


PRESCHOOL MEALS


JANUARY 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:</u> | <u>Week 1:</u> | <u>Week 1 : 7/1</u> Chicken Nuggets & Cookies | <u>Week 1 :8/1</u> White Sauce Pasta & Biscuit with "Raha" | <u>Week 1: 9/1</u> Zucchini Stew +Rice & Fruit Salad |
| | <u>Week 2: 12/1</u> Green Beans Stew + Rice & Jell-O | <u>Week 2: 13/1</u> Meatballs in Tomato Sauce + Rice & Brownies | <u>Week 2: 14/1</u> "Lahm Bi Ajin" & Fruit Salad | <u>Week 2 : 15/1</u> "Moudardara" + Yogurt & Pudding | <u>Week 2: 16/1</u> Chicken Curry + Rice & Muffins |
| | <u>Week 3: 19/1</u> "Shish Barak" & Custard | <u>Week 3: 20/1</u> Spinach + Rice & Cookies | <u>Week 3: 21/1</u> Taouk & Brownies | <u>Week 3: 22/1</u> Penne & Jell-O | <u>Week 3: 23/1</u> "Moughrabieh"& Banana Cake |
| | <u>Week 4: 26/1</u> Kafta & Potato Stew + Rice & Cupcakes | <u>Week 4: 27/1</u> Okra Stew + Rice & Biscuit with "Raha" | <u>Week 4: 28/1</u> Chicken Burger & Lazy Cake | <u>Week 4: 29/1</u> Pasta with Yogurt & Custard | <u>Week 4: 30/1</u> "Mloukhiye" + Rice & Cookies |
| | <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 January 2026 is \$ 145.-

SCHOOL MEALS

JANUARY MENU

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|--|--|--|
|  | <u>Week 1:</u> | <u>Week 1:</u> | <u>Week 1 : 7/1</u> Chicken Nuggets & Cookies | <u>Week 1 :8/1</u> White Sauce Pasta & Biscuit with “Raha” | <u>Week 1: 9/1</u> Zucchini Stew +Rice & Fruit Salad |
| | <u>Week 2: 12/1</u> Green Beans Stew + Rice & Jell-O | <u>Week 2: 13/1</u> Meatballs in Tomato Sauce + Rice & Brownies | <u>Week 2: 14/1</u> “Lahm Bi Ajin” & Fruit Salad | <u>Week 2 : 15/1</u> “Moudardara” + Yogurt & Pudding | <u>Week 2: 16/1</u> Chicken Curry + Rice & Muffins |
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