






















Week 1	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	 Zaatar Croissant  Strawberry Split Smoothie with Chocolate	 Zaatar Mankousheh  Banana Strawberry Split Smoothie with Chocolate	 Akkawi and Mozarella Cheese Mankousheh  Banana Split Smoothie with Chocolate	 Cheese Crepe  Banana Strawberry Split Smoothie with chocolate	 Chocolate Croissant  Strawberry Vanilla Split Smoothie	Waffle with Strawberry & Chocolate Sauce	Grilled Halloumi ciabatta with mint and Cucumber
School Box	Blueberry Oat muffin + Vegetable Sticks + Fruit	Skinny Baked Toast Mozarella Sticks + Vegetable Sticks + Fruit	Zaatar croissant + Vegetable Sticks + Fruit	Baked Small Mozarella Squares + Vegetable Sticks + Fruit	Baked Tortilla chips + Cheese + Vegetable Sticks + Fruit	 Banana Split Smoothie with Chocolate  Vegetable Sticks + Fruit	 Banana Vanilla Split Smoothie  Vegetable Sticks + Fruit
Lunch	Fish Siyadiyeh with basmati rice	Baked Chicken & Potato in Oven	Lebanese potato & chicken Stew with lemon & coriander and rice	Mexican style pasta with minced beef and cheese sauce	Spaghetti Bolognese (pasta with minced beef and tomato sauce)	Chicken Moughrabieh With Yogurt	Chicken Steak with Hungarian sauce and carrots
Lunch Salad	Greek Salad	Green Salad	Fattoush Salad	Chicken Caesar Salad	Greek Pasta Salad	Cesar Salad	Grilled Salad
Snack	Chocolate Sablet	Chocolate Fondant	Strawberry Tartes	Chocolate Cake	Banana Muffin	Chocolate Success	Chocolate Muffin
Dinner	Chicken burger	Chicken Wellington and potato cubes	Kafta and potatoes baked in oven	Egg Club Sandwich	Vegetable Pizza	Penne Pomodoro	ChichTawook with Sandwich
Dinner Salad	Vegetable Sticks + Thousand island Sauce	Vermicelli Soup	Lentil Soup	Vegetable Sticks + Hummus	Minestrone Soup	Vegetable Soup	Vegetable Sticks + Labneh















To pick your preferred option, please tick the 




Week 2	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	 Chocolate Croissant  Strawberry Split Smoothie with Chocolate	 Fetta and Zaatar Mankousheh  Banana Strawberry Split Smoothie with Chocolate	 Cheese Croissant  Banana Split Smoothie with Chocolate	 Zaatar & pizza roll & mint  Banana Strawberry Split Smoothie with chocolate	 Whole meal bread roll with jam  Strawberry Vanilla Split Smoothie	Pancake with orange , nuts & mapple syrup	Fruit Muffin With Cereals & Milk
School Box	Baked Small Mozzarella Squares + Vegetable Sticks + Fruit	Vegetable pizza + Vegetable Sticks + Fruit	Baked Tortilla chips + Cheese + Vegetable Sticks + Fruit	Cheese Mankoucheh + Vegetable Sticks + Fruit	Crackers With cheese + Vegetable Sticks + Fruit	 Banana Split Smoothie with Chocolate  Vegetable Sticks + Fruit	 Banana Vanilla Split Smoothie  Vegetable Sticks + Fruit
Lunch	Meat Biryani with Yogurt	Rice with Fava Beans and Yogurt	Bukhari rice with Chicken and Yogurt	Beef Stroganoff with rice	Indian Style Pasta (pasta, chicken, tomato, mushroom, spinach, saffron powder)	Chicken Kabseh with Yogurt	Pasta Alfredo with grilled chicken and mushroom fresh cream
Lunch Salad	Grilled Salad	Green Salad	Fattoush Salad	Chicken Ceasar Salad	Greek Pasta Salad	Ceasar Salad	Greek Salad
Snack	Date Truffles	Brownies	Vanilla Sablet	Chocolate Swiss Roll	Date Cake	Strawberry Tartes	Custard
Dinner	Chicken enchiladas with guacamole sauce	Chicken Risotto & cucumber yorgut	Chicken Nuggets with grilled fries	Kebbehsaniyeh with Yogurt	Beef Shawarma Sandwich	Grilled Meat Sandwich	Beef Burger
Dinner Salad	Vegetable Sticks + Thousand island Sauce	Vermicelli Soup	Lentil Soup	Vegetable Sticks + Hummus	Minestrone Soup	Vegetable Soup	Vegetable Sticks + Labneh










