ASST VEGETABLE	CARROTS & PEAS
VEGETARIAN 1	VEGETABLE LASAGNA	RATATOUILLE	FALAFEL BURGER	STIR FRIED VEGETABLES	BUTTER VEGETABLE
SALAD 1	GREEN SALAD	GREEN SALAD		GREEN SALAD	GREEN SALAD
SALAD 2	TABBOULEH	TOSSED SALAD		MEXICAN SALAD MEDLEY	CUCUMBER & YOGURT
SALAD 3	POTATO SALAD	GRILLED VEGETABLE SALAD		HUMMUS	GREEK SALAD
DESSERT 1	FRUIT CUPS	FRUIT CUPS	FRUIT CUPS & COOKIES	FRUIT CUPS	FRUIT CUPS & SMALL PIECE OF CAKE
DESSERT 2	FRUIT YOGHURT	FRESH WHOLE FRUITS	FRESH WHOLE FRUITS	FRESH WHOLE FRUITS	FRESH WHOLE FRUITS
BREAD 1	FRESH WHOLE FRUITS	ARABIC BREAD	ARABIC BREAD	ARABIC BREAD	ARABIC BREAD
BREAD 2	ARABIC BREAD	WHITE & BROWN BREAD ROLLS	WHITE & BROWN BREAD ROLLS	WHITE & BROWN BREAD ROLLS	WHITE & BROWN BREAD ROLLS
BEVERAGE	MILK/JUICE	MILK/JUICE	MILK/JUICE	MILK/JUICE	MILK/JUICE

MENU 10	Sunday 15, March	Monday 16, March	Tuesday 17, March	Wednesday 18, March	Thursdays 19, March
SOUP 1	CHICKEN CORN SOUP	LENTIL SOUP		CHICKEN PARMIGIANA	ARABIC ROAST CHICKEN
ENTRÉE 1	CHICKEN BUKHARI	BAKED FISH WITH SAUTE CORN	FRIED CHICKEN BURGER OR GRILLED BEEF BURGER WITH FRENCH FRIES	FISH W/ OLIVES SAUCE	PASTA CARBONARA
ENTRÉE 2	BEEF KOFTA	CHICKEN MARYLAND	PIZZA	SPAGHETTI	ROAST POTATOES
STARCH	FINGER POTATOES	OVEN ROAST POTATO		MIXED VEGETABLES	CAULIFLOWER MORNAY
VEGETABLE	CARROTS & PEAS	VEGETABLE STEAM		VEGETABLE STRUDEL	VEGETABLES SAUTEED
VEGETARIAN 1	BUTTER VEGETABLE	RATATOUILLE	FALAFEL BURGER		
SALAD 1	GREEN SALAD	GREEN SALAD		GREEN SALAD	GREEN SALAD
SALAD 2	HUMMUS	TOSSED SALAD		RUSSIAN SALAD	HUMMUS
SALAD 3	GREEK SALAD	GRILLED VEGETABLE SALAD		GRILLED VEGETABLE SALAD	CAESAR
DESSERT 1	FRUIT CUPS & SMALL PIECE OF CAKE	FRUIT CUPS	FRUIT CUPS & COOKIES	FRUIT CUPS	FRUIT CUPS & SMALL PIECE OF CAKE
DESSERT 2	FRESH WHOLE FRUITS	FRESH WHOLE FRUITS	FRESH WHOLE FRUITS	FRESH WHOLE FRUITS	FRESH WHOLE FRUITS
BREAD 1	ARABIC BREAD	ARABIC BREAD	ARABIC BREAD	ARABIC BREAD	ARABIC BREAD
BREAD 2	WHITE & BROWN BREAD ROLLS	WHITE & BROWN BREAD ROLLS	WHITE & BROWN BREAD ROLLS	WHITE & BROWN BREAD ROLLS	WHITE & BROWN BREAD ROLLS
BEVERAGE	MILK/JUICE	MILK/JUICE	MILK/JUICE	MILK/JUICE	MILK/JUICE

MENU 11	Sunday 29, March	Monday 30, March	Tuesday 31, March		
SOUP 1	LENTIL SOUP	CREAM OF VEGETABLE			
ENTRÉE 1	CHICKEN PICCATA	CHICKEN SHISH TAWOOK	FRIED CHICKEN BURGER OR GRILLED BEEF BURGER WITH FRENCH FRIES		
ENTRÉE 2	BEEF CASSEROLE	BEEF BURRITOS	PIZZA		
STARCH	BAKED POTATO WEDGES	STEAMED RICE			
VEGETABLE	BRAISED CABBAGE	SAUTEED GREEN BEANS	VEGETABLE PIZZA		
VEGETARIAN 1	VEGETARIAN LASAGNE	VEGETABLE CURRY	FALAFEL BURGER		
SALAD 1	GREEN SALAD	GREEN SALAD			
SALAD 2	SWEET CORN SALAD	COLESLAW			
SALAD 3	CAESAR	FATTOUCHE			
DESSERT 1	FRUIT CUPS & YOGHURT	FRUIT CUPS	FRUIT CUP & COOKIES		
DESSERT 2	FRESH WHOLE FRUITS	FRESH WHOLE FRUITS	FRESH WHOLE FRUITS		
BREAD 1	ARABIC BREAD	ARABIC BREAD	ARABIC BREAD		
BREAD 2	WHITE & BROWN BREAD ROLLS	WHITE & BROWN BREAD ROLLS	WHITE & BROWN BREAD ROLLS		
BEVERAGE	MILK/JUICE	MILK/JUICE	MILK/JUICE		