



Lower Elementary Division

January 2020

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
			Potato stew Rice Banana	White sauce pasta Salad Kiwi
6	7	8	9	10
OFF	Chicken supreme Rice Apple	Pea stew Salad and rice Banana	Mulukhiya Rice Cake	Mujadara Salad Kiwi
13	14	15	16	17
Kafta and potato Rice Banana	Spaghetti Bolognese Salad Kiwi	Green bean stew Rice Turkish delight	Stuffed cabbage Yoghurt Cake	Lentil and chard soup Boiled potato sandwich Apple
20	21	22	23	24
Baked kibbeh Yoghurt Kiwi	Spinach stew Rice Banana	Burghol with meat Salad Jello	Chicken burger Salad Apple	Okra stew Rice Cake
27	28	29	30	3
Rice with meat Yoghurt Apple	White sauce pasta Salad Banana	Bean stew Rice Kiwi	Mulukhiya Rice Turkish delight	Vegetable stew Rice Apple

- Saturday, January 4, 2020: Burghol in tomato sauce, salad, and apple.