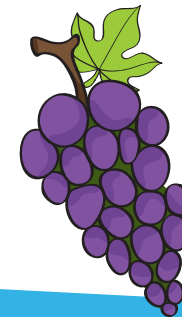
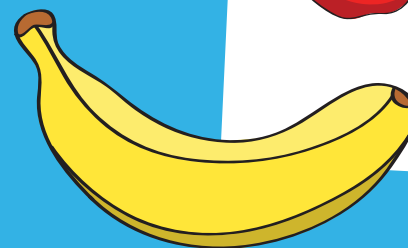


Weekly Menu

June 2nd - June 6th



MON

TUE

WED

THU

FRI

Breakfast

Man'ouche
Zaatar &
tomatoes

White Lebanese
bread with
labneh and
cucumber

Soft milk bun with
cucumber-cheese
spread

Pancakes with
Italian spread

Day Off

Lunch

Peas and
carrots with
seasoned beef
over rice

Bulgur with
minced meat and
onions served
with yogurt

Traditional chicken
moghrabieh served
with yogurt

Zucchini and
tomato stew with
rice

Eid Al Adha

Snack

Mid Day snack:
Apples

Afternoon
Treat: Energy
date bites

Midday Snack:
Juicy pears

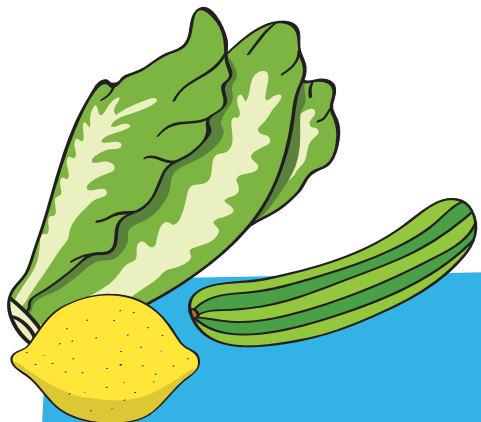
Afternoon Treat:
Sweet potato
brownie

Mid Day snack:
Apples

Afternoon Treat:
Moist banana cake

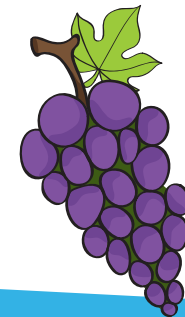
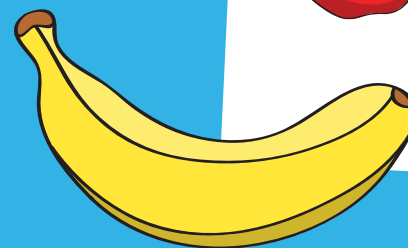
Midday Snack:
Oranges

