

Garden School Menu feb 23

Week 1

	1-Feb-23	2-Feb-23	5-Feb-23	6-Feb-23	7-Feb-23
Menu	WEDNESDAY	THURSDAY	SUNDAY	MONDAY	TUESDAY
SOUP	CHICKEN CREAMY SOUP	LENTIL SOUP	LENTIL SOUP		mushroom soup
ENTRÉE 1	arabic roast chicken	Assorted Pizza	chicken parmeigiana	Fried Chicken Burger OrGrilled Beef Burger	chicken mandi
ENTRÉE 2	beef qasadilla	Chicken Wings	Grilled Fish With Caper Sauce	Chicken Nuggets	baked fish with coriander sauce
STARCH	OVEN FRIED POTATOES	Potato Wedges	Lyonnais Potatoes	French Fries	Potato Wedges
VEGETARIAN PASTA	PASTA ARABITA	PASTA WITH TOMATOES SAUCE	Stir Fried Noodles	Creamy Penne Pasta	mac and cheese pasta
VEGETARIAN	Eggplant PARMESAN	steamed vegetable	Vegetable Pulao	Falafel Burger	veg fajita
SALAD 1	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad
SALAD 2	Fattouch	Mayo Cabbage Corn Salad	Tabbouleh	Mayo Cabbage Corn Salad	Caesar Salad
VEGETABLE STICK	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
DESSERT 1	Fruit Cups	Fruit Cups	Fruit Cups	Fruit Cups	Fruit Cups
DESSERT 2	Chef Choice	Chef Choice	Cookies & Cup Cake	Cookies & Cup Cake	Cookies & Cup Cake
BREAD1	White & Brown Bread Rolls	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	Arabic Bread
BEVERAGE	Milk/Juice	Milk/Juice	Milk/Juice	Milk/Juice	Milk/Juice

Garden School Menu jan 23

Week 2

	8-Feb-23	9-Feb-23	12-Feb-23	13-Feb-23	14-Feb-23
Menu	WEDNESDAY	THURSDAY	SUNDAY	MONDAY	TUESDAY
SOUP	LENTIL SOUP	brocoli soup	CHICKEN VEGETABLES SOUP		OATS SOUP
ENTRÉE 1	Chicken ALA KING	Assorted Pizza	beef lasangia	Fried Chicken Burger OrGrilled Beef Burger	chicken qasadilla
ENTRÉE 2	daood basha	Chicken Wings	Chicken BBQ	Chicken Nuggets	beef kofta lees spicy
STARCH	OVEN FRIED POTATOES	potato wedges	mashed potato	French Fries	potato harra
VEGETARIAN PASTA	PASTA PINK SAUCE	PASTA WITH TOMATOES SAUCE	fasuli pasta	Creamy Penne Pasta	SPAGETTI NAPOLITANI
VEGETARIAN	Vegetable wrap	Vegetable Fried Rice	eggplant parmegiana	Falafel Burger	vegetable tampura
SALAD 1	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad
SALAD 2	Fattouch	Mayo Cabbage Corn Salad	Tabbouleh	Mayo Cabbage Corn Salad	Salsa
VEGETABLE STICK	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
DESSERT 1	Fruit Cups	Fruit Cups	Fruit Cups	Fruit Cups	Fruit Cups
DESSERT 2	Chef Choice	Chef Choice	Cookies & Cup Cake	Cookies & Cup Cake	Cookies & Cup Cake
BREAD1	White & Brown Bread Rolls	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	Arabic Bread
BEVERAGE	Milk/Juice	Milk/Juice	Milk/Juice	Milk/Juice	Milk/Juice

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Week 3

	15-Feb-23	16-Feb-23	19-Feb-23	20-Feb-23	21-Feb-23
Menu	WEDNESDAY	THURSDAY	SUNDAY	MONDAY	TUESDAY
SOUP	LENTIL SOUP	chicken creamy soup	LENTIL SOUP		Vegetable Noodles Soup
ENTRÉE 1	fish with lemon and coriander sauce	Assorted Pizza	beef lasagnia	Fried Chicken Burger OrGrilled Beef Burger	beef kofta
ENTRÉE 2	CHICKEN WITH CRAMY MUSHROOM SAUCE	Chicken Wings	CHICKEN PARMIGANA	Chicken Nuggets	chicken taouk
STARCH	baked potato wedges	Potato Wedges	mashed potato	French Fries	POTATO HARRA
VEGETARIAN PASTA	fasuli pasta	PASTA WITH TOMATOES SAUCE	ARABIATA	Creamy Penne Pasta	MACARONI WITH VEG CREAMY SAUCE
VEGETARIAN	Vegetable Wrap	Vegetable Spring rolls	eggplant parmegiana	Falafel Burger	Vegetable Fajitas
SALAD 1	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad
SALAD 2	Caesar Salad	Fattouch	Mayo Cabbage Corn Salad	Mayo Cabbage Corn Salad	Fattouch
VEGETABLE STICK	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
DESSERT 1	Fruit Cups	Fruit Cups	Fruit Cups	Fruit Cups	Fruit Cups
DESSERT 2	Cookies & Cup Cake	Chef Choice	Chef Choice	Cookies & Cup Cake	Cookies & Cup Cake
BREAD1	White & Brown Bread Rolls	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	Arabic Bread
BEVERAGE	Milk/Juice	Milk/Juice	Milk/Juice	Milk/Juice	Milk/Juice

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Week 4

	22-Feb-23	23-Feb-23	26-Feb-23	27-Feb-23	28-Feb-23
Menu	WEDNESDAY	THURSDAY	SUNDAY	MONDAY	TUESDAY
SOUP	LENTIL SOUP	Clear Mexican Vegetable Soup	mushroom soup		LENTIL SOUP
ENTRÉE 1	CHICKEN MANGOLIAN	Assorted Pizza	CHICKEN ALA KING	Fried Chicken Burger OrGrilled Beef Burger	beef qasadilla
ENTRÉE 2	FRIED FISH WITH TARTAR SAUCE	Chicken Wings	BEEF BALLS WITH TOMATO SAUCE	Chicken Nuggets	chicken kive
STARCH	Potato Wedges	French Fries	PAPRICA POTATO	French Fries	potato harra
VEGETARIAN PASTA	PASTA WITH TOMATOES SAUCE	PASTA PINK SAUCE	MACARONI WITH VEG CREAMY SAUCE	Creamy Penne Pasta	ARABIATA
VEGETARIAN	cauliflower tahina	fried rice	eggplant parmegiana	Falafel Burger	steam vegetable
SALAD 1	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad
SALAD 2	Caesar Salad	Fattouch	Mayo Cabbage Corn Salad	Mayo Cabbage Corn Salad	Fattouch
VEGETABLE STICK	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
DESSERT 1	Fruit Cups	Fruit Cups	Fruit Cups	Fruit Cups	Fruit Cups
DESSERT 2	Cookies & Cup Cake	Chef Choice	Chef Choice	Chef Choice	Chef Choice
BREAD1	White & Brown Bread Rolls	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	Arabic Bread
BEVERAGE	Milk/Juice	Milk/Juice	Milk/Juice	Milk/Juice	Milk/Juice