

صحتك أولاً  
YOUR HEALTH FIRST



# **QAK & QAS Lunch 4 Weeks Cycle Menu**



Week 1				
Sunday 27-11-16	Monday 28-11-16	Tuesday 29-11-16	Wednesday 30-11-16	Thursday 01-12-16
Yogurt or Laban (Low Fat)	Yogurt or Laban (Low Fat)	Yogurt or Laban (Low Fat)	Yogurt or Laban (Low Fat)	Yogurt or Laban (Low Fat)
*Mandarin	*Apple	* Mandarin	* Seedless Date 2pcs	*Banana
*Hummus Sandwich 5Tps (75gm Hummus 60gm Bread)	*Chicken Tikka Sandwich 165g (90 gm chicken ) (bread 75)	*WG Pizza  (100 gm)	*Beef kebab sandwich 165g (90 gm beef ) (bread 75)	*Lemon chicken sandwich 165g (90 gm chicken ) (bread 75)
Week 2				
Sunday 04-12-16	Monday 05-12-16	Tuesday 06-12-16	Wednesday 07-12-16	Thursday 08-12-16
Yogurt or Laban (Low Fat)	Yogurt or Laban (Low Fat)	Yogurt or Laban (Low Fat)	Yogurt or Laban (Low Fat)	Yogurt or Laban (Low Fat)
*Mandarin	*Apple	* Mandarin	* Seedless Date 2pcs	* Banana
*Hummus Sandwich  5Tps (75gm Hummus 60gm Bread)	*Roast Beef Sandwich 165g (90 gm beef ) (bread 75)	*WG Cheese Manakish  (100 gm)	*Chicken Tawook Sandwich 165g (90 gm chicken ) (bread 75)	*Tuna Sandwich 165g (90 gm Tuna ) (bread 75)



Week 3				
Sunday 11-12-16	Monday 12-12-16	Tuesday 13-12-16	Wednesday 14-12-16	Thursday 15-12-16
Yogurt or Laban (Low Fat)	Yogurt or Laban (Low Fat)	Yogurt or Laban (Low Fat)	Yogurt or Laban (Low Fat)	Yogurt or Laban (Low Fat)
*Mandarin	*Apple	* Mandarin	* Seedless Date 2pcs	* Banana
*Hummus Sandwich (5Tps/75g hummus; 60g bread)	*Chicken Tikka Sandwich 165g (90 gm chicken ) (bread 75)	*WG Pizza  (100 gm)	*Chicken Tawook Sandwich 165g (90 gm chicken ) (bread 75)	*Tuna Sandwich 165g (90 gm Tuna ) (bread 75)
Week 4				
Sunday 18-12-16	Monday 19-12-16	Tuesday 20-12-16	Wednesday 21-12-16	Thursday 22-12-16
Yogurt or Laban (Low Fat)	Yogurt or Laban (Low Fat)	Yogurt or Laban (Low Fat)	Yogurt or Laban (Low Fat)	Yogurt or Laban (Low Fat)
*Mandarin	*Apple	* Mandarin	* Seedless Date 2pcs	* Banana
*Hummus Sandwich (5Tps/75g hummus; 60g bread)	*Chicken & pasta Salad ¾ Cup Pasta (60 gm chicken)	* WG Cheese Manakish  (100 gm)	*Meat Ball Sandwich 165g (90 gm meatballs ) (bread 75)	*Chicken Shawarma Sandwich 165g (90 gm chicken ) (bread 75)