

Elementary School



Januray 6th to 10th

AUS 2019-2019

	Sunday	Monday	Tuesday	Wednesday	Thursday
Breakfast	Assorted Boiled Eggs Apple Milk	Oat Pancakes Drizzle of honey Banana Milk	Scrambled Eggs Brown Toast Orange smiles Milk	Croissant Zaatar Apple Grapes Milk	Sausage Burrito Cheddar Cheese Watermelon Milk
Snack	Orange smile	Chocolate cookies	Popcorn	Seasonal juice	Hot chocolate Marsh mallow
Lunch	Chicken Tikka with onion & capsicum Seasonal Salad Apple	Mac and Cheese Corn Greek Salad Banana	Grilled Kofta with potatoes White Rice Greek Salad Oranges	Baked Fish & Chips Dip Roasted Pita Watermelon	Beef chili with ginger garlic base & red beans Steamed rice Caesar salad Oranges smiles
	Steamed vegetables	Grilled vegetables	Steamed Broccoli	Vegetable Ratatouille	Grilled Zucchini
Second option	Turkey Mayo Sandwich	Club Croissant Halloumi	Chicken Salad on bun	Toasted Cheese	Saj Wrap Zaatar and cucumber
Afternoon Snack	Shawarma in Saj Wrap	Kubba and Samosa	2 Pizza slices/person	Peanut Jam butter Sandwich	Toasted Cheddar cheese

AUS 2019-2019

January 13th to 17th

	Sunday	Monday	Tuesday	Wednesday	Thursday
Breakfast	Pancakes Maple Syrup Apple Milk	Plain Omelet Slice of Bread Banana Milk	Zaatar Fatayer Cucumber and tomato Orange smiles Milk	Croissant Nutella Apple Grapes Milk	French Toast Honey Watermelon Milk
Snack	Strawberry Jell-O	Oats cookies	Watermelon slice	Honey- muffin	Popcorn
Lunch	Spaghetti with Meatballs Caesar Salad Apple	Chicken Sliders Potato wedges Mayo dip Banana	Potato stew with chicken balls White Rice Fattouch Salad Orange Smiles	Chicken Biryani Tomato Dip Paratha Bread Watermelon	Whole wheat Pizza Thin crust Coleslaw Watermelon
	Grilled vegetables	Steamed vegetables	Vegetable Ratatouille	Steamed Broccoli	Grilled Zucchini
Second option	Chicken Quesadilla Wrap	Croissant Halloumi with Veggie	Chicken Pesto Wrap	Turkey and cheddar cheese rollups on pita bread	Toasted Cheddar Sandwich
Afternoon Snack	Cheese Arayes with olives and fresh mint (2kinds of cheese)	Popcorn	Cheese Fatayer	Strawberry peanut butter crepes	Veggie cream cheese and cucumber

AUS 2019-2019

January 20th to 24th

	Sunday	Monday	Tuesday	Wednesday	Thursday
Breakfast	Assorted Cheese and Zaatar fatayer Watermelon Milk	Cinnamon Bun Apple Milk	Zaatar Fatayer cucumber & Tomato Banana Milk	Homemade Nutella Sandwich Banana Milk	Peanut butter and banana Apple Milk
Snack	Banana Oat Muffins	Watermelon	Turkey and Cheddar pinwheels	Biscuit and juice	Orange cake
Lunch	Beef taco Lettuce Cheddar cheese Watermelon	Chicken Majboos Daccous Cucumber Sticks Apple	Cheese Pizza Potato Wedges Banana	chicken bite size parmesan meatballs White rice Seasonal salad	Beef Hotdog on bun Chips Assorted veggies
	Steamed Broccoli	Steamed Corn	Steamed vegetables	Vegetable Ratatouille	Grilled vegetables
Second option	Chicken Club Sandwich	Toasted Cheddar Cheese	Turkey Mayo Sandwich	Veggie cheese sandwich	Halloumi & Zaatar Sandwich
Afternoon snack	Oatmeal Cookies	Crispy focaccia (Zaatar)	Popcorn	Chicken nuggets	Nutella Sandwich

AUS 2019-2019

January 27th to 31st

	Sunday	Monday	Tuesday	Wednesday	Thursday
Breakfast	Pancakes Maple Syrup Banana	Hash-brown & Cheese Wraps Watermelon	Assorted Croissant (Zaatar & Cheese) Apple	Selection of Boiled Eggs Plain omelet & Toast Oranges	Saj wraps Zaatar & cheese Seasonal fruits
Snack	Baked Samosa	Cracker sandwich (Turkey and cheddar)	English muffin with pastry cream	Orange smile and banana	Jam sandwich
Lunch	Grilled chicken with mashed potatoes Fattouch Red apple	Beef Marag/stew (with potatoes and carrots) steamed Rice Greek salad water melon	Stir Fried noodles with veggies Green Salad Apple	Mac n cheese Hummus/pita bread Green apple	Chicken tenders with mashed potatoes Seasonal salad Fruits
	Sautéed Vegetables	Grilled Tomatoes & Cheese	Baked Eggplant	Steamed Corn	Steamed Carrot
Second option	Labneh & cucumber Sandwich	Turkey Mayo Sandwich	Cheddar cheese Sandwich	Chicken club Sandwich	Chicken filet sandwich with mayo
Afternoon Snack	Focaccia bread	Nutella Pancake	Popcorn	Hummus & Pita bread	Chicken Club

Menu subject to change.

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