

Week 1					
	8-Jan-22	9-Jan-22	10-Jan-22	11-Jan-22	12-Jan-22
MENU	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
SOUP	LENTIL SOUP		CHICKEN CREAMY SOUP	BROCOLI SOUP	LENTIL SOUP
ENTRÉE 1	GRILLED CHICKEN	Fried Chicken Burger OrGrilled Beef Burger	Chicken Curry Less Spicy	Chicken Shish Tawook	Assorted Pizza
ENTRÉE 2	DAWOOD BASHA	Chicken Nuggets	Grilled Fish With Caper Sauce	BEEF KOFTA	Chicken Wings
STARCH	OVEN FRIED POTATOES	French Fries	Lyonnais Potatoes	Potato Haraa	Potato Wedges
VEGETARIAN PASTA	PASTA ARABITA	Creamy Penne Pasta	Stir Fried Noodles	Vegetable Macaroni Béchamel	PASTA WITH TOMATOES SAUCE
VEGETARIAN	Eggplant PARMESAN	Falafel Burger	Vegetable Pulao	VEGETABLES SALONA	Vegetable Wrap
SALAD 1	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad
SALAD 2	Fattouch	Mayo Cabbage Corn Salad	Tabbouleh	Fattouch	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	Chef Choice	Chef Choice	Cookies & Cup Cake	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 January 2023

Week 2

	15-Jan-22	16-Jan-22	17-Jan-22	18-Jan-22	19-Jan-22
MENU	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
SOUP	LENTIL SOUP		CHICKEN VEGETABLES SOUP	CAULLIFLOWER SOUP	OATS SOUP
ENTRÉE 1	Chicken ALA KING	Fried Chicken Burger OrGrilled Beef Burger	Fried Fish With Tartar Sauce	Chicken Shish Tawook	LIGHT CHICKEN
ENTRÉE 2	BEEF KOFTA	Chicken Nuggets	Chicken BBQ	BEEF WITH BELL PEPPERS	Assorted Pizza
STARCH	OVEN FRIED POTATOES	French Fries	Baked Potato	Potato Haraa	BAKED POTATO WEDGES
VEGETARIAN PASTA	PASTA PINK SAUCE	Creamy Penne Pasta	Mac & Cheese Pasta	FACUULI PASTA	SPAGETTI NAPOLITANI
VEGETARIAN	Vegetable Wrap	Eggplant PARMESAN	Falafel Burger	SAUTE VEGETABLE	Vegetable Fajitas
SALAD 1	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad
SALAD 2	Fattouch	Mayo Cabbage Corn Salad	Tabbouleh	Fattouch	Salsa
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	Chef Choice	Chef Choice	Cookies & Cup Cake	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

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Week 3

	22-Jan-22	23-Jan-22	24-Jan-22	25-Jan-22	26-Jan-22
MENU	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
SOUP	LENTIL SOUP		CHICKEN SOUP	CHICKEN VERMECILLI SOUP	LENTIL SOUP
ENTRÉE 1	BEEF ENCHILADAS	Fried Chicken Burger OrGrilled Beef Burger	BREADED FISH	ROAST CHICKEN	CHICKEN WINGS
ENTRÉE 2	CHICKEN WITH CRAMY MUSHROOM SAUCE	Chicken Nuggets	CHICKEN PARMIGANA	DAWOOD BASHA	Assorted Pizza
STARCH	MASHED POTATO	French Fries	POTATO WEDGES	ROAST POATTO	POTATO HARRA
VEGETARIAN PASTA	CREAMY PENNE PASTA	SPAGETTI WITH TOMATO SAUCE	ARABIATA	Mac & Cheese Pasta	MACARONI WITH VEG CREAMY SAU
VEGETARIAN	Vegetable Wrap	Eggplant PARMESAN	Falafel Burger	EGGPLANT MOSACAA	Vegetable Fajitas
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 January 2023

Week 4

	29-Jan-22	30-Jan-22	31-Jan-22		
MENU	SUNDAY	MONDAY	TUESDAY		
SOUP	LENTIL SOUP		CAULLIFLOWER SOUP		
ENTRÉE 1	CHICKEN MANGOLIAN	Fried Chicken Burger OrGrilled Beef Burger	CHICKEN ALA KING		
ENTRÉE 2	FRIED FISH WITH TARTAR SAUCE	Chicken Nuggets	BEEF BALLS WITH TOMATO SAUCE		
STARCH	Potato Wedges	French Fries	PAPRICA POTATO		
VEGETARIAN PASTA	PASTA WITH TOMATOES SAUCE	PASTA PINK SAUCE	Creamy Penne Pasta		
VEGETARIAN	Vegetable Wrap	Eggplant PARMESAN	Falafel Burger		
SALAD 1	Green Salad	Green Salad	Green Salad		
SALAD 2	Caesar Salad	Fattouch	Mayo Cabbage Corn Salad		
VEGETABLE STICK	Assorted Crudités With Humus Dip	Assorted Crudités With Humus Dip	Assorted Crudités With Humus Dip		
DESSERT 1	Fruit Cups	Fruit Cups	Fruit Cups		
DESSERT 2	Cookies & Cup Cake	Chef Choice	Chef Choice		
BREAD1	White & Brown Bread Rolls	White & Brown Bread Rolls	White & Brown Bread Rolls		
BREAD 2	Arabic Bread	Arabic Bread	Arabic Bread		
BEVERAGE	Milk/Juice	Milk/Juice	Milk/Juice		