

slices

07 JANUARY - 11 JANUARY

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

SOUP

Leek & Potato

Zucchini

Tomato & Basil

Carrot

Pumpkin

NON-VEGETARIAN

Beef & Broccoli

Chicken in Coconut
Sauce

Pepper Steak Pie

Chicken in Lemon Herb
Sauce

Margarita Pizza

VEGETARIAN

Wok Vegetable

Vegetable in Coconut
Sauce

Spinach & Feta Pie

Roasted Vegetables in
Lemon Herb Sauce

Pepperoni Pizza

STARCH/ CARBS

Noodles

Mixed Rice

Mashed Potato

Roasted Potato

VEGETABLE

Roasted Carrot

Steamed Broccoli

Green Peas

Green Beans &
Sweetcorn

Roasted Peppers

FRESH SALAD

Fattoush Salad

Mixed Garden Salad

Caesar Salad

Lettuce, Tomato &
Pickles

Green Salad

DESSERT

Fruit Salad

Fruit Salad

Fruit Salad

Fruit Salad

Fruit Salad

FRESH FRUIT

Whole Fruit

Whole Fruit

Whole Fruit

Whole Fruit

Whole Fruit

BEVERAGE

Milk, Laban or Water

Milk, Laban or Water

Milk, Laban or Water

Milk, Laban or Water

Milk, Laban or Water



slices

14 JANUARY - 18 JANUARY

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

SOUP

Peas and Mint

Tomato & Basil

Zucchini

Lentil

Minestrone

NON-VEGETARIAN

Chicken in Pesto Sauce

Beef Stew

Coconut Fish Curry

Chicken Quesadilla

Chicken Fillet Burger

VEGETARIAN

Cherry Tomato & Basil Pesto

Vegetable Stew

Coconut Vegetables Curry

Mushroom Quesadilla

Vegetable Burger

STARCH/ CARBS

Fusilli Pasta

Mashed Potato

Mixed Rice

Mexican Rice

Roasted Crinkled Potato

VEGETABLE

Steamed Carrots

Green Beans

Roasted Sweetcorn

Roasted Peppers

Lettuce, Pickle & Tomato

FRESH SALAD

Fattoush Salad

Mixed Garden Salad

Caesar Salad

Rocca & Tomato

Green Salad

DESSERT

Fruit Salad

Fruit Salad

Fruit Salad

Fruit Salad

Fruit Salad

FRESH FRUIT

Whole Fruit

Whole Fruit

Whole Fruit

Whole Fruit

Whole Fruit

BEVERAGE

Milk, Laban or Water

Milk, Laban or Water

Milk, Laban or Water

Milk, Laban or Water

Milk, Laban or Water



slices

21 JANUARY - 25 JANUARY

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

SOUP

Peas and Mint

Tomato & Basil

Zucchini

Lentil

Minestrone

NON-VEGETARIAN

Chicken Shish Tawouk

Italian Meatballs in
Tomato Sauce

Sweet & Sour Fish

Chicken Tikka Masala

Margarita Pizza

VEGETARIAN

Vegetable Shish Tawouk

Italian Veggieballs in
Tomato Sauce

Sweet & Sour
Vegetables

Vegetable Tikka Masala

Pepperoni Pizza

STARCH/ CARBS

Mixed Rice & Lebanese
Bread

Spaghetti

Noodles

Mixed Rice

VEGETABLE

Tomato, Pickle, Lettuce
& Lemon Mint Yogurt

Peas & Sweetcorn

Roasted Cauliflower

Raita

Roasted Vegetables

FRESH SALAD

Fattoush Salad

Mixed Garden Salad

Caesar Salad

Rocca & Tomato

Green Salad

DESSERT

Fruit Salad

Fruit Salad

Fruit Salad

Fruit Salad

Fruit Salad

FRESH FRUIT

Whole Fruit

Whole Fruit

Whole Fruit

Whole Fruit

Whole Fruit

BEVERAGE

Milk, Laban or Water

Milk, Laban or Water

Milk, Laban or Water

Milk, Laban or Water

Milk, Laban or Water



slices

28 JANUARY – 01 FEBRUARY

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

SOUP

Peas and Mint

Tomato & Basil

Zucchini

Lentil

Minestrone

NON-VEGETARIAN

Beef Quesadilla

Chicken Chopseuy

Fish Caponata

Chicken Alfredo

Beef Burger

VEGETARIAN

Roasted Peppers
Quesadilla

Vegetable Chopseuy

Vegetable Caponata

Mushroom Alfredo

Vegetable Burger

STARCH/ CARBS

Mexican Rice

Noodles

