

صحتك أولاً
YOUR HEALTH FIRST



Classroom Lunch 4 Weeks Cycle Menu



Week 1				
Sunday 05-03-17	Monday 06-03-17	Tuesday 07-03-17	Wednesday 08-03-17	Thursday 09-03-17
*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 (60gm Fish 60gm Bread)	*Chicken Tikka (With Bread) (60gm Chicken 60gm Bread)	*WG Pizza (100 gm)	*Roast Herb chicken (With 60 gm Bread) (60 gm)chicken	*Penne Bolognaise (170 gm)

Week 2				
Sunday 12-03-17	Monday 13-03-17	Tuesday 14-03-17	Wednesday 15-03-17	Thursday 16-03-17
*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 (60gm Fish 60gm Bread)	*Roast Beef Sandwich (60gm Beef 60gm Bread)	* WG Cheese Manakish (100 gm)	*Grilled herb Chicken (60gm Chicken 60gm Bread)	* Pasta Alfredo 1 cup



Week 3				
Sunday 19-03-17	Monday 20-03-17	Tuesday 21-03-17	Wednesday 22-03-17	Thursday 23-03-17
*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 (60gm Chicken 60gm Bread)	*Penne Bolognaise (170 gm)	* WG Pizza (100 gm)	*Chicken Tawouk (60gm Chicken 60gm Bread)	* Tuna Sandwich (60gm Tuna 60gm Bread)

Week 4				
Sunday 26-03-17	Monday 27-03-17	Tuesday 28-03-17	Wednesday 29-03-17	Thursday 30-03-17
*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)Chicken	* WG Cheese Manakish (100 gm)	* Potato Wedges & Meat Balls (180gm Potato 60gm Meat)	* Grilled Fish Provencal (60gm Tuna 60gm Bread)