

## August 2024

### WEEK 03

| DATE             | August 19, 2024                                | August 20, 2024                  | August 21, 2024                  | August 22, 2024                  |
|------------------|--|----------------------------------|----------------------------------|----------------------------------|
| DESCRIPTION      | MONDAY   | TUESDAY                          | WEDNESDAY                        | THURSDAY                         |
| SOUP             |  | CHICKEN CORN SOUP                | CREAM OF MUSHROOM                | CREAM OF VEGETABLE               |
| ENTRÉE 1         | CHICKEN OR BEEF BURGER                         | CHICKEN BIRYANI                  | CHICKEN CARBONARA                | BBQ CHICKEN PIZZA                |
| ENTRÉE 2         | FALAFEL BURGER                                 | BEEF BIRYANI                     | BEEF LASAGNA                     | PEPPERONI PIZZA                  |
| STARCH           | FRENCH FRIES                                   | POTATO CURRY                     | GARLIC BREAD                     | MARGARITA PIZZA                  |
| VEGETARIAN PASTA | CREAMY PENNE PASTA                             | PASTA WITH PINK SAUCE            | BAKED VEGETABLE PENNE PASTA      | FASULI PASTA                     |
| VEGETARIAN       | VEGETABLE SPRING ROLLS WITH SWEET CHILLI SAUCE | VEGETABLE BERYANI                | SPAGHETTI WITH TOMATO SAUCE      | VEGETARIAN PIZZA                 |
| ENTRÉE 3         |  |                                  | BUTTER CHICKEN WITH RICE         | CHICKEN KABSА                    |
| SALAD 1          | GREEN SALAD                                    | GREEN SALAD                      | GREEN SALAD                      | GREEN SALAD                      |
| SALAD 2          | COLESLAW                                       | RITA                             | MOROCCAN ORANGE & DATE           | RUSSIAN SALAD                    |
| VEGETABLE STICK  | ASSORTED CRUDITÉS WITH HUMUS DIP               | ASSORTED CRUDITÉS WITH HUMUS DIP | ASSORTED CRUDITÉS WITH HUMUS DIP | ASSORTED CRUDITÉS WITH HUMUS DIP |
| DESSERT 1        | CHEF CHOICE                                    | COOKIES & CUP CAKE               | CHEF CHOICE                      | COOKIES & CUP CAKE               |
| DESSERT 2        | FRESH WHOLE FRUIT                              | FRESH WHOLE FRUIT                | FRESH WHOLE FRUIT                | FRESH WHOLE FRUIT                |
| BREAD 1          | WHITE & BROWN BREAD ROLLS                      | WHITE & BROWN BREAD ROLLS        | WHITE & BROWN BREAD ROLLS        | WHITE & BROWN BREAD ROLLS        |
| BREAD 2          | ARABIC BREAD                                   | ARABIC BREAD                     | ARABIC BREAD                     | ARABIC BREAD                     |
| BEVERAGE         | MILK/JUICE                                     | MILK/JUICE                       | MILK/JUICE                       | MILK/JUICE                       |

