

## WEEK 1 - LEBANESE FOOD

	BREAKFAST	LUNCH
Monday	Labneh With Veggies	Bidfin Rice/Meat Balls & SS*
Tuesday	Boiled Eggs with Veggies	Chicken Kabseh & Side Salad
Wednesday	Halloum Cheese with	Lemon Fish Potato & SS
Thursday	Manaiish with veggies	Stuffed Cabbage & Side Salad
Friday	Double Cream Cheese with veg	Kibbi Potato & Side Salad

\*SS: Side Salad

## WEEK 2 - LEBANESE FOOD

	BREAKFAST	LUNCH
Monday	Labneh With Veggies	Veggies Stew Meat Balls & SS*
Tuesday	Omlet with Veggies	Kibbi bil Laban & Side Salad
Wednesday	Halloum Cheese with Veggies	Maaloubeh Eggplant & SS
Thursday	Turkey with Veggies	Assorted Stuffed Veggie/Rice & SS
Friday	Double Cream Cheese with veg	Spinach Stew /Rice & SS

\*SS: Side Salad

## WEEK 3 - LEBANESE FOOD

	BREAKFAST	LUNCH
Monday	Labneh With Veggies	Chicken Freekeh & Side Salad
Tuesday	Omlet with Veggies	Fish Sayyadih & Side Salad
Wednesday	Halloum Cheese with Veggies	Kibbi Bil Siniyyeh & Side Salad
Thursday	Turkey with Veggies	Lemon Chicken Potato & SS*
Friday	Fetta Oregano Cheese with veg	Laban Immo/Rice & Side Salad

\*SS: Side Salad

## WEEK 4 - LEBANESE FOOD

	BREAKFAST	LUNCH
Monday	Labneh With Veggies	Beef Kabseh & Side Salad
Tuesday	Omlet with Veggies	Chicken Potato Stew/Rice & SS*
Wednesday	Halloum Cheese with Veggies	Bourgol Meat Balls & SS
Thursday	Turkey with Veggies	Koussa Ablama / Rice & SS
Friday	Double Cream Cheese with veg	Kafta Potato & Side Salad

\*SS: Side Salad





## WEEK 4 - INTERNATIONAL FOOD

	BREAKFAST	LUNCH
Monday	Veggies Omlet	Chicken Supreme /Rice & SS*
Tuesday	Labneh Ciabatta Bread	Roasted Beef/ HB potato & SS
Wednesday	French Toast	Fish Teryaki / Carrot Rice & SS
Thursday	Turkey & Cheese Club	Shawarma Chick. /lentils & SS
Friday	Rosemary Muffins	Chicken Coconut / Rice & SS

\*SS: Side Salad



### WEEK 3 - INTERNATIONAL FOOD

	BREAKFAST	LUNCH
Monday	Fetta Oregano Baguette	Beef Strogonoff / Rice & SS*
Tuesday	Turkey & Cheese Club	Chicken Pesto Pasta & SS
Wednesday	Waffles	Beef Sweet & Sour / Rice & SS
Thursday	House Croissant	Fish Fillet Harra /Rice & Side
Friday	Cheese Ciabatta Bread	Chicken Curry / Rice & SS

\*SS: Side Salad



## WEEK 1 - INTERNATIONAL FOOD

	BREAKFAST	LUNCH
Monday	Spinach Egg Muffins	Roasted Steak, potato & veggies
Tuesday	Turkey & Cheese Club	Chicken Sweet & Sour/Rice & SS*
Wednesday	House Croissant	Spaghetti Meat Balls & SS
Thursday	Cheese Ciabatta Bread (House)	Stuffed Fish Fillet /Potato & SS
Friday	Fetta Oregano Club	Chicken Stroganoff & SS

\*SS: Side Salad



## WEEK 2 - INTERNATIONAL FOOD

	BREAKFAST	LUNCH
Monday	Cheese Club	Chicken Alfredo with Side Salad
Tuesday	Pan Cakes	Stuffed Steak / Potato & SS*
Wednesday	Labneh Baguette & Veggies	Fish Fillet / Bourzol & SS
Thursday	Turkey & Cheese Ciabatta bread	Meat Balls Couscous & SS
Friday	Scrambled Eggs	Chicken Cashew / Rice & SS

\*SS: Side Salad