

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”
	<p><u>Week 1:</u></p> <p><u>Week 2: 12/1</u> Green Beans Stew + Rice & Jell-O</p> <p><u>Week 3: 19/1</u> “Shish Barak” & Custard</p> <p><u>Week 4: 26/1</u> Kafta & Potato Stew + Rice & Cupcakes</p> <p><u>Week 5:</u></p>	<p><u>Week 1:</u></p> <p><u>Week 2: 13/1</u> Meatballs in Tomato Sauce + Rice & Brownies</p> <p><u>Week 3: 20/1</u> Spinach + Rice & Cookies</p> <p><u>Week 4: 27/1</u> Okra Stew + Rice & Biscuit with “Raha”</p> <p><u>Week 5:</u></p>	<p><u>Week 1 : 7/1</u> Chicken Nuggets & Cookies</p> <p><u>Week 2: 14/1</u> “Lahm Bi Ajin” & Fruit Salad</p> <p><u>Week 3: 21/1</u> Taouk & Brownies</p> <p><u>Week 4: 28/1</u> Chicken Burger & Lazy Cake</p> <p><u>Week 5:</u></p>	<p><u>Week 1 :8/1</u> White Sauce Pasta & Biscuit with “Raha”</p> <p><u>Week 2 : 15/1</u> “Moudardara” + Yogurt & Pudding</p> <p><u>Week 3: 22/1</u> Penne & Jell-O</p> <p><u>Week 4: 29/1</u> Pasta with Yogurt & Custard</p> <p><u>Week 5:</u></p>	<p><u>Week 1: 9/1</u> Zucchini Stew +Rice & Fruit Salad</p> <p><u>Week 2: 16/1</u> Chicken Curry + Rice & Muffins</p> <p><u>Week 3: 23/1</u> “Moughrabiieh”& Banana Cake</p> <p><u>Week 4: 30/1</u> “Mloukhiye” + Rice & Cookies</p> <p><u>Week 5:</u></p>

Cost of lunch with dessert for the month of January 2026 is \$ 145.-

SCHOOL MEALS

JANUARY MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><u>Week 1:</u></p> <p><u>Week 2: 12/1</u> Green Beans Stew + Rice & Jell-O</p> <p><u>Week 3: 19/1</u> “Shish Barak” & Custard</p> <p><u>Week 4: 26/1</u> Kafta & Potato Stew + Rice & Cupcakes</p> <p><u>Week 5:</u></p>	<p><u>Week 1:</u></p> <p><u>Week 2: 13/1</u> Meatballs in Tomato Sauce + Rice & Brownies</p> <p><u>Week 3: 20/1</u> Spinach + Rice & Cookies</p> <p><u>Week 4: 27/1</u> Okra Stew + Rice & Biscuit with “Raha”</p> <p><u>Week 5:</u></p>	<p><u>Week 1 : 7/1</u> Chicken Nuggets & Cookies</p> <p><u>Week 2: 14/1</u> “Lahm Bi Ajin” & Fruit Salad</p> <p><u>Week 3: 21/1</u> Taouk & Brownies</p> <p><u>Week 4: 28/1</u> Chicken Burger & Lazy Cake</p> <p><u>Week 5:</u></p>	<p><u>Week 1 :8/1</u> White Sauce Pasta & Biscuit with “Raha”</p> <p><u>Week 2 : 15/1</u> “Moudardara” + Yogurt & Pudding</p> <p><u>Week 3: 22/1</u> Penne & Jell-O</p> <p><u>Week 4: 29/1</u> Pasta with Yogurt & Custard</p> <p><u>Week 5:</u></p>	<p><u>Week 1: 9/1</u> Zucchini Stew +Rice & Fruit Salad</p> <p><u>Week 2: 16/1</u> Chicken Curry + Rice & Muffins</p> <p><u>Week 3: 23/1</u> “Moughrabiéh”& Banana Cake</p> <p><u>Week 4: 30/1</u> “Mloukhiye” + Rice & Cookies</p> <p><u>Week 5:</u></p>

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