

Week One

BREAKFAST	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	Seasonal fruits	Seasonal fruits	Seasonal fruits	Seasonal fruits	Seasonal fruits	Seasonal fruits	Seasonal fruits	
	Assorted cereals	Assorted cereals	Assorted cereals	Assorted cereals	Assorted cereals	Assorted cereals	Assorted cereals	
	Assorted bread	Assorted bread	Assorted bread	Assorted bread	Assorted bread	Assorted bread	Assorted bread	
	Boiled eggs	Egg toast	Mufaraket potato	Cheese omelette	Boiled eggs	Shakshouka	Mufaraket potato	
				Roast potatoes				
	Zaatar and cheese			Kaek with cheese				
	Honey, butter and jam	Honey, butter and jam	Honey, butter and jam	Honey, butter and jam	Honey, butter and jam	Honey, butter and jam	Honey, butter and jam	
	Labneh	Labneh	Labneh	Labneh	Labneh	Labneh	Labneh	
	Hummus	Hummus	Hummus	Hummus	Hummus	Hummus	Hummus	
	Assorted cheese	Assorted cheese	Assorted cheese	Assorted cheese	Assorted cheese	Assorted cheese	Assorted cheese	
	Tomatoes	Tomatoes, cucumbers	Tomatoes, cucumbers	Tomatoes, cucumbers	Tomatoes, cucumbers	Tomatoes, cucumbers	Tomatoes, cucumbers	
	French toast				Pancakes			
	Zeit and zaatar	Zeit and zaatar	Zeit and zaatar	Zeit and zaatar	Zeit and zaatar	Zeit and zaatar	Zeit and zaatar	
Plain and chocolate milk	Plain and strawberry milk	Plain and chocolate milk	Plain and strawberry milk	Plain and chocolate milk	Plain and strawberry milk	Plain and chocolate milk		
LUNCH	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	Indian lentil salad	Rocca with mushrooms and sundried tomatoes	Arabic salad	Fattoush	Caeser salad* <i>*dressing contains fish (anchovies)</i>	Corn salad	Greek salad	
		Garlic bread	Yogurt portions	Yogurt portions	Honey mustard			
	Grilled tandoori chicken	Lasagna	Mujaddara topped with fried onions	Kebab sandwich	Chicken tenders* <i>*contains eggs and flour (gluten)</i>	Daoud basha (kufta balls with potatoes and tomato sauce)	Chicken supreme (shredded chicken with colored peppers, onions, mushroom and creamy mustard)	
				Homemade potato	Potatoes wedges			
	Vegetarian masala* <i>*contains yogurt</i>	Spinach stew with chickpeas		Black beans stew	Pineapple rice with green peas	Loobya stew (black-eyed peas stew)	Chili beans* <i>*contains soy and fish (anchovies)</i>	
	Indian rice	White rice		White rice		White rice	White rice	
	Seasonal fruits	Seasonal fruits	Seasonal fruits	Seasonal fruits	Seasonal fruits	Seasonal fruits	Seasonal fruits	
			Chocolate mousse		Banoffee pie			
	DINNER	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Spinach, quiona and beetroot salad	Arabic salad	Coleslaw	Pasta salad	Mexican salad	Chunky Arabic salad	Ottolenghi salad
			Yogurt portion				Yogurt portion	
		Beef sajiyah (beef cubes cooked in wok with vegetables)	Chicken maqluba* <i>*contains dairy (yogurt) in the marinade</i>	Chicken shawerma	Chicken wings and onion rings	Beef fajita* <i>*contains soy, wheat (gluten) and fish (anchovies)</i>	Chicken farouj (shrak bread, garlic sauce)	Beef/vegetarian burgers
		Mashed potatoes		French fries	Potato wedges	Mexican condiments - sour	French fries	
Vegetarian sajiyah (vegetables cooked in wok)		Chickpea curry	Stuffed artichokes with peas and carrots	Penne arabiata Vegetable toscana with white and red beans	Vegetarian fajita* <i>*contains soy, wheat (gluten) and fish (anchovies)</i>	Bamyeh stew		
White rice		White rice	White rice	White rice	Mexican rice	White rice	French fries	
Seasonal fruits		Seasonal fruits	Seasonal fruits	Seasonal fruits	Seasonal fruits	Seasonal fruits	Seasonal fruits	
						Rice pudding	Chocolate cake	

