



WEEKLY MENU

FEBRUARY/MARCH 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
SNACK:	SNACK:	SNACK:	SNACK:	SNACK:
Trail Mix (Dates, almonds, raisins, walnuts) + Fresh Fruit	Vegetable Sticks with Dip	Date Bar مقرفة	Trail Mix (Dates, almonds, raisins, walnuts) + Fresh Fruit	Vegetable Sticks with Dip
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
<ul style="list-style-type: none"> • Breakfast Buffet (labneh, selection of cheeses, selection of breads & pastries, hummus, olives, vegetables) • Hot Chocolate 	<ul style="list-style-type: none"> • Egg & Vegetable Muffin / Porridge with fresh fruits on the side • Date Bars • Apples • Herbal Tea 	<ul style="list-style-type: none"> • Mjaddara / Burghul, tomatoes and chickpea stew • Arabic Salad / Broccoli • Hot lemonade with chamomile 	<ul style="list-style-type: none"> • Fteer (fresh zaatar with white cheese) / Vegetable Rice with mint yoghurt side • Date Bars • Smoothie 	<ul style="list-style-type: none"> • Veggie Burger • Baked Potato Wedges • Fattouch / Broccoli • Mint Lemonade

***ALL MEALS ARE VEGETARIAN.**