



Lower Elementary Division

November 2019

Monday	Tuesday	Wednesday	Thursday	Friday
4	5	6	7	8
		Pea stew Rice Apple	White sauce pasta Salad Turkish delight	Bean stew Rice and salad Banana
11	12	13	14	15
Kafta and potato Salad Apple	Chicken burger Salad Custard	Green bean stew Rice Banana	Mulukhiya Rice Kiwi	Mujaddara Salad Apple
18	19	20	21	22
Baked kibbeh Yoghurt Banana	Lentil and chard soup Potato sandwich Kiwi	Spaghetti Bolognese Salad Apple	Mulukhiya Rice Cake	Day Off
25	26	27	28	29
Chicken with baked potato Salad Kiwi	White sauce pasta Salad Banana	Okra stew Rice Rice pudding	Stuffed cabbage Yoghurt Cake	Burghol in tomato sauce Salad Apple