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<b>Breakfast</b>	 Zaatar Croissant  Strawberry Split Smoothie with Chocolate	 Zaatar Mankousheh  Banana Strawberry Split Smoothie with Chocolate	 Akkawi Mozrella 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
<b>School Box</b>	Blueberry Oat muffin + Vegetable Sticks + Fruit	Skinny Baked Mozzarella Sticks + Vegetable Sticks + Fruit	Zaatar croissant + Vegetable Sticks + Fruit	Baked Small toast 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
<b>Lunch</b>	Fish Siyadiyeh with basmati rice	Baked Chicken & Potato in Oven	Lebanese Potato and Chicken 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	Chicken Steak with Hungarian sauce and carrots
<b>Lunch Salad</b>	Greek Salad	Green Salad	Fattoush Salad	Chicken Ceasar Salad	Greek Pasta Salad	Ceasar Salad	Grilled Salad
<b>Snack 1 Choose 1 from the list</b>	 Marble cake  Popcorn  Jelly Custard  Salty Crackers  Lupine	 Fondant Chocolate  Popcorn  Muhalabiya  Salty Crackers  Lupine	 Basbousa  Popcorn  Custard  Salty Crackers  Lupine	 Chocolate Cake  Popcorn  Rice Pudding  Salty Crackers  Lupine	 Victoria Cake  Popcorn  Jelly  Salty Crackers  Lupine	 Chocolate Sable  Popcorn  Chocolate Custard  Salty Crackers  Lupine	 Tiramissu  Popcorn  Charlotte Custard  Salty Crackers  Lupine
<b>Dinner</b>	Chicken burger	Chicken Wellington and potato cubes	Kafta and potatoes baked in oven	Egg Club Sandwich	Vegetable Pizza	Penne Pomodoro	Chich Tawook Sandwich
<b>Dinner Salad</b>	Thousand Islands and Vegetable Stick	Vermicelli Soup	Lentil Soup	Hummus and Vegetable Stick	Minestrone Soup	Vegetable Soup	Vegetable Sticks + Labneh


















































To pick your preferred option, please tick the 




Week 2	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b>	 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 and Pizza Roll and 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
<b>School Box</b>	Baked Small toast 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
<b>Lunch</b>	Meat Biryani with Rice	Rice with Fava Beans and minced meat	Bukhari rice with Chicken	Beef Stroganoff and Rice	Indian Style Pasta (pasta, chicken, tomato, mushroom, spinach, saffron powder)	Chicken Kabseh	Pasta Alfredo with grilled chicken and mushroom fresh cream
<b>Lunch Salad</b>	Grilled Salad	Green Salad	Fattoush Salad	Chicken Ceasar Salad	Greek Pasta Salad	Chicken Ceasar Salad	Greek Salad
<b>Snack 1 Choose 1 from the list</b>	 Date Truffles  Popcorn  Jelly Custard  Salty Crackers  Lupine	 Brownies  Popcorn  Muhalabiya  Salty Crackers  Lupine	 Aych El Saray  Popcorn  Custard  Salty Crackers  Lupine	 Chocolate Swiss Roll  Popcorn  Rice Pudding  Salty Crackers  Lupine	 Red Velvet  Popcorn  Jelly  Salty Crackers  Lupine	 Bluebry Oat Muffin  Popcorn  Chocolate Custard  Salty Crackers  Lupine	 Carrot Cake  Popcorn  Charlotte Custard  Salty Crackers  Lupine
<b>Dinner</b>	Chicken enchiladas with guacamole sauce	Chicken Risotto & cucumber yorgut	Chicken Nuggets with grilled potatoes	Kebbeh Saniyeh with Yogurt	Chicken Shawarma Sandwich	Crispy Chicken wrap	Chicken Burger
<b>Dinner Salad</b>	Vegetable sticks with Thousand Islands sauce	Vermicelli Soup	Lentil Soup	Vegetable Sticks with Hummus	Minestrone Soup	Vegetable Soup	Vegetable sticks with Labneh


















