Week Two

BREAKFAST	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Seasonal fruits	Seasonal fruits	Seasonal fruits	Seasonal fruits	Seasonal fruits	Seasonal fruits	Seasonal fruits
	Assorted cereals	Assorted cereals	Assorted cereals	Assorted cereals	Assorted cereals	Assorted cereals	Assorted cereals
	Assorted bread	Assorted bread	Assorted bread	Assorted bread	Assorted bread	Assorted bread	Assorted bread
	Boiled eggs	Egg toast	Mufaraket potato	Cheese omelette	Boiled eggs	Shakshouka	Mufaraket potato
				Roast potatoes			
	Zaatar and cheese			Kaek with cheese			
	Honey, butter and jam	Honey, butter and jam	Honey, butter and jam	Honey, butter and jam	Honey, butter and jam	Honey, butter and jam	Honey, butter and jam
	Labneh	Labneh	Labneh	Labneh	Labneh	Labneh	Labneh
	Hummus	Hummus	Hummus	Hummus	Hummus	Hummus	Hummus
	Assorted cheese	Assorted cheese	Assorted cheese	Assorted cheese	Assorted cheese	Assorted cheese	Assorted cheese
	Tomatoes, cucumbers	Tomatoes, cucumbers	Tomatoes, cucumbers	Tomatoes, cucumbers	Tomatoes, cucumbers	Tomatoes, cucumbers	Tomatoes, cucumbers
	French toast				Pancakes		
	Zeit and zaatar	Zeit and zaatar	Zeit and zaatar	Zeit and zaatar	Zeit and zaatar	Zeit and zaatar	Zeit and zaatar
Plain and chocolate milk	Plain and strawberry milk	Plain and chocolate milk	Plain and strawberry milk	Plain and chocolate milk	Plain and strawberry milk	Plain and chocolate milk	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Mixed salad	Fatoush with pomegranate	Spinach and apple salad	Arabic salad	Chunky Arabic salad	Greek salad with feta cheese	Asian salad	
	Yogurt portions		Yogurt portions	Yogurt portions and Dago's Sauce		Fried rice* *contains soya	
Beef pistachio (shredded beef with spinach, onions, cream and garnishes with pistachios)* *cotains dairy, soy, wheat (gluten),	Msakhan	Freekeh risotto* *contains dairy (crème)	White bean stew with lamb	Chicken kabseh Ms. Ola's recipe	Grilled kufta with tomatoes, onions, potatoes	Beef and vegetables stir fry* (shredded beef with onions, carrots, colored peppers, celery) *contains soy, sesame, oyster sauce and wheat (gluten)	
	Mustard roast potatoes	Grilled vegetables and baby potatoes					
White beans stew in tomato sauce	Fool maqluba (fava beans with rice)		Vegetarian shepherd's pie	Spinach, mushroom and quinoa stew	Vegetarian meatballs with tahini sauce* *contains sesame (tahini)	Rice noodles with vegetables and beans* *contains soy, wheat (gluten), sesame and fish (oyster)	
White rice		White rice	White rice	White rice	White rice		
Seasonal fruits	Seasonal fruits	Seasonal fruits	Seasonal fruits	Seasonal fruits	Seasonal fruits	Seasonal fruits	
		Brownies		Ice cream portion			
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Green salad with halloumi	Rocca with mushrooms and parmesan cheese	Coleslaw	Masala lentil salad with cumin and roasted carrots	Green salad	BBQ	Roast potato and vegetable salad	
Yogurt portion							
Turkish charcoal chicken	Spaghetti bolognese	Beef shawarma* *contains yogurt in the marinade	Chicken curry	Steak sandwich* *contains soy, wheat (gluten) and may contain traces of fish and shellfish		Chicken/vegetarian burgers	
Grilled baby potatoes, tomatoes	Cheese sambousek	Belgian potatoes		French fries			
Grilled eggplant boats	Peas and carrot stew in tomato sauce	Stuffed vegetables with rice and tomato sauce	String beans stew	Couscous with pumpkin and vegetables		French fries	
White rice	White rice		White rice	White rice			
Seasonal fruits	Seasonal fruits	Seasonal fruits	Seasonal fruits	Seasonal fruits		Seasonal fruits	
						Coconut cake	

