

Garden School Menu 2022

Week 5

	SEPT 8/2022	SEPT 19/2022	SEPT 20/2022	SEPT 21/2022	SEPT 22/2022
Menu	Sunday	Monday	Tuesday	Wednesday	Thursday
SOUP	Corn Soup		CHICKEN VEGETABLES SOUP	Cream Of Chicken Soup	Creamy Vegetable Soup
ENTRÉE 1	Chicken Parmigiana	Fried Chicken Burger Or Grilled Beef Burger	Chicken KIVE	Marinated Fish Cube With Skewer	Assorted Pizza
ENTRÉE 2	BEEF ENCHILADAS	Chicken Nuggets	BEEF KOFTA	Chicken Szechuan	Chicken Wings
STARCH	Mashed Potato	French Fries	OVEN FRIED POTATOES	Baked Potato Wedges	Potato Wedges
VEGETARIAN PASTA	Vegetable Lasagna	Creamy Penne Pasta	PASTA ARABITA	Penne W Veg And Tomato Sauce	Lasagna Vegetable
VEGETARIAN	Eggplant Mousaka	Falafel Burger	Eggplant PARMESAN	Vegetable Fried Rice	Vegetable Wrap
SALAD 1	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad
SALAD 2	Fattouch	Mayo Cabbage Corn Salad	Fattouch	Tabbouleh	Caesar Salad
VEGETABLE STICK	Assorted Crudités With Humus Dip	Assorted Crudités With Humus Dip	Assorted Crudités With Humus Dip	Assorted Crudités With Humus Dip	Assorted Crudités With Humus Dip
DESSERT 1	Fruit Cups	Fruit Cups	Fruit Cups	Fruit Cups	Fruit Cups
DESSERT 2	Cookies & Cup Cake	Chef Choice	Cookies & Cup Cake	Cookies & Cup Cake	Chef Choice
BREAD1	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

Garden School Menu 2022

Week 6

	SEPT 25/2022	SEPT 26/2022	SEPT 27/2022	SEPT 28/2022	SEPT 29/2022
Menu	Sunday	Monday	Tuesday	Wednesday	Thursday
SOUP	Clear Mexican Vegetable Soup		Vegetable Noodles Soup	Cream Of Mushroom Soup	Creamy Vegetable Soup
ENTRÉE 1	Baked Fish Mexican Style	Fried Chicken Burger Or Grilled Beef Burger	Fried Fish With Tartar Sauce	Chicken Mandi	Assorted Pizza
ENTRÉE 2	Beef Quesadillas	Chicken Nuggets	Chicken BBQ	Breaded Fish	Chicken Wings
STARCH	Cajun Roasted Potato	French Fries	Baked Potato	Roasted Potatoes	Potato Wedges
VEGETARIAN PASTA	Vegetable Lasagna	Creamy Penne Pasta	Mac & Cheese Pasta	Penne W Veg And Tomato Sauce	Lasagna Vegetable
VEGETARIAN	Vegetable Fajitas	Falafel Burger	Vegetable Spring rolls	Vegetable Tempura	Vegetable Wrap
SALAD 1	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad
SALAD 2	Salsa	Mayo Cabbage Corn Salad	Tabbouleh	Tabbouleh	Caesar Salad
VEGETABLE STICK	Assorted Crudités With Humus Dip	Assorted Crudités With Humus Dip	Assorted Crudités With Humus Dip	Assorted Crudités With Humus Dip	Assorted Crudités With Humus Dip
DESSERT 1	Fruit Cups	Fruit Cups	Fruit Cups	Fruit Cups	Fruit Cups
DESSERT 2	Cookies & Cup Cake	Chef Choice	Cookies & Cup Cake	Cookies & Cup Cake	Chef Choice
BREAD1	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
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Garden School Menu 2022