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Week 3	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	 Cheese Samboosik  Strawberry Split Smoothie with Chocolate	 Brown baguette with Labneh , olive & mint  Banana Split Smoothie with Chocolate	 Chocolate Croissant  Banana Split Smoothie with Chocolate	 Zaatar Croissant  Strawberry Split Smoothie with chocolate	 Cheese Puff Empenadas  Strawberry Vanilla Split Smoothie	Cheese Crepe	Ciabatta roll plain with jam & cream cheese
School Box	Blueberry Oat muffin + Vegetable Sticks + Fruit	Skinny Baked Mozzarella Sticks + Vegetable Sticks + Fruit	Zaatar croissant + Vegetable Sticks + Fruit	Baked Small Mozzarella Squares + Vegetable Sticks + Fruit	Baked Tortilla chips + Cheese + Vegetable Sticks + Fruit	 Banana Split Smoothie with Chocolate  Vegetable Sticks + Fruit	 Banana Vanilla Split Smoothie  Vegetable Sticks + Fruit
Lunch	Kebbeh with Yogurt	Mustard Chicken with Saffron and rice	Stuffed Squash with Cucumber Yogurt	Chicken Fajita in Tortilla with Vegetables and mexican sauces	Chicken Freekeh with Yogurt	Chichbarak in Yoghurt with white rice	Crunchy Coated Fish and Chips
Lunch Salad	Fattoush Salad	Chicken Ceasar Salad	Greek Pasta Salad	Greek Salad	Green Salad	Ceasar Salad	Chicken Ceasar Salad
Snack	Mango Cheese Cake	Chocolate Sablet	Banana Muffin	Banana Cake	Chocolate Succes	Vanilla Sablet	Cinnamon Roll
Dinner	Chicken Shawarma Sandwich	Chicken Quesadillas	Baked Chicken and Potatoes in Oven	Meat Shawarma Sandwich	Pizza Margueritta	Chicken Burger	Msakkhan (Oriental Chicken Sandwich)
Dinner Salad	Vegetable Sticks + Thousand island Sauce	Vermicelli Soup	Lentil Soup	Vegetable Sticks + Hummus	Minestrone Soup	Vegetable Soup	Vegetable Sticks + Labneh

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Week 4	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	 Zaaatar& pizza roll  Strawberry Split Smoothie with Chocolate	 Turkey & cheese club  Banana Strawberry Split Smoothie with Chocolate	 Chocolate Croissant  Banana Split Smoothie with Chocolate	 Zaaatar Croissant  Banana Strawberry Split Smoothie with chocolate	 Akkawi Cheese Mankousheh  Strawberry Vanilla Split Smoothie	Vegetarian pizza	Pancake with Chocolate sauce & strawberry
School Box	Baked Small Mozzarella Squares + Vegetable Sticks + Fruit	Vegetable pizza + Vegetable Sticks + Fruit	Crackers with cheese + Vegetable Sticks + Fruit	Cheese Mankousheh + Vegetable Sticks + Fruit	Zaaatar Croissant + Vegetable Sticks + Fruit	 Banana Split Smoothie with Chocolate  Vegetable Sticks + Fruit	 Banana Vanilla Split Smoothie  Vegetable Sticks + Fruit
Lunch	Potato Stew with Meat & Vermicelli Rice	Chicken Stroganoff with rice	DaoudBasha with rice	Spaghetti Bolognaise (pasta with minced beef and tomato sauce)	Rosemary Chicken skewers with rice	Chicken Siyadih with Yoghurt	Pasta Alfredo with grilled chicken and mushroom fresh cream
Lunch Salad	Greek Salad	Greek Pasta Salad	Green Salad	Chicken Ceasar Salad	Grilled Salad	Fattoush Salad	Ceasar Salad
Snack	Chocolate Truffles	Yogurt Cake	Chocolate Sablet	Chocolate éclair	Milles Feuilles	Nougatine Cake	Chocolate Succes
Dinner	Chicken Club Sandwich	Pasta Pomodoro	Chicken Escalope with mashed potatoes	Chicken Flutes Sandwich	Beef Burger	Italian meat Pie + Yogurt	Marinated Halloum Skewers with Cucumber Sticks
Dinner Salad	Vegetable Sticks + Thousand island Sauce	Vermicelli Soup	Lentil Soup	Vegetable Sticks + Hummus	Minestrone Soup	Vegetable Soup	Vegetable Sticks + Labneh

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