Week Three

Week Three							
BREAKFAST	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Seasonal fruits	Seasonal fruits	Seasonal fruits	Seasonal fruits	Seasonal fruits	Seasonal fruits	Seasonal fruits
	Assorted cereals	Assorted cereals	Assorted cereals	Assorted cereals	Assorted cereals	Assorted cereals	Assorted cereals
	Assorted bread	Assorted bread	Assorted bread	Assorted bread	Assorted bread	Assorted bread	Assorted bread
	Boiled eggs	Egg toast	Mufaraket potato	Cheese omelette	Boiled eggs	Shakshouka	Mufaraket potato
				Roast potatoes			
	Zaatar and cheese			Kaek with cheese			
	Honey, butter and jam	Honey, butter and jam	Honey, butter and jam	Honey, butter and jam	Honey, butter and jam	Honey, butter and jam	Honey, butter and jam
	Labneh	Labneh	Labneh	Labneh	Labneh	Labneh	Labneh
	Hummus	Hummus	Hummus	Hummus	Hummus	Hummus	Hummus
	Assorted cheese	Assorted cheese	Assorted cheese	Assorted cheese	Assorted cheese	Assorted cheese	Assorted cheese
	Tomatoes, cucumbers	Tomatoes, cucumbers	Tomatoes, cucumbers	Tomatoes, cucumbers	Tomatoes, cucumbers	Tomatoes, cucumbers	Tomatoes, cucumbers
	French toast casserole				Pancakes		
	Zeit and zaatar	Zeit and zaatar	Zeit and zaatar	Zeit and zaatar	Zeit and zaatar	Zeit and zaatar	Zeit and zaatar
Plain and chocolate milk	Plain and strawberry milk	Plain and chocolate milk	Plain and strawberry milk	Plain and chocolate milk	Plain and strawberry milk	Plain and chocolate milk	
LUNCH	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Rocca and radish salad	Masala lentil salad with cumin and roasted carrots	Fattoush	Spinach, quinoa and beetroot salad	Tabbouleh	Arabic salad	Mexican salad
			Hummus portions			Yogurt portions	Mexican condiments - sour cream, guacamole
	Traditional lamb mansaf	Chicken tikka masala* <i>*contains yogurt (dairy)</i>	Traditional falafel sandwich with condiments (rocca, mint, pickles, tomatoes and tahini sauce)	Beef stroganoff* <i>*contains soy, wheat (gluten) and may contain traces of fish and shellfish</i>	Kubbeh bi laban (kubbeh with yogurt sauce)	Chicken ouzi	Beef burrito
	Saffron rice		French fries				
	Zucchini, burghol and green peas	Yellow lentil dahl		Vegetable casserole	Fasoulia bil zeit	Vegetarian ouzi (ouzi seasoned rice with green peas and carrots)	Vegetarian burrito
		White rice		White rice	White rice		White rice
	Seasonal fruits	Seasonal fruits	Seasonal fruits	Seasonal fruits	Seasonal fruits	Seasonal fruits	Seasonal fruits
DINNER	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Antipasto salad	Tabbouleh	Coleslaw	Tahini Arabic salad (tomatoes, cucumbers, parsley and lettuce in tahini dressing)	BBQ	Avocado and tomato salad	Ottolenghi salad
		Yogurt portion					
	Chicken drumsticks with herbs	Lamb arayes	Chicken shawerma	Fish sayadiyeh* (seasoned fish and rice dish) <i>*contans flour (gluten)</i>		Lemon chicken (grilled chicken breast with buttery garlic lemon sauce)	Beef/vegetarian burgers
	Mashed potatoes	Homemade potato wedges	French fries			Baked potatoes	
	Vegetarian moussaka	Vegetarian tajin	Colored peppers stuffed with freekeh	Gluten-free pasta with peas and broccoli		Pesto pasta (without cream)	French fries
	White rice	White rice				White rice	
	Seasonal fruits	Seasonal fruits	Seasonal fruits	Seasonal fruits		Seasonal fruits	Seasonal fruits
				Apple crumble		Carrot cake	

