

Garden School Menu NOVEMBER 2022

Week 1

	1-Nov-22	2-Nov-22	3-Nov-22	6-Nov-22	7-Nov-22
Menu	Tuesday	Wednesday	Thursday	Sunday	Monday
SOUP	Corn Soup	CHICKEN VEGETABLES SOUP	Creamy Vegetable Soup	Cream Of Chicken Soup	
ENTRÉE 1	Chicken Parmigiana	Chicken ALA KING	Assorted Pizza	Fish SHASHLIK	Fried Chicken Burger OrGrilled Beef Burger
ENTRÉE 2	BEEF ENCHILADAS	BEEF KOFTA	Chicken Wings	Chicken Szechuan	Chicken Nuggets
STARCH	Mashed Potato	OVEN FRIED POTATOES	Potato Wedges	Baked Potato Wedges	French Fries
VEGETARIAN PASTA	Vegetable Lasagna	PASTA ARABITA	Lasagna Vegetable	Penne W Veg And Tomato Sauce	Creamy Penne Pasta
VEGETARIAN	Eggplant Mousaka	Eggplant PARMESAN	Vegetable Wrap	Vegetable Fried Rice	Falafel Burger
SALAD 1	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad
SALAD 2	Fattouch	Fattouch	Caesar Salad	Tabbouleh	Mayo Cabbage Corn Salad
VEGETABLE STICK	Assorted Crudités With Humu	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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Week 2

	8-Nov-22	9-Nov-22	10-Nov-22	13-Nov-22	14-Nov-22
Menu	Tuesday	Wednesday	Thursday	Sunday	Monday
SOUP	Clear Mexican Vegetable Soup	CHICKEN VEGETABLES SOUP	Creamy Vegetable Soup	Cream Of Mushroom Soup	
ENTRÉE 1	Baked Fish Mexican Style	Chicken ALA KING	Assorted Pizza	Chicken Mandi	Fried Chicken Burger OrGrilled Beef Burger
ENTRÉE 2	Beef Quesadillas	BEEF KOFTA	Chicken Wings	Breaded Fish	Chicken Nuggets
STARCH	Cajun Roasted Potato	OVEN FRIED POTATOES	Potato Wedges	Roasted Potatoes	French Fries
VEGETARIAN PASTA	Vegetable Lasagna	PASTA ARABITA	Lasagna Vegetable	Penne W Veg And Tomato Sauce	Creamy Penne Pasta
VEGETARIAN	Vegetable Fajitas	Eggplant PARMESAN	Vegetable Wrap	Vegetable Tempura	Falafel Burger
SALAD 1	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad
SALAD 2	Salsa	Fattouch	Caesar Salad	Tabbouleh	Mayo Cabbage Corn Salad
VEGETABLE STICK	Assorted Crudités With Humu	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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Week 3

	15-Nov-22	16-Nov-22	17-Nov-22	20-Nov-22	21-Nov-22
Menu	Tuesday	Wednesday	Thursday	Sunday	Monday
SOUP	Cream Of Broccoli Soup	CHICKEN VEGETABLES SOUP	Creamy Vegetable Soup	Seafood Chowder Soup	Creamy Vegetable Soup
ENTRÉE 1	Chicken Bukari	Chicken ALA KING	Assorted Pizza	Chicken Curry Less Spicy	Assorted Pizza
ENTRÉE 2	Beef Kofta Kebab Less Spicy	BEEF KOFTA	Chicken Wings	Grilled Fish With Caper Sauce	Chicken Wings
STARCH	Arabic Style Roast Potato	OVEN FRIED POTATOES	Potato Wedges	Lyonnais Potatoes	Potato Wedges
VEGETARIAN PASTA	Fusilli W/ Tomato Sauce	PASTA ARABITA	Lasagna Vegetable	Stir Fried Noodles	Lasagna Vegetable
VEGETARIAN	Cauliflower Tahina	Eggplant PARMESAN	Vegetable Wrap	Vegetable Pulao	Vegetable Wrap
SALAD 1	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad
SALAD 2	Fattouch	Fattouch	Caesar Salad	Tabbouleh	Caesar Salad
VEGETABLE STICK	Assorted Crudités With Humu	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	Chef Choice	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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Week 4

	22-Nov-22	23-Nov-22	24-Nov-22	27-Nov-22	28-Nov-22
Menu	Tuesday	Wednesday	Thursday	Sunday	Monday
SOUP	Lentil Soup Soup	CHICKEN VEGETABLES SOUP	Creamy Vegetable Soup	Vegetable Noodles Soup	
ENTRÉE 1	Chicken Shish Tawook	Chicken ALA KING	Assorted Pizza	Fried Fish With Tartar Sauce	Fried Chicken Burger OrGrilled Beef Burger
ENTRÉE 2	BEEF KOFTA	BEEF KOFTA	Chicken Wings	Chicken BBQ	Chicken Nuggets
STARCH	Potato Haraa	OVEN FRIED POTATOES	Potato Wedges	Baked Potato	French Fries
VEGETARIAN PASTA	Vegetable Macaroni Béchame	PASTA ARABITA	Lasagna Vegetable	Mac & Cheese Pasta	Creamy Penne Pasta
VEGETARIAN	Vegetable sambosa	Eggplant PARMESAN	Vegetable Wrap	Vegetable Spring rolls	Falafel Burger
SALAD 1	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad
SALAD 2	Fattouch	Fattouch	Caesar Salad	Tabbouleh	Mayo Cabbage Corn Salad
VEGETABLE STICK	Assorted Crudités With Humu	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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Week 5

	29-Nov-22	30-Nov-22
Menu	Tuesday	Wednesday
SOUP	Shofan Soup	CHICKEN VEGETABLES SOUP
ENTRÉE 1	Grilled chicken brest	Chicken ALA KING
ENTRÉE 2	Dawood Basha	BEEF KOFTA
STARCH	Potato Haraa	OVEN FRIED POTATOES
VEGETARIAN PASTA	Vegetable Macaroni Béchame	PASTA ARABITA
VEGETARIAN	Vermicelli Rice	Eggplant PARMESAN
SALAD 1	Green Salad	Green Salad
SALAD 2	Fattouch	Fattouch
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