

JANUARY

Monday	Tuesday	Wednesday	Thursday	Friday
8. Chicken soup with vegetables Banana	9. Kafta and potato with rice and cabbage salad Apple	10. Lazagna Cabbage salad Kiwi	11. Spinach and rice Custard	12. 3adas bi 7amod Baked potatoes Banana
15. Potato and meat stew with rice and cabbage salad Kiwi	16. Spaghetti Bolognese – no meat Cabbage salad Apple	17. Chicken with Rice Fattouch Muhallabieh	18. Shish Barak Banana	19. Moujadra Cabbage Salad Banana
22. Okra Stew Rice Cabbage and cucumber salad Apple	23. Green Beans Stew – no meat - with Rice Iceberg and cucumber salad Banana	24. Siyadieh Cabbage salad Riz bi 7alib	25. Hamburger served with potato wedges and coleslaw Apple	26. Makloubet Khodra with rice and cabbage salad
29. Nouille Cabbage salad Apple	30. Kibbe bil saynieh Cabbage salad Custard	31. Stuffed Zucchini with yoghurt Banana	1. Baked chicken and potatoes Cabbage Salad Kiwi	2. Makhoulta Fattouch Apple