

صحتك أولاً
YOUR HEALTH FIRST



Classroom Lunch 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
*Plain Yogurt (Low Fat)	*Fresh Laban (Low Fat)	*Fresh Laban (Low Fat)	*Fresh Laban (Low Fat)	*Plain Yogurt (Low Fat)
*Mandarin	*Apple	*Melon	* Seedless Date 2pcs	*Banana
*Cucumber & Carrot Sticks	*Carrot & Capsicum Sticks	*Cucumber & Carrot Sticks	*Carrot & Capsicum Sticks	*Cucumber & Carrot Sticks
*Grilled Fish (70gm Fish 60gm Bread)	*Chicken Tikka (With Bread) (60 gm)	*WG Pizza (100 gm)	*Roast Herb chicken (With 60 gm Bread) (60 gm)	*Penne Bolognaise (170 gm)

Week 2				
Sunday 06-11-16	Monday 07-11-16	Tuesday 08-11-16	Wednesday 09-11-16	Thursday 10-11-16
*Plain Yogurt (Low Fat)	*Fresh Laban (Low Fat)	*Fresh Laban (Low Fat)	*Fresh Laban (Low Fat)	*Plain Yogurt (Low Fat)
*Mandarin	*Apple	*Melon	* Seedless Date 2pcs	* Banana
*Cucumber & Carrot Sticks	*Carrot & Capsicum Sticks	*Cucumber & Carrot Sticks	*Carrot & Capsicum Stick	*Cucumber & Carrot Sticks
*Roasted lemon coriander Fish (70gm Fish 60gm Bread)	*Roast Beef Sandwich (120 gm)	* WG Cheese Manakish (100 gm)	*Grilled herb Chicken (With 60 gm Bread) (60 gm)	* Pasta Alfredo 1 cup



Week 3				
Sunday 13-11-16	Monday 14-11-16	Tuesday 15-11-16	Wednesday 16-11-16	Thursday 17-11-16
*Plain Yogurt (Low Fat)	* Fresh Laban (Low Fat)	* Fresh Laban (Low Fat)	*Fresh Laban (Low Fat)	*Plain Yogurt (Low Fat)
*Mandarin	*Apple	*Melon	* Seedless Date 2pcs	* Banana
*Cucumber & Carrot Sticks	*Carrot & Capsicum Sticks	*Cucumber & Carrot Sticks	*Carrot & Capsicum Stick	*Cucumber & Carrot Sticks
*Chicken Tikka (With Bread) (60 gm)	*Penne Bolognaise (170 gm)	* WG Pizza (100 gm)	*Chicken Tawouk (With Bread) (60 gm)	* Tuna Sandwich (on WG brown bread) (120 gm)

Week 4				
Sunday 20-11-16	Monday 21-11-16	Tuesday 22-11-16	Wednesday 23-11-16	Thursday 24-11-16
*Plain Yogurt (Low Fat)	*Fresh Laban (Low Fat)	*Fresh Laban (Low Fat)	*Fresh Laban (Low Fat)	*Plain Yogurt (Low Fat)
*Mandarin	*Apple	*Melon	* Seedless Date 2pcs	*Banana
*Cucumber & Carrot Sticks	*Carrot & Capsicum Sticks	*Cucumber & Carrot Sticks	*Carrot & Capsicum Stick	*Cucumber & Carrot Sticks
*Pasta with Tomato Basil sauce (170 gm)	*Chicken & pasta Salad ¾ Cup Pasta (60 gm)	* WG Cheese Manakish (100 gm)	* Potato Wedges & Meat Balls (180gm Potato 60gm Meat)	* Grilled Fish Provencal (70gm Fish 60gm Bread)