Afternoon Treat:
Date bake



Weekly Menu

June 9th - June 13th



MON

TUE

WED

THU

FRI

Breakfast

Zaatar
man'ouche with
fresh tomatoes

White Lebanese
bread with
labneh and
cucumber

Pancakes with
apple jam

Kaak bread with
labneh and fresh
tomatoes

Markouk bread
with cheese and
fresh tomatoes

Lunch

Stewed green
beans and beef
over aromatic
rice

Baked kebbeh
with cooked
laban and rice

Chicken with rice
and a fresh salad

Potato and tomato
stew with rice

Bulgur with
tomato sauce
and yogurt

Snack

Midday Snack:
Pears

Afternoon Treat:
Nutritious date
bouchées

Midday Snack:
Apples

Afternoon Treat:
Sweet potato
bars

Midday Snack:
Bananas

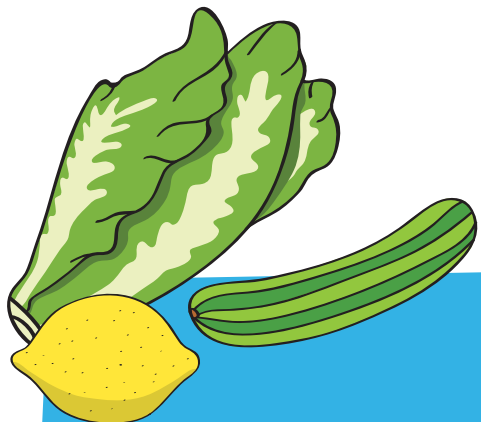
Afternoon Treat:
Carob molasses
pudding

Midday Snack:
Oranges

Afternoon Treat:
Banana sponge
cake

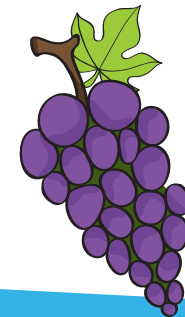
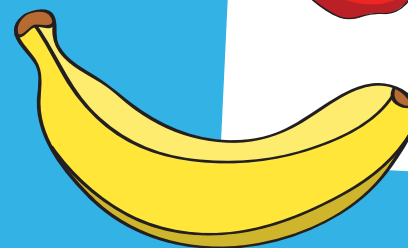
Midday Snack:
Mixed fruits

Afternoon Treat:
Carrot pie



Weekly Menu

June 16th - June 20th



MON

TUE

WED

THU

FRI

Breakfast

Zaatar
man'ouche with
fresh tomatoes

White Lebanese
bread with
labneh and
cucumber

Soft milk bun with
cucumber-cheese
spread

Cheesy pancakes

Markouk bread
with cheese and
fresh tomatoes

Lunch

Mixed garden
vegetables with
minced beef and
rice

Stewed white
beans and rice
with beef

Chicken orzo pasta
with a fresh salad

Roast beef with
gravy sauce served
with mashed
potatoes

Lentil and rice
with fresh salad

Snack

Midday Snack:
Apples

Afternoon Treat:
Homemade date
delights

Midday Snack:
Juicy pears

Afternoon Treat:
Sweet potato
bars

Midday Snack:
Apples

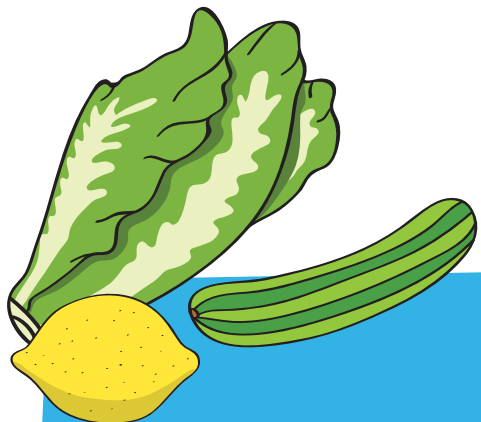
Afternoon Treat:
Cupcake pastry
with date filling

Midday Snack:
Seasonal fruit
salad

Afternoon Treat:
Banana muffin

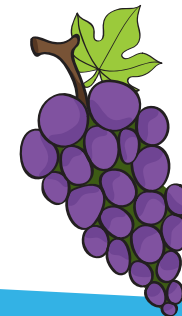
Midday Snack:
Oranges

Afternoon Treat:
Date loaf



Weekly Menu

June 23rd - June 27th



MON

TUE

WED

THU

FRI

Breakfast

Zaatar
man'ouche with
fresh tomatoes

White lebanese
bread with
labneh and
cucumber

Pancakes with
crème de coco

Kaak bread with
labneh and fresh
tomatoes

Tentative
Day Off

Lunch

Spinach with
minced beef and
rice

Classic beef
lasagna

Chicken molokhia
with white rice

Meatballs with
tomato sauce
served with white
rice

Hijri New Year

Snack

Midday Snack:
Bananas

Afternoon Treat:
Date truffles

Midday Snack:
Apples

Afternoon Treat:
Zesty orange
cake

Midday Snack:
Pears

Afternoon Treat:
Carob molasses
sfouf

Midday Snack:
Oranges

Afternoon Treat:
Carrot cake