

kindergarten Suggested Monthly Menu

	Sun.	Mon	Tue	Wed	Thu
1st Week	Grilled Chicken , potato puree & green salad, Jelly	Spaghetti with minced beef sauce,green salad & apple	Chicken shawerma, white rice, carrot , cucumber sticks & Juice	cheech tawook, white rice ,carrot, cucumber sticks & fresh fruit (apple or banana)	Pachamelle, carrot,cucumber sticks & fresh fruit
2nd Week	Chicken fajita,white rice, mixed vegetables & Juice	Pizza, carrot , cucumber stick & apple	Pasta with chicken white sauce, green salad & fresh fruit	Grilled Kofta sandwich whire wrapped, carrot , cucumber sticks & juice	cheech tawook, white rice ,green salad & Juice
3rd Week	meat balls, white rice, carrot, cucumber sticks & Jelly	Pasta with minced beef sauce, carrot cucumber sticks & juice	Shawerma sandwich,mixed vegetables & juice	Pizza, carrot , cucumber sticks & fresh fruit	cheech tawook, white rice, ,carrot, cucumber sticks & fresh fruit (apple or banana)
4th Week	Pachamelle, carrot,cucumber sticks & fresh fruit	Chicken fajita,white rice, mixed vegetables & Juice	Pizza, carrot , cucumber sticks & fresh fruit	meat balls, white rice, carrot, cucumber sticks & Jelly	cheech tawook, white rice ,green salad & Juice