



	Sunday	Monday	Tuesday	Wednesday	Thursday
Week 1	<p><u>Main</u> Mahashi w/ minced meat</p> <p><u>Side</u> Yogurt salad with cucumber</p> <p><u>Dessert</u> Jelly with apple</p>	<p><u>Main</u> Kofta balls cooked in tomato sauce, White Rice</p> <p><u>Side</u> Green Salad</p> <p><u>Dessert</u> Mini Muffin</p>	<p><u>Main</u> Lasagna with minced meat</p> <p><u>Side</u> Green Salad</p> <p><u>Dessert</u> Seasonal Fruit</p>	<p><u>Main</u> Chicken Pizza, Potato wedges</p> <p><u>Side</u> Sweet Corn Salad</p> <p><u>Dessert</u> Fruit Salad</p>	<p><u>Main</u> Beef Shawerma with Brown Rice</p> <p><u>Side</u> Sautéed vegetables</p> <p><u>Dessert</u> Rice Pudding</p>
Week 2	<p><u>Main</u> Golash with minced meat</p> <p><u>Side</u> Yoghurt Cucumber Salad</p> <p><u>Dessert</u> Mini Muffin</p>	<p><u>Main</u> Grilled Shish Tawouk, Buttered fusilli</p> <p><u>Side</u> Baladi Salad</p> <p><u>Dessert</u> Mohallabiya</p>	<p><u>Main</u> Molokhya , Vermicelli Rice, and Roasted Chicken</p> <p><u>Side</u> Yoghurt Cucumber Salad</p> <p><u>Dessert</u> Basbousa</p>	<p><u>Main</u> Homemade Beef Burger in Bun</p> <p><u>Side</u> Potato Wedges</p> <p><u>Dessert</u> Seasonal Fruit</p>	<p><u>Main</u> Roasted Boneless Chicken, Mashed Potato</p> <p><u>Side</u> Green Beans</p> <p><u>Dessert</u> Mini Apple Pie</p>
Week 3	<p><u>Main</u> Beef Shawerma, Rissolle potatoes</p> <p><u>Side</u> Sweet peas & carrot</p> <p><u>Dessert</u> Fruit salad</p>	<p><u>Main</u> Roasted Chicken, Potatoes al forno</p> <p><u>Side</u> Cucumber salad with its vinaigrette</p> <p><u>Dessert</u> Seasonal Fruit</p>	<p><u>Main</u> Macaroni Bechamel with minced meat</p> <p><u>Side</u> Shredded Carrot Salad and lettuce</p> <p><u>Dessert</u> Seasonal Fruit</p>	<p><u>Main</u> Chicken BBQ Pizza, Potato wedges</p> <p><u>Side</u> Caesar Salad</p> <p><u>Dessert</u> Mini Apple Crepe Roll</p>	<p><u>Main</u> Okra Tagen with meat and vermicelli rice</p> <p><u>Side</u> Baladi Salad</p> <p><u>Dessert</u> Basbousa</p>
Week 4	<p><u>Main</u> Chicken Shawerma served with yellow rice</p> <p><u>Side</u> Roasted Veggies</p> <p><u>Dessert</u> Rice pudding</p>	<p><u>Main</u> Chicken Blanquette, White Basmati Rice</p> <p><u>Side</u> Green Salad</p> <p><u>Dessert</u> Seasonal Fruit</p>	<p><u>Main</u> Molokhya , Vermicelli Rice, and Roasted Chicken</p> <p><u>Side</u> Yoghurt Cucumber Salad</p> <p><u>Dessert</u> Custard</p>	<p><u>Main</u> Homemade Beef Burger in Bun</p> <p><u>Side</u> Potato Wedges</p> <p><u>Dessert</u> Seasonal Fruit</p>	<p><u>Main</u> Spaghetti Bolognese</p> <p><u>Side</u> Green Salad</p> <p><u>Dessert</u> Mini rice pudding</p>