To pick your preferred option, please tick the 



Week 3	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b>	 Cheese Samboosik  Strawberry Split Smoothie with Chocolate	 Brown baguette with Labneh , olive & mint  Banana Strawberry Split Smoothie with Chocolate	 Chocolate Croissant  Banana Split Smoothie with Chocolate	 Zaatar Croissant  Banana Strawberry Split Smoothie with chocolate	 Cheese Empanadas  Strawberry Vanilla Split Smoothie	Cheese Crepe	Ciabatta roll plain with jam & cream cheese
<b>School Box</b>	Blueberry Oat muffin + Vegetable Sticks + Fruit	Skinny Baked Mozzarella Sticks + Vegetable Sticks + Fruit	Zaatar croissant + Vegetable Sticks + Fruit	Baked Small toast 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
<b>Lunch</b>	Kebbeh Saniyeh	Mustard Chicken with Saffron and rice	Stuffed Squash & eggplant	Chicken Fajita in Tortilla with Vegetables and mexican sauces	Chicken Freekeh	Chichbarak in Yoghurt with white rice	Crunchy Coated Fish and Chips
<b>Lunch Salad</b>	Fattoush Salad	Chicken Ceasar Salad	Greek Pasta Salad	Greek Salad	Green Salad	Greek Salad	Chicken Ceasar Salad
<b>Snack 1 Choose 1 from the list</b>	 Oat Cookies  Popcorn  Jelly Custard  Salty Crackers  Lupine	 Umm Ali  Popcorn  Muhalabiya  Salty Crackers  Lupine	 Rice Pudding  Popcorn  Custard  Salty Crackers  Lupine	 Oat Maamoul  Popcorn  Rice pudding  Salty Crackers  Lupine	 Chocolate Succes  Popcorn  Jelly  Salty Crackers  Lupine	 Blueberry Cheese Cake  Popcorn  Chocolate Custard  Salty Crackers  Lupine	 Black Forest Cake  Popcorn  Charlotte Custard  Salty Crackers  Lupine
<b>Dinner</b>	Chicken Shawarma Sandwich	Chicken Quesadillas	Baked Chicken and Potatoes in Oven	Chicken Shawarma Sandwich	Pizza Margueritta	Chicken Burger	Msakkhan (Oriental Chicken Sandwich)
<b>Dinner Salad</b>	Thousand Islands and Vegetable Stick	Vermicelli Soup	Lentil Soup	Hummus and Vegetable Stick	Minestrone Soup	Vegetable Soup	Labneh sauce and Vegetable Stick

To pick your preferred option, please tick the 



Week 4	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b>	 Zaatar and pizza roll  Strawberry Split Smoothie with Chocolate	 Turkey and cheese club  Banana Strawberry Split Smoothie with Chocolate	 Chocolate Croissant  Banana Split Smoothie with Chocolate	 Zaatar Croissant  Banana Strawberry Split Smoothie with chocolate	 Akkawi Cheese Mankousheh  Strawberry Vanilla Split Smoothie	Vegetable Pizza	Pancake with Chocolate sauce & strawberry
<b>School Box</b>	Baked Small toast Mozzarella Squares + Vegetable Sticks + Fruit	Vegetable pizza + Vegetable Sticks + Fruit	Crackers with cheese + Vegetable Sticks + Fruit	Cheese Mankousheh + Vegetable Sticks + Fruit	Zaatar Croissant + Vegetable Sticks + Fruit	 Banana Split Smoothie with Chocolate  Vegetable Sticks + Fruit	 Banana Vanilla Split Smoothie  Vegetable Sticks + Fruit
<b>Lunch</b>	Potato Stew with Meat & Vermicelli Rice	Chicken Stroganoff with rice	Daoud Basha with rice	Spaghetti Bolognaise (pasta with minced beef and tomato sauce)	Rosemary Chicken skewers with rice	Chicken Siyadih	Pasta Alfredo with grilled chicken and mushroom fresh cream
<b>Lunch Salad</b>	Greek Salad	Greek Pasta Salad	Green Salad	Chicken Ceasar Salad	Grilled Salad	Fattoush Salad	Cesar Salad
<b>Snack 1 Choose 1 from the list</b>	 Chocolate truffles  Popcorn  Jelly Custard  Salty Crackers  Lupine	 Sfouf  Popcorn  Muhalabiya  Salty Crackers  Lupine	 Achta Qatayef  Popcorn  Custard  Salty Crackers  Lupine	 Chocolate eclair  Popcorn  Rice Pudding  Salty Crackers  Lupine	 Milles Feilles  Popcorn  Jelly  Salty Crackers  Lupine	 Lemon drizzle cake  Popcorn  Chocolate Custard  Salty Crackers  Lupine	 Nougatine Cake  Popcorn  Charlotte Custard  Salty Crackers  Lupine
<b>Dinner</b>	Chicken Club Sandwich	Pasta Pomodoro	Chicken Escalope with mashed potatoes	Chicken Flutes Sandwich	Italian meat Pie	Crispy Chicken burger	Marinated Halloum Skewers with Cucumber Sticks
<b>Dinner Salad</b>	Thousand Islands and Vegetable Stick	Vermicelli Soup	Lentil Soup	Vegetable sticks with Hummus	Minestrone Soup	Vegetable Soup	Labneh sauce and Vegetable Stick

To pick your preferred option, please tick the 