Mashed Potato

Penne Pasta

Roasted crinkled chips

VEGETABLE

Green Beans & Broccoli

Peas & Carrot

Steamed cauliflower

Roasted Vegetables

Lettuce, pickle, Tomato

FRESH SALAD

Fattoush Salad

Mixed Garden Salad

Caesar Salad

Rocca & Tomato

Green Salad

DESSERT

Fruit Salad

Fruit Salad

Fruit Salad

Fruit Salad

Fruit Salad

FRESH FRUIT

Whole Fruit

Whole Fruit

Whole Fruit

Whole Fruit

Whole Fruit

BEVERAGE

Milk, Laban or Water

Milk, Laban or Water

Milk, Laban or Water

Milk, Laban or Water

Milk, Laban or Water



slices

04 FEBRUARY - 08 FEBRUARY

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

SOUP

Peas and Mint

Tomato & Basil

Zucchini

Lentil

Minestrone

NON-VEGETARIAN

Chicken Mac n Cheese

Chilli Con Carne

Chicken & Mushroom
Pie

Chicken Biryani

Margarita Pizza

VEGETARIAN

Mac n Cheese

Vegetable Chilli Con
Carne

Cheese & Onion Pie

Vegetable Biryani

Pepperoni Pizza

STARCH/ CARBS

Mixed rice

Mashed Potato with
Onion Gravy

VEGETABLE

Peas & Sweetcorn

Steamed Broccoli

Baked Beans

Cauliflower & Raita

Roasted Peppers

FRESH SALAD

Fattoush Salad

Mixed Garden Salad

Caesar Salad

Rocca & Tomato

Green Salad

DESSERT

Fruit Salad

Fruit Salad

Fruit Salad

Fruit Salad

Fruit Salad

FRESH FRUIT

Whole Fruit

Whole Fruit

Whole Fruit

Whole Fruit

Whole Fruit

BEVERAGE

Milk, Laban or Water

Milk, Laban or Water

Milk, Laban or Water

Milk, Laban or Water

Milk, Laban or Water



slices

11 FEBRUARY – 15 FEBRUARY

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

SOUP

Peas and Mint

Tomato & Basil

Zucchini

Lentil

Minestrone

NON-VEGETARIAN

Chicken Stroganoff

Beef Cottage Pie

Baked Fish in Rose Sauce

Beef Ragu

Chicken Fillet Burger

VEGETARIAN

Cauliflower Gratin

Vegetable Cottage Pie

Baked Aubergine in Rose Sauce

Ban Ragu

Vegetable Burger

STARCH/ CARBS

Mashed Potato

Mixed Rice

Fusilli Pasta

Roasted Crinkled Potato

VEGETABLE

Roasted Vegetables

Peas

Broccoli

Green Beans

Lettuce, Pickle & Tomato

FRESH SALAD

Fattoush Salad

Mixed Garden Salad

Caesar Salad

Rocca & Tomato

Green Salad

DESSERT

Fruit Salad

Fruit Salad

Fruit Salad

Fruit Salad

Fruit Salad

FRESH FRUIT

Whole Fruit

Whole Fruit

Whole Fruit

Whole Fruit

Whole Fruit

BEVERAGE

Milk, Laban or Water

Milk, Laban or Water

Milk, Laban or Water

Milk, Laban or Water

Milk, Laban or Water



slices

18 FEBRUARY – 22 FEBRUARY

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

SOUP

Peas and Mint

Tomato & Basil

Zucchini

Lentil

Minestrone

NON-VEGETARIAN

Chicken Curry

Beef Moussaka

Baked Fish with Lemon
Basil Yogurt

Chicken Schnitzel

Pepperoni Pizza

VEGETARIAN

Vegetable Curry

Chickpea & Eggplant
Moussaka

Baked Baby Marrow
with Lemon Basil Yogurt

Vegetable Cake

Margarita Pizza

STARCH/ CARBS

Mixed Rice

Roasted Potato

Mixed Rice

Mashed Potato

VEGETABLE

Roasted Cauliflower

Steamed Carrot

Green Beans & Pumpkin

Braised Red Cabbage

Roasted Peppers

FRESH SALAD

Fattoush Salad

Mixed Garden Salad

Caesar Salad

Rocca & Tomato

Green Salad

DESSERT

Fruit Salad

Fruit Salad

Fruit Salad

Fruit Salad

Fruit Salad

FRESH FRUIT

Whole Fruit

Whole Fruit

Whole Fruit

Whole Fruit

Whole Fruit

BEVERAGE

Milk, Laban or Water

Milk, Laban or Water

Milk, Laban or Water

Milk, Laban or Water

Milk, Laban or Water

