

## Garden School Menu DEC 2022

### Week 1

	1-Dec-22	4-Dec-22	5-Dec-22	6-Dec-22	7-Dec-22
Menu	THURSDAY	SUNDAY	Monday	Tuesday	Wednesday
<b>SOUP</b>	LENTIL SOUP	CHICKEN CORN SOUP		LENTIL	CHICKEN VOLETE SOUP
<b>ENTRÉE 1</b>	Assorted Pizza	Chicken ALA KING	Fried Chic Burger Or Grilled Beef Burger	Fish SHASHLIK	Chicken FRIED TENDEER
<b>ENTRÉE 2</b>	Chicken Wings	BEEF KOFTA	Chicken Nuggets	Chicken Szechuan	BEEF BOLOGNISE
<b>STARCH</b>	Potato Wedges	OVEN FRIED POTATOES	French Fries /POTATOES WEDGES	MASHED POTATOES	Arabic Style Roast Potato
<b>VEGETARIAN PASTA</b>	SPAGHETTI TOMATOES SAUCE	PASTA ARABITA	Creamy Penne Pasta	Penne W Veg And Tomato Sauce	SPAGHETTI NAPORITION
<b>VEGETARIAN</b>	Vegetable Wrap	Eggplant PARMESAN	Falafel Burger	Vegetable Fried Rice	Cauliflower Tahina
<b>SALAD 1</b>	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad
<b>SALAD 2</b>	Caesar Salad	Fattouch	Mayo Cabbage Corn Salad	Tabbouleh	Fattouch
<b>VEGETABLE STICK</b>	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
<b>DESSERT 1</b>	Fruit Cups	Fruit Cups	Fruit Cups	Fruit Cups	Fruit Cups
<b>DESSERT 2</b>	Cookies & Cup Cake	Chef Choice	Chef Choice	Cookies & Cup Cake	Cookies & Cup Cake
<b>BREAD1</b>	White & Brown Bread Rolls	White & Brown Bread Rolls	White & Brown Bread Rolls	White & Brown Bread Rolls	White & Brown Bread Rolls
<b>BREAD 2</b>	Arabic Bread	Arabic Bread	Arabic Bread	Arabic Bread	Arabic Bread
<b>BEVERAGE</b>	Milk/Juice	Milk/Juice	Milk/Juice	Milk/Juice	Milk/Juice

## Garden School Menu DEC 2022

### Week 2

	8-Dec-22	11-Dec-22	12-Dec-22	13-Dec-22	14-Dec-22
Menu	THURSDAY	SUNDAY	Monday	Tuesday	Wednesday
<b>SOUP</b>	Creamy Vegetable Soup	CHICKEN LENTIL SOUP		Cream Of Mushroom Soup	Clear Mexican Vegetable Soup
<b>ENTRÉE 1</b>	Assorted Pizza	Chicken ALA KING	Fried Chicken Burger OrGrilled Beef Burger	Chicken Mandi	Baked Fish Mexican Style
<b>ENTRÉE 2</b>	Chicken Wings	BEEF KOFTA	Chicken Nuggets	Breaded Fish	Beef Quesadillas
<b>STARCH</b>	Potato Wedges	OVEN FRIED POTATOES	French Fries	Roasted Potatoes	Cajun Roasted Potato
<b>VEGETARIAN PASTA</b>	SPAGHETTI TOMATOES SAUCE	PASTA ARABITA	Creamy Penne Pasta	Penne W Veg And Tomato Sauce	SPAGHETTI WITH TUNA CASSORLE
<b>VEGETARIAN</b>	Vegetable Wrap	Eggplant PARMESAN	Falafel Burger	Vegetable Tempura	Vegetable Fajitas
<b>SALAD 1</b>	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad
<b>SALAD 2</b>	Caesar Salad	Fattouch	Mayo Cabbage Corn Salad	Tabbouleh	Salsa
<b>VEGETABLE STICK</b>	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
<b>DESSERT 1</b>	Fruit Cups	Fruit Cups	Fruit Cups	Fruit Cups	Fruit Cups
<b>DESSERT 2</b>	Cookies & Cup Cake	Chef Choice	Chef Choice	Cookies & Cup Cake	Cookies & Cup Cake
<b>BREAD1</b>	White & Brown Bread Rolls	White & Brown Bread Rolls	White & Brown Bread Rolls	White & Brown Bread Rolls	White & Brown Bread Rolls
<b>BREAD 2</b>	Arabic Bread	Arabic Bread	Arabic Bread	Arabic Bread	Arabic Bread
<b>BEVERAGE</b>	Milk/Juice	Milk/Juice	Milk/Juice	Milk/Juice	Milk/Juice

**Garden School Menu DEC 2022**

**Week 3**

	15-Dec-22	18-Dec-22	19-Dec-22	20-Dec-22	21-Dec-22
Menu	THURSDAY	SUNDAY	Monday	Tuesday	Wednesday
SOUP	VEGETABLES OATS SOUP	LENTIL SOUP		Seafood CLEAR SOUP	Lentil Soup Soup
ENTRÉE 1	Assorted Pizza	GRILLED CHICKEN	Fried Chicken Burger OrGrilled Beef Burger	Chicken Curry Less Spicy	Chicken Shish Tawook
ENTRÉE 2	Chicken Wings	DAWOOD BASHA	Chicken Nuggets	Grilled Fish With Caper Sauce	BEEF KOFTA
STARCH	Potato Wedges	OVEN FRIED POTATOES	French Fries	Lyonnais Potatoes	Potato Haraa
VEGETARIAN PASTA	SPAGHETTI TOMATOES SAUCE	PASTA ARABITA	Creamy Penne Pasta	Stir Fried Noodles	Vegetable Macaroni Béchamel
VEGETARIAN	Vegetable Wrap	Eggplant PARMESAN	Falafel Burger	Vegetable Pulao	VEGETABLES SALONA
SALAD 1	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad
SALAD 2	Caesar Salad	Fattouch	Mayo Cabbage Corn Salad	Tabbouleh	Fattouch
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	Chef Choice	Cookies & Cup Cake	Cookies & Cup Cake
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 DEC 2022

### Week 4

	22-Dec-22	25-Dec-22	26-Dec-22	27-Dec-22	28-Dec-22
Menu	THURSDAY	SUNDAY	Monday	Tuesday	Wednesday
SOUP	LENTIL SOUP	CHICKEN VEGETABLES SOUP		LENTIL SOUP	CHICKEN RICE SOUP
ENTRÉE 1	Assorted Pizza	Chicken ALA KING	Fried Chicken Burger OrGrilled Beef Burger	Fried Fish With Tartar Sauce	Chicken Shish Tawook
ENTRÉE 2	Chicken Wings	BEEF KOFTA	Chicken Nuggets	Chicken BBQ	BEEF KOFTA
STARCH	Potato Wedges	OVEN FRIED POTATOES	French Fries	Baked Potato	Potato Haraa
VEGETARIAN PASTA	PASTA WITH TOMATOES SAUCE	PASTA PINK SAUCE	Creamy Penne Pasta	Mac & Cheese Pasta	FACUULI PASTA
VEGETARIAN	Vegetable Wrap	Eggplant PARMESAN	Falafel Burger	Vegetable Spring rolls	Vegetable sambosa
SALAD 1	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad
SALAD 2	Caesar Salad	Fattouch	Mayo Cabbage Corn Salad	Tabbouleh	Fattouch
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	Chef Choice	Cookies & Cup Cake	Cookies & Cup Cake
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