**WEEK 04**

| <b>DATE</b>             | <b>August 25, 2024</b>           | <b>August 26, 2024</b>                         | <b>August 27, 2024</b>           | <b>August 28, 2024</b>           | <b>August 29, 2024</b>           |
|-------------------------|----------------------------------|--|----------------------------------|----------------------------------|----------------------------------|
| <b>DESCRIPTION</b>      | <b>SUNDAY</b>                    | <b>MONDAY</b>                                  | <b>TUESDAY</b>                   | <b>WEDNESDAY</b>                 | <b>THURSDAY</b>                  |
| <b>SOUP</b>             | VEGETABLE NOODLES SOUP           |  | CHICKEN CORN SOUP                | CHICKEN SOUP                     | CREAM OF VEGETABLE               |
| <b>ENTRÉE 1</b>         | FRIED FISH WITH TARTAR SAUCE     | CHICKEN OR BEEF BURGER                         | CHICKEN BIRYANI                  | CHICKEN BURRITOS                 | BBQ CHICKEN PIZZA                |
| <b>ENTRÉE 2</b>         | CHICKEN BBQ                      | FALAFEL BURGER                                 | BEEF CURRY                       | FRIED FISH                       | PEPPERONI PIZZA                  |
| <b>STARCH</b>           | BAKED POTATO                     | FRENCH FRIES                                   | POTATO CURRY                     | ROASTED POTATOES                 | MARGARITA PIZZA                  |
| <b>VEGETARIAN PASTA</b> | MAC & CHEESE PASTA               | PESTO CREAMY PENNE PASTA                       | PASTA WITH PINK SAUCE            | FETTUCINI ALFREDO                | FASULI PASTA                     |
| <b>VEGETARIAN</b>       | KOSHARI                          | VEGETABLE SPRING ROLLS WITH SWEET CHILLI SAUCE | VEGETABLE BERYANI                | VEGETABLE CHOWDER                | VEGETARIAN PIZZA                 |
| <b>ENTRÉE 3</b>         |                                  |  |                                  |                                  | CHICKEN KABSA                    |
| <b>SALAD 1</b>          | GREEN SALAD                      | GREEN SALAD                                    | GREEN SALAD                      | GREEN SALAD                      | GREEN SALAD                      |
| <b>SALAD 2</b>          | CORN SALAD                       | COLESLAW                                       | RITA                             | MOROCCAN ORANGE & DATE           | RUSSIAN SALAD                    |
| <b>VEGETABLE STICK</b>  | ASSORTED CRUDITÉS WITH HUMUS DIP | ASSORTED CRUDITÉS WITH HUMUS DIP               | ASSORTED CRUDITÉS WITH HUMUS DIP | ASSORTED CRUDITÉS WITH HUMUS DIP | ASSORTED CRUDITÉS WITH HUMUS DIP |
| <b>DESSERT 1</b>        | COOKIES & CUP CAKE               | CHEF CHOICE                                    | COOKIES & CUP CAKE               | CHEF CHOICE                      | COOKIES & CUP CAKE               |
| <b>DESSERT 2</b>        | FRESH WHOLE FRUIT                | FRESH WHOLE FRUIT                              | FRESH WHOLE FRUIT                | FRESH WHOLE FRUIT                | FRESH WHOLE FRUIT                |
| <b>BREAD 1</b>          | WHITE & BROWN BREAD ROLLS        | WHITE & BROWN BREAD ROLLS                      | WHITE & BROWN BREAD ROLLS        | WHITE & BROWN BREAD ROLLS        | WHITE & BROWN BREAD ROLLS        |
| <b>BREAD 2</b>          | ARABIC BREAD                     | ARABIC BREAD                                   | ARABIC BREAD                     | ARABIC BREAD                     | ARABIC BREAD                     |
| <b>BEVERAGE</b>         | MILK/JUICE                       | MILK/JUICE                                     | MILK/JUICE                       | MILK/JUICE                       | MILK/JUICE                       |

## September 2024

### WEEK 01

| DATE                    | September 1, 2024                | September 2, 2024                              | September 3, 2024                | September 4, 2024                | September 5, 2024                |
|-------------------------|----------------------------------|--|----------------------------------|----------------------------------|----------------------------------|
| DESCRIPTION             | SUNDAY                           | MONDAY   | TUESDAY                          | WEDNESDAY                        | THURSDAY                         |
| <b>SOUP</b>             | CREAM OF MUSHROOM                |  | LENTIL SOUP                      | VEGETABLE MEXICAN SOUP           | CREAM OF VEGETABLE               |
| <b>ENTRÉE 1</b>         | FRIED CHICKEN                    | CHICKEN OR BEEF BURGER                         | CHICKEN MANDI                    | CHICKEN QUESADILLA               | BBQ CHICKEN PIZZA                |
| <b>ENTRÉE 2</b>         | HOT DOGS                         | FALAFEL BURGER                                 | BEEF AND VEGETABLE EDAM          | BEEF QUESADILLAS                 | PEPPERONI PIZZA                  |
| <b>STARCH</b>           | FRENCH FRIES                     | FRENCH FRIES                                   | POTATO SALOONA                   | Roasted POTATO                   | MARGARITA PIZZA                  |
| <b>VEGETARIAN PASTA</b> | VEGETABLE LASAGNA                | CREAMY PENNE PASTA                             | PASTA WITH PINK SAUCE            | BAKED MACARONI BÉCHAMEL          | FASULI PASTA                     |
| <b>VEGETARIAN</b>       | VEGETABLE NOODLES                | VEGETABLE SPRING ROLLS WITH SWEET CHILLI SAUCE | KOSHARI                          | VEGETABLE CASSEROLE              | VEGETARIAN PIZZA                 |
| <b>ENTRÉE 3</b>         |                                  |  |                                  |                                  | CHICKEN KABSA                    |
| <b>SALAD 1</b>          | GREEN SALAD                      | GREEN SALAD                                    | GREEN SALAD                      | GREEN SALAD                      | GREEN SALAD                      |
| <b>SALAD 2</b>          | MOROCCAN ORANGE & DATE           | COLESLAW                                       | CUCUMBER YOGURT                  | CORN SALAD                       | RUSSIAN SALAD                    |
| <b>VEGETABLE STICK</b>  | ASSORTED CRUDITÉS WITH HUMUS DIP | ASSORTED CRUDITÉS WITH HUMUS DIP               | ASSORTED CRUDITÉS WITH HUMUS DIP | ASSORTED CRUDITÉS WITH HUMUS DIP | ASSORTED CRUDITÉS WITH HUMUS DIP |
| <b>DESSERT 1</b>        | CHEF CHOICE                      | CHEF CHOICE                                    | COOKIES & CUP CAKE               | COOKIES & CUP CAKE               | COOKIES & CUP CAKE               |
| <b>DESSERT 2</b>        | FRESH WHOLE FRUIT                | FRESH WHOLE FRUIT                              | FRESH WHOLE FRUIT                | FRESH WHOLE FRUIT                | FRESH WHOLE FRUIT                |
| <b>BREAD 1</b>          | WHITE & BROWN BREAD ROLLS        | WHITE & BROWN BREAD ROLLS                      | WHITE & BROWN BREAD ROLLS        | WHITE & BROWN BREAD ROLLS        | WHITE & BROWN BREAD ROLLS        |
| <b>BREAD 2</b>          | ARABIC BREAD                     | ARABIC BREAD                                   | ARABIC BREAD                     | ARABIC BREAD                     | ARABIC BREAD                     |
| <b>BEVERAGE</b>         | MILK/JUICE                       | MILK/JUICE                                     | MILK/JUICE                       | MILK/JUICE                       | MILK/JUICE                       |