Week 1

	2-Oct-22	3-Oct-22	4-Oct-22	5-Oct-22	6-Oct-22
Menu	Sunday	Monday	Tuesday	Wednesday	Thursday
SOUP	Corn Soup		CHICKEN VEGETABLES SOUP	Cream Of Chicken Soup	Creamy Vegetable Soup
ENTRÉE 1	Chicken Parmigiana	Fried Chicken Burger Or Grilled Beef Burger	Chicken KIVE	Marinated Fish Cube With Skewer	Assorted Pizza
ENTRÉE 2	BEEF ENCHILADAS	Chicken Nuggets	BEEF KOFTA	Chicken Szechuan	Chicken Wings
STARCH	Mashed Potato	French Fries	OVEN FRIED POTATOES	Baked Potato Wedges	Potato Wedges
VEGETARIAN PASTA	Vegetable Lasagna	Creamy Penne Pasta	PASTA ARABITA	Penne W Veg And Tomato Sauce	Lasagna Vegetable
VEGETARIAN	Eggplant Mousaka	Falafel Burger	Eggplant PARMESAN	Vegetable Fried Rice	Vegetable Wrap
SALAD 1	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad
SALAD 2	Fattouch	Mayo Cabbage Corn Salad	Fattouch	Tabbouleh	Caesar Salad
VEGETABLE STICK	Assorted Crudités With Humus Dip	Assorted Crudités With Humus Dip	Assorted Crudités With Humus Dip	Assorted Crudités With Humus Dip	Assorted Crudités With Humus Dip
DESSERT 1	Fruit Cups	Fruit Cups	Fruit Cups	Fruit Cups	Fruit Cups
DESSERT 2	Cookies & Cup Cake	Chef Choice	Cookies & Cup Cake	Cookies & Cup Cake	Chef Choice
BREAD1	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

