


# PRESCHOOL MEALS


## OCTOBER MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast is offered free of charge	“Manakish Zaatar”	Cheese Croissant	“Labneh” Sandwich	Cheese and Zaatar Sandwiches	“Manakish Zaatar”
	<p><u>Week 1:</u></p> <p><u>Week 2:6/10</u> Lentil Soup &amp; Lemon Cake</p> <p><u>Week 3: 13/10</u> Lasagna &amp; Jell-O</p> <p><u>Week 4: 20/10</u> “Shich Barak” +Rice &amp; Lazy Cake</p> <p><u>Week 5: 27/10</u> Chicken Alfredo &amp; Pudding</p>	<p><u>Week 1:</u></p> <p><u>Week 2:7/10</u> Chicken Curry + Rice &amp; Jell-O</p> <p><u>Week 3: 14/10</u> Kafta+Potato Stew + Rice &amp; Cake</p> <p><u>Week 4: 21/10</u> Rice with Vegetables &amp; Brownies</p> <p><u>Week 5: 28/10</u> Green Peas Stew +Rice &amp; Cookies</p>	<p><u>Week 1:1/10</u> “Lahm Bi Ajin” &amp; Custard</p> <p><u>Week 2: 8/10</u> Crispy Chicken + French Fries &amp; Lazy Cake</p> <p><u>Week 3:15/10</u> Taouk Sandwich &amp; Custard</p> <p><u>Week 4: 22/10</u> Chicken Burger &amp; Fruit Salad</p> <p><u>Week 5:29/10</u> Pizza &amp; Jell-O</p>	<p><u>Week 1 :2/10</u> Green Beans Stew + Rice &amp; Brownies</p> <p><u>Week 2 :9/10</u> “Moughrabieh”&amp; Fruit Salad</p> <p><u>Week 3: 16/10</u> “Bourghoul” with Tomato &amp; Biscuit with Raha</p> <p><u>Week 4: 23/10</u> “Moujadara” &amp; Cupcakes</p> <p><u>Week 5: 30/10</u></p>	<p><u>Week 1:3/10</u> Red Sauce Pasta &amp; Custard</p> <p><u>Week 2:10/10</u> Spinach Fatayer &amp; Sfouf</p> <p><u>Week 3: 17/10</u> “Mouloukhieh” + Rice &amp; Cookies</p> <p><u>Week 4: 24/10</u> Rice with Chicken &amp; Jell-O</p> <p><u>Week 5:31/10</u></p>

Cost of lunch with dessert for the month of October 2025 is \$ 170.-

# SCHOOL MEALS

## OCTOBER MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><u><b>Week 1:</b></u></p>	<p><u><b>Week 1:</b></u></p>	<p><u><b>Week 1:1/10</b></u> "Lahm Bi Ajin" &amp; Custard</p>	<p><u><b>Week 1 :2/10</b></u> Green Beans Stew + Rice &amp; Brownies</p>	<p><u><b>Week 1:3/10</b></u> Red Sauce Pasta &amp; Custard</p>
	<p><u><b>Week 2:6/10</b></u> Lentil Soup &amp; Lemon Cake</p>	<p><u><b>Week 2:7/10</b></u> Chicken Curry + Rice &amp; Jell-O</p>	<p><u><b>Week 2: 8/10</b></u> Crispy Chicken + French Fries &amp; Lazy Cake</p>	<p><u><b>Week 2 :9/10</b></u> "Moughrabieh"&amp; Fruit Salad</p>	<p><u><b>Week 2:10/10</b></u> Spinach Fatayer &amp; Sfouf</p>
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