

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) *Apple * Carrot & Cucumber (60gm-30gm) *Turkey Sandwich (90 gms) (on WG brown bread)	*Fresh Milk (Low Fat) *Melon *Carrot & Cucumber (120 gms) *Oats Cookies With Cheese Sticks (1 pcs 60 gms)	* Fresh Milk (Low Fat) *Seedless Date 2pcs *Olive & Carrot (30 gm – 1/2cup) *Zaatar & Tomato Sandwich (70 gms) (on WG brown bread)	*Fresh Milk (Low Fat) *Banana *Carrot & Cucumber (120 gms) * Cheese Croissant (60 gms)	* Fresh Milk (Low Fat)) * Mandarin *Carrot & Cucumber (120 gms) * Hummus Sandwich (70 gms) (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) *Apple * Carrot & Cucumber (60gm-30gm) *Cheese Mozzarella Sandwich (70 grams)	* Fresh Milk (Low Fat) *Melon * Carrot & Cucumber (120 gms) *Zaatar Croissant (60 grams) (No Seeds on top)	* Fresh Milk (Low Fat) *Seedless Date 2pcs *Olive & Carrot (30 gm – 1/2cup) *WG Mini Pancakes (60 grams)	* Fresh Milk (Low Fat) *Banana *Carrot & Cucumber (120 gms) * Labna & Olive Sandwich (70 gm) (on WG brown bread)	* Fresh Milk (Low Fat) * Mandarin * Carrot & Cucumber (120 gms) * Triangle Cheese & Honey Graham Crackers