

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
SNACK: <ul style="list-style-type: none"> • Cheese Kabab • Raw Vegetables LUNCH: <ul style="list-style-type: none"> • Zucchini stew & Rice • Green Salad 	SNACK: <ul style="list-style-type: none"> • Trail Mix • Fruit Smoothie LUNCH: <ul style="list-style-type: none"> • Mloukhiyah with Rice & Corn 	SNACK: <ul style="list-style-type: none"> • Avocado Cookies • Herbal Tea LUNCH: <ul style="list-style-type: none"> • Mujadara • Arabic Salad & yoghurt 	SNACK: <ul style="list-style-type: none"> • Popcorn • Fresh fruits • Orange Juice LUNCH: <ul style="list-style-type: none"> • Okra stew with rice • Green Salad 	SNACK: <ul style="list-style-type: none"> • Date Bars • Orange Juice LUNCH: <ul style="list-style-type: none"> • Pasta with fresh tomato
SNACK: <ul style="list-style-type: none"> • Bread Sticks with fresh fruit & Dip • Herbal tea LUNCH: <ul style="list-style-type: none"> • Green Beans (Fasoulia Khadra) with Rice • Arabic Salad 	SNACK: <ul style="list-style-type: none"> • Granola with yoghurt and fruits LUNCH: <ul style="list-style-type: none"> • Kabseh Stew (tomato sauce with herbs) and Rice & yoghurt 	SNACK: <ul style="list-style-type: none"> • Trail Mix • Fruit Smoothie LUNCH: <ul style="list-style-type: none"> • Arabic Pastries • Fatooush 	SNACK: <ul style="list-style-type: none"> • Fruit salad • Hot Lemonade LUNCH: <ul style="list-style-type: none"> • Potato & Vegetable Stew with Rice • Green Salad 	SNACK: <ul style="list-style-type: none"> • Orange Muffin • Orange Juice LUNCH: <ul style="list-style-type: none"> • Vegetables Sushi • Corn •
SNACK: <ul style="list-style-type: none"> • Chia & Oatmeal Cookies • Orange Juice LUNCH: <ul style="list-style-type: none"> • Spinach stew with Rice • Fattoush Salad 	SNACK: <ul style="list-style-type: none"> • Fruit kabab • Hot lemonade LUNCH: <ul style="list-style-type: none"> • Potato & egg frittata (Mufarakeh) • Arabic salad 	SNACK: <ul style="list-style-type: none"> • French Toast with Honey • Herbal Tea LUNCH: <ul style="list-style-type: none"> • Okra stew with rice • Green salad 	SNACK: <ul style="list-style-type: none"> • Dates & Fruits • Orange Juice LUNCH: <ul style="list-style-type: none"> • White beans (Fasoulia Baida) with rice 	SNACK: <ul style="list-style-type: none"> • Trail Mix • Hot Cacao LUNCH: <ul style="list-style-type: none"> • Veggie Burger • Potato wedges
SNACK: <ul style="list-style-type: none"> • Date Bars • Herbal Tea LUNCH: <ul style="list-style-type: none"> • Freekeh Soup • Beetroot & spinach salad 	SNACK: <ul style="list-style-type: none"> • Fruit Salad • Hot lemonade LUNCH: <ul style="list-style-type: none"> • Green Pea & Carrot stew with Rice 	SNACK: <ul style="list-style-type: none"> • Pudding Custard biscuit • Herbal Tea LUNCH: <ul style="list-style-type: none"> • Mloukhiyah with Rice & Corn 	SNACK: <ul style="list-style-type: none"> • Cheese & Fruit sticks • Herbal Tea LUNCH: <ul style="list-style-type: none"> • Ouzi (Green peas, and Rice) & Yoghurt 	SNACK: <ul style="list-style-type: none"> • Trail Mix • Hot Cacao LUNCH: <ul style="list-style-type: none"> • Falafel & Hummus • Tabbouleh

ECOKIDS KINDERGARTEN MENU - FEBRUARY & MARCH 2020