|                         | <b>WEEK 02</b>                   |  |                                  |                                  |                                  |
|-------------------------|----------------------------------|--|----------------------------------|----------------------------------|----------------------------------|
| <b>DATE</b>             | <b>September 8, 2024</b>         | <b>September 9, 2024</b>                       | <b>September 10, 2024</b>        | <b>September 11, 2024</b>        | <b>September 12, 2024</b>        |
| <b>DESCRIPTION</b>      | <b>SUNDAY</b>                    | <b>MONDAY</b>                                  | <b>TUESDAY</b>                   | <b>WEDNESDAY</b>                 | <b>THURSDAY</b>                  |
| <b>SOUP</b>             | CREAM OF CHICKEN SOUP            |  | CHICKEN CORN SOUP                | CREAM OF MUSHROOM                | CREAM OF VEGETABLE               |
| <b>ENTRÉE 1</b>         | ROASTED CHICKEN                  | CHICKEN OR BEEF BURGER                         | CHICKEN BIRYANI                  | CHICKEN CARBONARA                | BBQ CHICKEN PIZZA                |
| <b>ENTRÉE 2</b>         | SLOW ROAST VEAL WITH GRAVY       | FALAFEL BURGER                                 | BEEF BIRYANI                     | SPAGHETTI BOLOGNAISE             | PEPPERONI PIZZA                  |
| <b>STARCH</b>           | MASHED POTATO                    | FRENCH FRIES                                   | POTATO CURRY                     | GARLIC BREAD                     | MARGARITA PIZZA                  |
| <b>VEGETARIAN PASTA</b> | BAKED MACARONI BÉCHAMEL          | CREAMY PENNE PASTA                             | PASTA WITH PINK SAUCE            | VEGETABLE LASAGNA                | FASULI PASTA                     |
| <b>VEGETARIAN</b>       | VEGETABLES SALONA                | VEGETABLE SPRING ROLLS WITH SWEET CHILLI SAUCE | VEGETABLE BERYANI                | VEGETABLE NOODLES                | VEGETARIAN PIZZA                 |
| <b>ENTRÉE 3</b>         | CHICKEN NUGETS                   |  |                                  | CHICKEN CURRY WITH RICE          | CHICKEN KABSA                    |
| <b>SALAD 1</b>          | GREEN SALAD                      | GREEN SALAD                                    | GREEN SALAD                      | GREEN SALAD                      | GREEN SALAD                      |
| <b>SALAD 2</b>          | CORN SALAD                       | COLESLAW                                       | RITA                             | MOROCCAN ORANGE & DATE           | RUSSIAN SALAD                    |
| <b>VEGETABLE STICK</b>  | ASSORTED CRUDITÉS WITH HUMUS DIP | ASSORTED CRUDITÉS WITH HUMUS DIP               | ASSORTED CRUDITÉS WITH HUMUS DIP | ASSORTED CRUDITÉS WITH HUMUS DIP | ASSORTED CRUDITÉS WITH HUMUS DIP |
| <b>DESSERT 1</b>        | COOKIES & CUP CAKE               | CHEF CHOICE                                    | COOKIES & CUP CAKE               | CHEF CHOICE                      | COOKIES & CUP CAKE               |
| <b>DESSERT 2</b>        | FRESH WHOLE FRUIT                | FRESH WHOLE FRUIT                              | FRESH WHOLE FRUIT                | FRESH WHOLE FRUIT                | FRESH WHOLE FRUIT                |
| <b>BREAD 1</b>          | WHITE & BROWN BREAD ROLLS        | WHITE & BROWN BREAD ROLLS                      | WHITE & BROWN BREAD ROLLS        | WHITE & BROWN BREAD ROLLS        | WHITE & BROWN BREAD ROLLS        |
| <b>BREAD 2</b>          | ARABIC BREAD                     | ARABIC BREAD                                   | ARABIC BREAD                     | ARABIC BREAD                     | ARABIC BREAD                     |
| <b>BEVERAGE</b>         | MILK/JUICE                       | MILK/JUICE                                     | MILK/JUICE                       | MILK/JUICE                       | MILK/JUICE                       |

