

Middle and High School



Januray 6th to 10th

AUS 2019-2019

	Sunday	Monday	Tuesday	Wednesday	Thursday
Breakfast	Scrambled and Boiled Eggs Apple Milk	Oat Pancakes Drizzle of honey Banana Milk	Zaatar fatayer Brown Toast Orange smiles Milk	Assorted croissant with jam Apple Grapes Milk	Sausage Burrito Cheddar Cheese Watermelon Milk
Lunch	Chicken Tikka with onion & capsicum Seasonal Salad Apple	Mac and Cheese and tomatoes Corn Greek Salad Banana	Grilled Kofta with potatoes White Rice Greek Salad Oranges	Baked Fish & wedges of potatoes Dip Roasted Pita Watermelon	Beef and chicken burger Fries 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

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	Cheese Fatayer Cucumber and tomato Orange smiles Milk	Croissant Nutella Apple Grapes Milk	French Toast Honey Watermelon Milk
Lunch	Spaghetti plain and with Meatballs Caesar Salad Apple	Baked breaded chicken Mayo dip Banana	Chicken tenders with mashed potatoes Fattouch Salad Orange Smiles	Vegetables 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 Turkey with Veggie	Chicken Pesto Wrap	Turkey and cheddar cheese rollups on pita bread	Toasted Cheddar Sandwich

AUS 2019-2019

January 20th to 24th

	Sunday	Monday	Tuesday	Wednesday	Thursday
Breakfast	Assorted Cheese and Zaatar fatayer Watermelon Milk	Hash-brown & Cheese Wraps Apple Milk	Milk Homemade Nutella Sandwich Banana Milk	Zaatar Fatayer cucumber & Tomato Banana	Peanut butter and banana Apple Milk
Lunch	Beef taco Lettuce Cheddar cheese Watermelon	Chicken Majboos Daccous Cucumber Sticks Apple	Cheese Pizza Potato Wedges Banana	chicken bite size parmesan balls spaghetti 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

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
Lunch	Grilled chicken with mashed potatoes Fattouch Red apple	Chicken nuggets with fries Greek salad water melon	Beef stroganoff with white rice veggies Green Salad Apple	Mac n cheese Hummus/pita bread Green apple	Rice Kbasas with chicken Seasonal salad Daccous 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	Assorted Cheese sandwich with olives