

صحتك أولاً
YOUR HEALTH FIRST



QAK & QAS Lunch 4 Weeks Cycle Menu



Week 1				
Sunday 01-01-17	Monday 02-01-17	Tuesday 03-01-17	Wednesday 04-01-17	Thursday 05-01-17
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 08-01-17	Monday 09-01-17	Tuesday 10-01-17	Wednesday 11-01-17	Thursday 12-01-17
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 15-01-17	Monday 16-01-17	Tuesday 17-01-17	Wednesday 18-01-17	Thursday 19-01-17
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 22-01-17	Monday 23-01-17	Tuesday 24-01-17	Wednesday 25-01-17	Thursday 26-01-17
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)