

SPORTS CAMP MENU

WEEK ONE

Lunch Daily 13:00-12:15

| Date | Sunday | Monday | Tuesday | Wednesday | Thursday |
|----------|-------------------------|---------------------------------|----------------------------------|---|---|
| | Meal | Chicken tenders French fries | Beef Fajita Nachos and cheese | Chicken wings Baked potato wedges with melted cheese | Kufta sandwich in shrak bread Potato wedges with melted cheese |
| Salad | Coleslaw salad | Green salad | Italian salad | House salad | Caesar salad |
| Standard | Apple and fruit yoghurt | Banana and fruit yoghurt | Apple and fruit yoghurt | Watermelon and fruit yoghurt | Banana and fruit yoghurt |
| Dessert | Chocolate chip cookies | | Cupcake | | Chocolate ice cream |
| Drink | Juice portion | Juice portion | Juice portion | Juice portion | Juice portion |

WEEK TWO

Lunch Daily 13:00-12:15

| Date | Sunday | Monday | Tuesday | Wednesday | Thursday |
|----------|--|--|--|---------------------------------|----------------------------------|
| | Meal | Grilled turkey and cheese sandwich Chips (small packet) | Beef burger French fries | Chicken tenders French fries | Falafel sandwich French fries |
| Salad | Vegetable box (carrots, cucumbers, lettuce, cherry tomatoes) | Coleslaw salad | Vegetable box (carrots, cucumbers, lettuce, cherry tomatoes) | Rocca salad | Caesar salad |
| Standard | Watermelon and fruit yoghurt | Watermelon and fruit yoghurt | Banana and fruit yoghurt | Watermelon and fruit yoghurt | Apple and fruit yoghurt |
| Dessert | Chocolate mousse | | Cupcake | | Ice cream sandwich |
| Drink | Juice portion | Juice portion | Juice portion | Juice portion | Juice portion |

WEEK THREE

Lunch Daily 13:00-12:15

| Date | Sunday | Monday | Tuesday | Wednesday | Thursday |
|----------|-------------------------|------------------------------|---|---|---------------------------------|
| | Meal | Beef burger French fries | Chicken shawerma Baked potato wedges | Chicken quesadillas Nachos and melted cheese | Penne arrabiata Garlic bread |
| Salad | Green salad | Coleslaw salad | Avocado, black beans, corn salad | Rocca salad | Caesar salad |
| Standard | Apple and fruit yoghurt | Watermelon and fruit yoghurt | Banana and fruit yoghurt | Apple and fruit yoghurt | Watermelon and fruit yoghurt |
| Dessert | Lazy cake | | Brownies | | Ice cream |
| Drink | Juice portion | Juice portion | Juice portion | Juice portion | Juice portion |

WEEK FOUR

Lunch Daily 13:00-12:15

| Date | Sunday | Monday | Tuesday | Wednesday | Thursday |
|----------|--------------------------|---|--|--------------------------|--|
| | Meal | Shish tawook and kebab Baked baby potatoe Shrak bread | Beef fajita sandwich Nachos and melted cheese | Pasta | Turkey and roast beef sandwiches Potato chips |
| | Arabic salad | Mexican corn quinoa salad | Greek salad | Tuna salad | Caesar salad |
| Standard | Banana and fruit yoghurt | Watermelon and fruit yoghurt | Apple and fruit yoghurt | Banana and fruit yoghurt | Apple and fruit yoghurt |
| Dessert | Cheese cake | | Crispy rice cookies | | Assorted ice cream bar |
| Drink | Juice portion | Juice portion | Juice portion | Juice portion | Juice portion |