**WEEK 03**

| <b>DATE</b>             | <b>September 15, 2024</b>        | <b>September 16, 2024</b>                      | <b>September 17, 2024</b>        | <b>September 18, 2024</b>        | <b>September 19, 2024</b>        |
|-------------------------|----------------------------------|--|----------------------------------|----------------------------------|----------------------------------|
| <b>DESCRIPTION</b>      | <b>SUNDAY</b>                    | <b>MONDAY</b>                                  | <b>TUESDAY</b>                   | <b>WEDNESDAY</b>                 | <b>THURSDAY</b>                  |
| <b>SOUP</b>             | CREAM OF BROCCOLI SOUP           |  | CHICKEN CORN SOUP                | CREAM OF MUSHROOM                | CREAM OF VEGETABLE               |
| <b>ENTRÉE 1</b>         | CHICKEN ADOBO                    | CHICKEN OR BEEF BURGER                         | CHICKEN BIRYANI                  | CHICKEN CARBONARA                | BBQ CHICKEN PIZZA                |
| <b>ENTRÉE 2</b>         | SWEET & SOUR FISH                | FALAFEL BURGER                                 | BEEF BIRYANI                     | BEEF LASAGNA                     | PEPPERONI PIZZA                  |
| <b>STARCH</b>           | FRIED RICE                       | FRENCH FRIES                                   | POTATO CURRY                     | GARLIC BREAD                     | MARGARITA PIZZA                  |
| <b>VEGETARIAN PASTA</b> | BAKED MACARONI BÉCHAMEL          | CREAMY PENNE PASTA                             | PASTA WITH PINK SAUCE            | BAKED VEGETABLE PENNE PASTA      | FASULI PASTA                     |
| <b>VEGETARIAN</b>       | VEGETABLE SHOP SOY               | VEGETABLE SPRING ROLLS WITH SWEET CHILLI SAUCE | VEGETABLE BERYANI                | SPAGHETTI WITH TOMATO SAUCE      | VEGETARIAN PIZZA                 |
| <b>ENTRÉE 3</b>         |                                  |  |                                  | BUTTER CHICKEN WITH RICE         | CHICKEN KABSA                    |
| <b>SALAD 1</b>          | GREEN SALAD                      | GREEN SALAD                                    | GREEN SALAD                      | GREEN SALAD                      | GREEN SALAD                      |
| <b>SALAD 2</b>          | CORN SALAD                       | COLESLAW                                       | RITA                             | MOROCCAN ORANGE & DATE           | RUSSIAN SALAD                    |
| <b>VEGETABLE STICK</b>  | ASSORTED CRUDITÉS WITH HUMUS DIP | ASSORTED CRUDITÉS WITH HUMUS DIP               | ASSORTED CRUDITÉS WITH HUMUS DIP | ASSORTED CRUDITÉS WITH HUMUS DIP | ASSORTED CRUDITÉS WITH HUMUS DIP |
| <b>DESSERT 1</b>        | COOKIES & CUP CAKE               | CHEF CHOICE                                    | COOKIES & CUP CAKE               | CHEF CHOICE                      | COOKIES & CUP CAKE               |
| <b>DESSERT 2</b>        | FRESH WHOLE FRUIT                | FRESH WHOLE FRUIT                              | FRESH WHOLE FRUIT                | FRESH WHOLE FRUIT                | FRESH WHOLE FRUIT                |
| <b>BREAD 1</b>          | WHITE & BROWN BREAD ROLLS        | WHITE & BROWN BREAD ROLLS                      | WHITE & BROWN BREAD ROLLS        | WHITE & BROWN BREAD ROLLS        | WHITE & BROWN BREAD ROLLS        |
| <b>BREAD 2</b>          | ARABIC BREAD                     | ARABIC BREAD                                   | ARABIC BREAD                     | ARABIC BREAD                     | ARABIC BREAD                     |
| <b>BEVERAGE</b>         | MILK/JUICE                       | MILK/JUICE                                     | MILK/JUICE                       | MILK/JUICE                       | MILK/JUICE                       |