Week Four

BREAKFAST	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	Seasonal fruits	Seasonal fruits	Seasonal fruits	Seasonal fruits	Seasonal fruits	Seasonal fruits	Seasonal fruits	
	Assorted cereals	Assorted cereals	Assorted cereals	Assorted cereals	Assorted cereals	Assorted cereals	Assorted cereals	
	Assorted bread	Assorted bread	Assorted bread	Assorted bread	Assorted bread	Assorted bread	Assorted bread	
	Boiled eggs	Egg toast	Mufaraket potato	Cheese omelette	Boiled eggs	Shakshouka	Mufaraket potato	
				Roast potatoes				
	Zaatar and cheese			Kaek with cheese				
	Honey, butter and jam	Honey, butter and jam	Honey, butter and jam	Honey, butter and jam	Honey, butter and jam	Honey, butter and jam	Honey, butter and jam	
	Labneh	Labneh	Labneh	Labneh	Labneh	Labneh	Labneh	
	Hummus	Hummus	Hummus	Hummus	Hummus	Hummus	Hummus	
	Assorted cheese	Assorted cheese	Assorted cheese	Assorted cheese	Assorted cheese	Assorted cheese	Assorted cheese	
	Tomatoes	Tomatoes, cucumbers	Tomatoes, cucumbers	Tomatoes, cucumbers	Tomatoes, cucumbers	Tomatoes, cucumbers	Tomatoes, cucumbers	
	French toast				Pancakes			
	Zeit and zaatar	Zeit and zaatar	Zeit and zaatar	Zeit and zaatar	Zeit and zaatar	Zeit and zaatar	Zeit and zaatar	
Plain and chocolate milk	Plain and strawberry milk	Plain and chocolate milk	Plain and strawberry milk	Plain and chocolate milk	Plain and strawberry milk	Plain and chocolate milk		
LUNCH	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	Indian lentil salad	Rocca with mushrooms and sundried tomatoes	Arabic salad	Fattoush	Caeser salad* <i>*dressing contains fish (anchovies)</i>	Corn salad	Greek salad	
		Garlic bread	Yogurt portions	Yogurt portions	Honey mustard			
	Grilled tandoori chicken	Lasagna	Mujaddara topped with fried onions	Kebab sandwich	Chicken tenders* <i>*contains eggs and flour (gluten)</i>	Daoud basha (kufta balls with potatoes and tomato sauce)	Chicken supreme (shredded chicken with colored peppers, onions, mushroom and creamy mustard)	
				Homemade potato	Potatoes wedges			
	Vegetarian masala* <i>*contains yogurt</i>	Spinach stew with chickpeas		Black beans stew	Pineapple rice with green peas	Loobya stew (black-eyed peas stew)	Chili beans* <i>*contains soy and fish (anchovies)</i>	
	Indian rice	White rice		White rice		White rice	White rice	
	Seasonal fruits	Seasonal fruits	Seasonal fruits	Seasonal fruits	Seasonal fruits	Seasonal fruits	Seasonal fruits	
			Chocolate mousse		Banoffee pie			
	DINNER	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Spinach, quiona and beetroot salad	Arabic salad	Coleslaw	Pasta salad	Mexican salad	Chunky Arabic salad	Ottolenghi salad
			Yogurt portion				Yogurt portion	
		Beef sajiyah (beef cubes cooked in wok with vegetables)	Chicken maqluba* <i>*contains dairy (yogurt) in the marinade</i>	Chicken shawerma	BBQ (chicken wings and Arayes)	Beef fajita* <i>*contains soy, wheat (gluten) and fish (anchovies)</i>	Chicken farouj (shrak bread, garlic sauce)	Beef/vegetarian burgers
		Mashed potatoes		French fries	Potato wedges	Mexican condiments - sour	French fries	
Vegetarian sajiyah (vegetables cooked in wok)		Chickpea curry	Stuffed artichokes with peas and carrots	Penne arabiata Vegetable toscana with white and red beans	Vegetarian fajita* <i>*contains soy, wheat (gluten) and fish (anchovies)</i>	Bamyeh stew		
White rice		White rice	White rice	White rice	Mexican rice	White rice	French fries	
Seasonal fruits		Seasonal fruits	Seasonal fruits	Seasonal fruits	Seasonal fruits	Seasonal fruits	Seasonal fruits	
						Rice pudding	Chocolate cake	