

صحتك أولاً  
YOUR HEALTH FIRST



# **Breakfast**

## **4 Weeks Cycle Menu**



Week 1				
Sunday 30-10-16	Monday 31-10-16	Tuesday 01-11-16	Wednesday 02-11-16	Thursday 03-11-16
* Fresh Milk (Low Fat)  *Apple  * Carrot & Cucumber (60gm-30gm)  *Turkey Sandwich (90 gms)  (on WG brown bread)	*Fresh Milk (Low Fat)  *Melon  *Carrot & Cucumber (60gm-30gm)  *Oat Meal Muffin (1 pcs 60 gms)  with mozzarella Sticks 30 gm	* Fresh Milk (Low Fat)  *Seedless Date 2pcs  *Olive & Carrot (30 gm – 1/2cup)  *Egg Sandwich (90 grams)  (on WG brown bread)	*Fresh Milk (Low Fat)  *Banana  *Carrot & Cucumber (120 gms)  *Cream Cheese Sandwich (70 gm)  (on WG brown bread)	* Fresh Milk (Low Fat))  *Mandarin  * Carrot & Cucumber (30 gm – 60 gm)  *WG Pizza (70 gm)
Week 2				
Sunday 06-11-16	Monday 07-11-16	Tuesday 08-11-16	Wednesday 09-11-16	Thursday 10-11-16
*Fresh Milk (Low Fat)  *Apple  * Carrot & Cucumber (60gm-30gm)  *Cheese Sandwich (70 gm) (on WG brown bread)	* Fresh Milk (Low Fat)  *Melon  * Carrot & Cucumber (120 gms)  *Cheese Manakesh  (100 grams)	* Fresh Milk (Low Fat)  *Seedless Date 2pcs  *Olive & Carrot (30 gm – 1/2cup)  *WG Mini Pancakes (60 gm)	* Fresh Milk (Low Fat)  *Banana  *Carrot & Cucumber (120 gms)  * Triangle Cheese & Honey Graham Crackers	* Fresh Milk (Low Fat)  * Mandarin  * Carrot & Cucumber (120 gms)  * Labna & Olive Sandwich (70 gm) (on WG brown bread)



Week 3				
Sunday 13-11-16	Monday 14-11-16	Tuesday 15-11-16	Wednesday 16-11-16	Thursday 17-11-16
* Fresh Milk (Low Fat)	*Fresh Milk (Low Fat)	* Fresh Milk (Low Fat)	*Fresh Milk (Low Fat)	* Fresh Milk (Low Fat))
*Apple	*Melon	*Seedless Date 2pcs	*Banana	* Mandarin
* Carrot & Cucumber (60gm-30gm)	*Carrot & Cucumber (120 gms)	*Olive & Carrot (30 gm – 1/2cup)	*Carrot & Cucumber (120 gms)	*Carrot & Cucumber (120 gms)
*Turkey Sandwich (90 gms)	*Oats Cookies With Cheese Sticks (1 pcs 60 gms)	*Zaatar & Tomato Sandwich (70 gms)	* Cheese Croissant (60 gms)	* Hummus Sandwich (70 gms)
(on WG brown bread)		(on WG brown bread)		(on WG brown bread)

Week 4				
Sunday 20-11-16	Monday 21-11-16	Tuesday 22-11-16	Wednesday 23-11-16	Thursday 24-11-16
*Fresh Milk (Low Fat)	* Fresh Milk (Low Fat)	* Fresh Milk (Low Fat)	* Fresh Milk (Low Fat)	* Fresh Milk (Low Fat)
*Apple	*Melon	*Seedless Date 2pcs	*Banana	* Mandarin
* Carrot & Cucumber (60gm-30gm)	* Carrot & Cucumber (120 gms)	*Olive & Carrot (30 gm – 1/2cup)	*Carrot & Cucumber (120 gms)	* Carrot & Cucumber (120 gms)
*Cheese Mozzarella Sandwich (70 grams)	*Zaatar Croissant (60 grams) (No Seeds on top)	*WG Mini Pancakes (60 grams)	* Labna & Olive Sandwich (70 gm)	* Triangle Cheese & Honey Graham Crackers
			(on WG brown bread)	