



OCTOBER 2026

Meniyuuga Quraacda Dugsiga Hoose (FCB)

Shaqaaleysiinta RCSD waa fursad loo simanyahay. Meniyuuga woo isbadalaa karaa waqti kasto.

Isniin

Monday

Talaado

Tuesday

Arbaco

Wednesday

Khamiis

Thursday

Jimco

Friday



5

Siiriyal Cinnamon Toast
Crunch Cereal (VG)
Tiger Bites (V)

6

Maple Waffle leh Dooro
Sasej Sandwif

7

Turki Ham, Sasej,
Farmaajo & Ukun
Rooti Quraac Fidsan

8

Rooti French
Dhaadheer (V)

9

Buskud Ultimate
Breakfast Round (V)

12

Maalinta
Dadka Asalka
(Dhamaan xarumaha
wey xiranyihiin)

13

Biisa
Quraaac

14

Bagel leh/Farmaajo &
Malmalaato

15

Waffles ka Eggo
Froot Loop (V)

16

Fanila Yogurt
Blueberry Romaan
Granola Baar

19

Siiriyaal Apple
Cinnamon
Cheerios Cereal (VG)
Buskud Giant Cinnamon
Goldfish

20

Bagel leh/Ukun & Turki
Sasej

21

Cinnamon Toast Crunch
Filled Baar (V)

22

Waffles ka Buttery
Maple Snack'n (V)

23

Buskud Ultimate
Breakfast Round (V)

26

Siiriyaal Honey Bunches of
Oats Cereal (V)
Buskud Honey Graham
Crackers (V)

27

Turki Sasej
Ukun & Farmaajo
Quraac

28

Ukun & Farmaajo
Rooti Cufan

29

Canjeero Blueberry
Yaryar (V)

30

Bagel Strawberry Yaryar

Wayaabaha la Bixiyo Maalin Kasto:

Doorashada Caanaha: Dufun la'aan, 1% Cadaan, Shukulaato Dufun la'aan,
Subag Digir & Malmalaato Sandwif (VG),
Furuut