Garden School Menu 2022

Week 2

	9-Oct-22	10-Oct-22	11-Oct-22	12-Oct-22	13-Oct-22
Menu	Sunday	Monday	Tuesday	Wednesday	Thursday
SOUP	Clear Mexican Vegetable Soup		Vegetable Noodles Soup	Cream Of Mushroom Soup	Creamy Vegetable Soup
ENTRÉE 1	Baked Fish Mexican Style	Fried Chicken Burger Or Grilled Beef Burger	Fried Fish With Tartar Sauce	Chicken Mandi	Assorted Pizza
ENTRÉE 2	Beef Quesadillas	Chicken Nuggets	Chicken BBQ	Breaded Fish	Chicken Wings
STARCH	Cajun Roasted Potato	French Fries	Baked Potato	Roasted Potatoes	Potato Wedges
VEGETARIAN PASTA	Vegetable Lasagna	Creamy Penne Pasta	Mac & Cheese Pasta	Penne W Veg And Tomato Sauce	Lasagna Vegetable
VEGETARIAN	Vegetable Fajitas	Falafel Burger	Vegetable Spring rolls	Vegetable Tempura	Vegetable Wrap
SALAD 1	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad
SALAD 2	Salsa	Mayo Cabbage Corn Salad	Tabbouleh	Tabbouleh	Caesar Salad
VEGETABLE STICK	Assorted Crudités With Humus Dip	Assorted Crudités With Humus Dip	Assorted Crudités With Humus Dip	Assorted Crudités With Humus Dip	Assorted Crudités With Humus Dip
DESSERT 1	Fruit Cups	Fruit Cups	Fruit Cups	Fruit Cups	Fruit Cups
DESSERT 2	Cookies & Cup Cake	Chef Choice	Cookies & Cup Cake	Cookies & Cup Cake	Chef Choice
BREAD1	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
Garden School Menu 2022					
Week 3					
	16-Oct-22	17-Oct-22	18-Oct-22	19-Oct-22	20-Oct-22
Menu	Sunday	Monday	Tuesday	Wednesday	Thursday
SOUP	Cream Of Broccoli Soup		Lentil Soup Soup	Seafood Chowder Soup	Creamy Vegetable Soup
ENTRÉE 1	Chicken Bukari	Fried Chicken Burger Or Grilled Beef Burger	Chicken Shish Tawook	Chicken Curry Less Spicy	Assorted Pizza
ENTRÉE 2	Beef Kofta Kebab Less Spicy	Chicken Nuggets	BEEF KOFTA	Grilled Fish With Caper Sauce	Chicken Wings
STARCH	Arabic Style Roast Potato	French Fries	Potato Haraa	Lyonnais Potatoes	Potato Wedges
VEGETARIAN PASTA	Fusilli W/ Tomato Sauce	Creamy Penne Pasta	Vegetable Macaroni Béchamel	Stir Fried Noodles	Lasagna Vegetable
VEGETARIAN	Cauliflower Tahina	Falafel Burger	Vegetable sambosa	Steam Vegetable	Vegetable Wrap
SALAD 1	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad
SALAD 2	Fattouch	Mayo Cabbage Corn Salad	Fattouch	Tabbouleh	Caesar Salad
VEGETABLE STICK	Assorted Crudités With Humus Dip	Assorted Crudités With Humus Dip	Assorted Crudités With Humus Dip	Assorted Crudités With Humus Dip	Assorted Crudités With Humus Dip
DESSERT 1	Fruit Cups	Fruit Cups	Fruit Cups	Fruit Cups	Fruit Cups
DESSERT 2	Cookies & Cup Cake	Chef Choice	Cookies & Cup Cake	Cookies & Cup Cake	Chef Choice
BREAD1	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
Garden School Menu 2022					
Week 4					
	23-Oct-22	24-Oct-22	25-Oct-22	26-Oct-22	27-Oct-22
Menu	Sunday	Monday	Tuesday	Wednesday	Thursday
SOUP	Lentil Soup Soup		Corn Soup	Vegetable Noodles Soup	Creamy Vegetable Soup
ENTRÉE 1	Chicken Shish Tawook	Fried Chicken Burger Or Grilled Beef Burger	Chicken Parmigiana	Fried Fish With Tartar Sauce	Assorted Pizza
ENTRÉE 2	BEEF KOFTA	Chicken Nuggets	BEEF ENCHILADAS	Chicken BBQ	Chicken Wings
STARCH	Potato Haraa	French Fries	Mashed Potato	Baked Potato	Potato Wedges
VEGETARIAN PASTA	Vegetable Macaroni Béchamel	Creamy Penne Pasta	Vegetable Lasagna	Mac & Cheese Pasta	Lasagna Vegetable
VEGETARIAN	Vegetable sambosa	Falafel Burger	Eggplant Mousaka	Vegetable Spring rolls	Vegetable Wrap
SALAD 1	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad
SALAD 2	Fattouch	Mayo Cabbage Corn Salad	Fattouch	Tabbouleh	Caesar Salad
VEGETABLE STICK	Assorted Crudités With Humus Dip	Assorted Crudités With Humus Dip	Assorted Crudités With Humus Dip	Assorted Crudités With Humus Dip	Assorted Crudités With Humus Dip
DESSERT 1	Fruit Cups	Fruit Cups	Fruit Cups	Fruit Cups	Fruit Cups
DESSERT 2	Cookies & Cup Cake	Chef Choice	Cookies & Cup Cake	Cookies & Cup Cake	Chef Choice
BREAD1	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

Garden School Menu 2022

Week 5

	30-Oct-22	31-Oct-22
Menu	Sunday	Monday
SOUP	Shofan Soup	
ENTRÉE 1	Grilled chicken brest	Fried Chicken Burger Or Grilled Beef Burger
ENTRÉE 2	Dawood Basha	Chicken Nuggets
STARCH	Potato Haraa	French Fries
VEGETARIAN PASTA	Vegetable Macaroni Béchamel	Creamy Penne Pasta
VEGETARIAN	Vermicelli Rice	Falafel Burger
SALAD 1	Green Salad	Green Salad
SALAD 2	Fattouch	Mayo Cabbage Corn Salad
VEGETABLE STICK	Sauteed vegetables	Assorted Crudités With Humus Dip
DESSERT 1	Fruit Cups	Fruit Cups
DESSERT 2	Cookies & Cup Cake	Chef Choice
BREAD1	White & Brown Bread Rolls	White & Brown Bread Rolls
BREAD 2	Arabic Bread	Arabic Bread

BEVERAGE	Milk/Juice	Milk/Juice
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