**WEEK 04**

| <b>DATE</b>             | <b>September 22, 2024</b>        | <b>September 23, 2024</b>                      | <b>September 24, 2024</b>        | <b>September 25, 2024</b>        | <b>September 26, 2024</b>        |
|-------------------------|----------------------------------|--|----------------------------------|----------------------------------|----------------------------------|
| <b>DESCRIPTION</b>      | <b>SUNDAY</b>                    | <b>MONDAY</b>                                  | <b>TUESDAY</b>                   | <b>WEDNESDAY</b>                 | <b>THURSDAY</b>                  |
| <b>SOUP</b>             | VEGETABLE NOODLES SOUP           |  | CHICKEN CORN SOUP                | CHICKEN SOUP                     | CREAM OF VEGETABLE               |
| <b>ENTRÉE 1</b>         | FRIED FISH WITH TARTAR SAUCE     | CHICKEN OR BEEF BURGER                         | CHICKEN BIRYANI                  | CHICKEN BURRITOS                 | BBQ CHICKEN PIZZA                |
| <b>ENTRÉE 2</b>         | CHICKEN BBQ                      | FALAFEL BURGER                                 | BEEF CURRY                       | FRIED FISH                       | PEPPERONI PIZZA                  |
| <b>STARCH</b>           | BAKED POTATO                     | FRENCH FRIES                                   | POTATO CURRY                     | ROASTED POTATOES                 | MARGARITA PIZZA                  |
| <b>VEGETARIAN PASTA</b> | MAC & CHEESE PASTA               | PESTO CREAMY PENNE PASTA                       | PASTA WITH PINK SAUCE            | FETTUCCINI ALFREDO               | FASULI PASTA                     |
| <b>VEGETARIAN</b>       | KOSHARI                          | VEGETABLE SPRING ROLLS WITH SWEET CHILLI SAUCE | VEGETABLE BERYANI                | VEGETABLE CHOWDER                | VEGETARIAN PIZZA                 |
| <b>ENTRÉE 3</b>         |                                  |  |                                  |                                  | CHICKEN KABSA                    |
| <b>SALAD 1</b>          | GREEN SALAD                      | GREEN SALAD                                    | GREEN SALAD                      | GREEN SALAD                      | GREEN SALAD                      |
| <b>SALAD 2</b>          | CORN SALAD                       | COLESLAW                                       | RITA                             | MOROCCAN ORANGE & DATE           | RUSSIAN SALAD                    |
| <b>VEGETABLE STICK</b>  | ASSORTED CRUDITÉS WITH HUMUS DIP | ASSORTED CRUDITÉS WITH HUMUS DIP               | ASSORTED CRUDITÉS WITH HUMUS DIP | ASSORTED CRUDITÉS WITH HUMUS DIP | ASSORTED CRUDITÉS WITH HUMUS DIP |
| <b>DESSERT 1</b>        | COOKIES & CUP CAKE               | CHEF CHOICE                                    | COOKIES & CUP CAKE               | CHEF CHOICE                      | COOKIES & CUP CAKE               |
| <b>DESSERT 2</b>        | FRESH WHOLE FRUIT                | FRESH WHOLE FRUIT                              | FRESH WHOLE FRUIT                | FRESH WHOLE FRUIT                | FRESH WHOLE FRUIT                |
| <b>BREAD 1</b>          | WHITE & BROWN BREAD ROLLS        | WHITE & BROWN BREAD ROLLS                      | WHITE & BROWN BREAD ROLLS        | WHITE & BROWN BREAD ROLLS        | WHITE & BROWN BREAD ROLLS        |
| <b>BREAD 2</b>          | ARABIC BREAD                     | ARABIC BREAD                                   | ARABIC BREAD                     | ARABIC BREAD                     | ARABIC BREAD                     |
| <b>BEVERAGE</b>         | MILK/JUICE                       | MILK/JUICE                                     | MILK/JUICE                       | MILK/JUICE                       | MILK/JUICE                       |