

-KG MENUS-

✧ AM Snacks

- ✧ Whole banana fruit
- ✧ Boiled egg
- ✧ Mini bun

❖ Lunch

- ❖ Penne with chicken crème sauce
- ❖ Dessert
- ❖ Cinnamon muffin

Menu for student with food allergies:

- ❖ Steamed white rice with steamed mix vegetables

Sunday WK 1



➤ PM Snacks

- Sweet Melon (cut inside) with healthy digestive biscuit and cheese cube

Menu for student with food allergies:

- ❖ Fresh grape fruit

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✧ AM Snacks

- ✧ Banana muffins

❖ Lunch

- ❖ Chicken fried rice

- ❖ Dessert

- ❖ Vanilla custard

Menu for student with food allergies:

- ❖ Vegetable fried rice

Monday WK 1



➤ PM Snacks

- Cucumber and carrot veggie sticks with crackers and cheese cube
- Vegetarin meal (Option)
- Whole wheat soft bun with cream cheese, baba gahnouj and sliced tomato

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✧ AM Snacks

- ✧ Mini bread sticks, cream cheese and jam

Menu for student with food allergies:

- ❖ Fresh fruit cuts

❖ Lunch

- ❖ Grilled chicken thigh with potato wedges

❖ Dessert

- ❖ Fruit salad

Menu for student with food allergies:

- ❖ Steamed white rice with steamed mix vegetables

Tuesday WK 1



➤ PM Snacks

- Caramel popcorn and orange fruit

Menu for student with food allergies:

- Whole orange fruit

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✧ AM Snacks

- ✧ Corn flakes with milk

Menu for student with food allergies:

- ✧ Fresh fruit cuts

❖ Lunch

- ❖ Baked fusilli with chicken white sauce

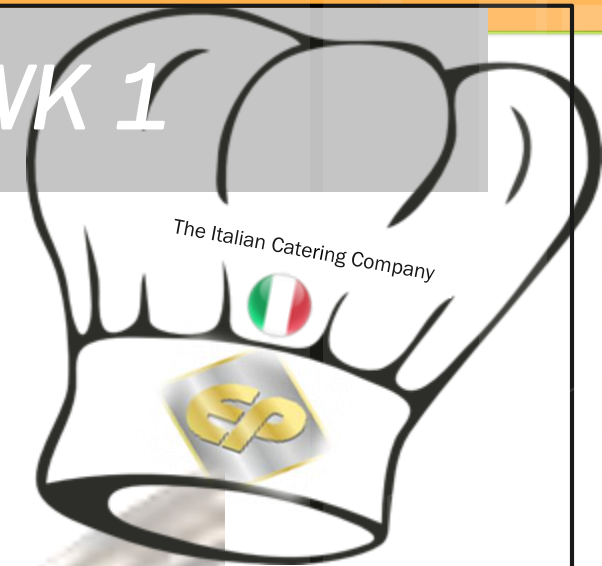
❖ Dessert

- ❖ Mohahalabiya

Menu for student with food allergies

- ❖ Vegetable fried rice

Wednesday WK 1



➤ PM Snacks

- American pancake with jam
- Vegetarian meal
- Whole wheat pizza – bell pepper, pineapple and black olives with cheese

Menu for student with food allergies:

- ❖ Whole banana

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✧ AM Snacks

- ✧ Holland waffle

Menu for student with food allergies:

- ✧ Fresh fruit cuts

❖ Lunch

- ❖ Chicken strip with baked potato wedges

❖ Dessert

- ❖ Fresh fruit cuts

Menu for student with food allergies:

- ❖ Steamed white rice with steamed mixed vegetables

Thursday WK 1



➤ PM Snacks

- Cucumber and carrot stick with shawarma bread and cream cube

Menu for student with food allergies:

- ❖ Whole apple fruit

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✧ AM Snacks

- ✧ Corn flakes with milk

Menu for student with food allergies:

- ✧ Fresh fruit cuts

❖ Lunch

- ❖ Pasta chicken alfredo with broccoli

❖ Dessert

- ❖ Apple muffins

Menu for student with food allergies:

- ❖ Vegetable fried rice

Sunday WK 2



➤ PM Snacks

- Whole wheat soft bun – cheese cube roast turkey and tomato
- Vegetarian meal
- Whole wheat soft bun- cheese cube, roasted marrow and sliced tomato

Menu for student with food allergies:

- ❖ Whole orange fruit

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✧ AM Snacks

- ✧ Whole wheat bread, cheese cube and chicken roast
- ✧ Pineapple wedges

Menu for student with food allergies:

- ✧ Fresh fruit cuts

❖ Lunch

- ❖ Fish finger with baked potato wedges
- ❖ Dessert
- ❖ American pancake with jam

Menu for student with food allergies:

- ❖ Steamed white rice with steamed mix vegetables

Monday WK 2



➤ PM Snacks

- Sweet potato wedges
- Vegetarian meal
- Macaroni pasta with ratatouille vegetables and white sauce

Menu for student with food allergies:

- Whole banana

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✧ AM Snacks

- ✧ Boiled egg, mini bun, banana

Menu for student with food allergies:

- ✧ Fresh fruit cuts

❖ Lunch

- ❖ Meat lasagna

- ❖ Dessert

- ❖ Custard pudding

Menu for student with food allergies:

- ❖ Vegetable fried rice

Tuesday WK 2



➤ PM Snacks

- Cheese sticks and vegetable crudité
- Vegetarian meal
- Wrap- grated cheddar cheese and tomato with lettuce and mayonnaise

Menu for student with food allergies:

- Fresh grape fruit

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✧ AM Snacks

- ✧ American waffle

Menu for student with food allergies:

- ✧ Fresh fruit cuts

❖ Lunch

- ❖ Crispy chicken tenders with baked potato wedges

- ❖ Dessert
- ❖ Fruit salad

Menu for student with food allergies:

- ❖ Steamed white rice with steamed mixed vegetables

Wednesday WK 2



➤ PM Snacks

- Cracker and cheese cube
- Vegetarian meal
- Cheese and tomato toasted sandwich

Menu for student with food allergies:

- ❖ Whole apple fruit

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✧ AM Snacks

- ✧ American pancake with jam

Menu for student with food allergies:

- ❖ Fresh fruit cuts

❖ Lunch

- ❖ Falafel pasta with triple cheese

❖ Dessert

- ❖ Carrot muffins

Menu for student with food allergies:

- ❖ Vegetable fried rice

Thursday WK 2



➤ PM Snacks

- Potato marbles with orange cubes

Menu for student with food allergies:

- ❖ Whole banana