



Lower Elementary Division

Sept. /Oct. 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	Sept. 24 White sauce pasta Salad Banana	Sept. 25 Potato stew Rice and salad Melon	Sept. 26 Mulukhiya Turkish delight	Sept. 27 Mujaddara Salad Apple
Sept. 30 Chicken and baked potato + salad Jello	Oct. 01 Baked kibbeh Yoghurt Watermelon	02 Spaghetti Bolognese Salad Melon	03 Pizza Salad Cake	04 Burghol in tomato sauce + salad Apple
07 Kaffa and potato Rice and salad Banana	08 Chicken supreme Rice Apple	09 Green bean stew Rice and salad Mouhalabieh	10 Nouille Salad Melon	11 Vegetable stew Rice and salad Cake
14 Chicken with rice Salad Watermelon	15 Okra stew Rice and salad Jello	16 Shish barak Rice Banana	17 Chicken burger Potato wedges Apple	18 Bean stew Rice and salad Turkish delight
21 Baked kibbeh Yoghurt Apple	22 Pea stew Rice and salad Custard	23 Four-cheese pasta Salad Banana	24 Burghol with meat and chickpeas + salad Turkish delight	25 Lentil and chard soup Boiled potato Melon