

PRESCHOOL MEALS

NOVEMBER MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast is offered free of charge	"Manakish Zaatar"	Cheese Croissant	"Labneh" Sandwich	Cheese and Zaatar Sandwiches	"Manakish Zaatar"
	<u>Week 1: 3/11</u> "Bourghoul" with Tomato + Yogurt & Custard	<u>Week 1: 4/11</u> Okra Stew + Rice & Lazy Cake	<u>Week 1: 5/11</u> Crispy Chicken & Fruit Salad	<u>Week 1 : 6/11</u> White Sauce Pasta & Brownies	<u>Week 1: 7/11</u> "Mouloukhieh" + Rice & Jell-O
	<u>Week 2: 10/11</u> Spinach Stew + Rice & Pudding	<u>Week 2: 11/11</u> "Moudardara" + Yogurt & Cookies	<u>Week 2: 12/11</u> Nuggets & Muffins	<u>Week 2 : 13/11</u> Kafta & Potato Stew + Rice & Biscuit with "Raha"	<u>Week 2: 14/11</u> Penne & Swiss Roll
	<u>Week 3: 17/11</u> "Moujadara" & Fruit Salad	<u>Week 3: 18/11</u> Green Beans Stew + Rice & Banana Cake	<u>Week 3:19/11</u> Pizza & Custard	<u>Week 3: 20/11</u> Pasta with Yogurt & Strawberry Tart	<u>Week 3: 21/11</u> "Moughrabieh"& Jell-O
	<u>Week 4: 24/11</u> Zucchini Stew +Rice & Brownies	<u>Week 4: 25/11</u> Chicken Fajita & Lazy Cake	<u>Week 4: 26/11</u> "Lahm Bi Ajin" & Jell-O	<u>Week 4: 27/11</u> Potato Stew + Rice & Cupcakes	<u>Week 4: 28/11</u> "Kebbeh bi Laban" & Jell-O
	<u>Week 5:</u>	<u>Week 5:</u>	<u>Week 5:</u>	<u>Week 5:</u>	<u>Week 5:</u>

Cost of lunch with dessert for the month of November 2025 is \$ 160.-

SCHOOL MEALS

NOVEMBER MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<u>Week 1: 3/11</u> "Bourghoul" with Tomato + Yogurt & Custard	<u>Week 1: 4/11</u> Okra Stew + Rice & Lazy Cake	<u>Week 1: 5/11</u> Crispy Chicken & Fruit Salad	<u>Week 1 : 6/11</u> White Sauce Pasta & Brownies	<u>Week 1: 7/11</u> "Mouloukhieh" + Rice & Jell-O
	<u>Week 2: 10/11</u> Spinach Stew + Rice & Pudding	<u>Week 2: 11/11</u> "Moudardara" + Yogurt & Cookies	<u>Week 2: 12/11</u> Nuggets & Muffins	<u>Week 2 : 13/11</u> Kafta & Potato Stew + Rice & Biscuit with "Raha"	<u>Week 2: 14/11</u> Penne & Swiss Roll
	<u>Week 3: 17/11</u> "Moujadara" & Fruit Salad	<u>Week 3: 18/11</u> Green Beans Stew + Rice & Banana Cake	<u>Week 3:19/11</u> Pizza & Custard	<u>Week 3: 20/11</u> Pasta with Yogurt & Strawberry Tart	<u>Week 3: 21/11</u> "Moughrabieh"& Jell-O
	<u>Week 4: 24/11</u> Zucchini Stew +Rice & Brownies	<u>Week 4: 25/11</u> Chicken Fajita & Lazy Cake	<u>Week 4: 26/11</u> "Lahm Bi Ajin" & Jell-O	<u>Week 4: 27/11</u> Potato Stew + Rice & Cupcakes	<u>Week 4: 28/11</u> "Kebbeh bi Laban" & Jell-O
	<u>Week 5:</u>	<u>Week 5:</u>	<u>Week 5:</u>	<u>Week 5:</u>	<u>Week 5:</u>

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