

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>SNACK:</p> <ul style="list-style-type: none"> Cheese Kabab Raw Vegetables <p>LUNCH:</p> <ul style="list-style-type: none"> Zucchini stew & Rice Green Salad 	<p>SNACK:</p> <ul style="list-style-type: none"> Trail Mix Fruit Smoothie <p>LUNCH:</p> <ul style="list-style-type: none"> Mloukchieh with Rice Corn 	<p>SNACK:</p> <ul style="list-style-type: none"> Avocado Cookies Herbal Tea <p>LUNCH:</p> <ul style="list-style-type: none"> Mujadara Arabic Salad & yoghurt 	<p>SNACK:</p> <ul style="list-style-type: none"> Popcorn Fresh fruits Orange Juice <p>LUNCH:</p> <ul style="list-style-type: none"> Okra stew with rice Green Salad 	<p>SNACK:</p> <ul style="list-style-type: none"> Date Bars Orange Juice <p>LUNCH:</p> <ul style="list-style-type: none"> Pasta with fresh tomato
<p>SNACK:</p> <ul style="list-style-type: none"> Bread Sticks with fresh fruit & Dip Herbal tea <p>LUNCH:</p> <ul style="list-style-type: none"> Green Beans (Fasoulia Khadra) with Rice Arabic Salad 	<p>SNACK:</p> <ul style="list-style-type: none"> Granola with yoghurt and fruits <p>LUNCH:</p> <ul style="list-style-type: none"> Kabseh Stew (tomato sauce with herbs) and Rice yoghurt 	<p>SNACK:</p> <ul style="list-style-type: none"> Trail Mix Fruit Smoothie <p>LUNCH:</p> <ul style="list-style-type: none"> Arabic Pastries Fatooush 	<p>SNACK:</p> <ul style="list-style-type: none"> Fruit salad Hot Lemonade <p>LUNCH:</p> <ul style="list-style-type: none"> Potato & Vegetable Stew with Rice Green Salad 	<p>SNACK:</p> <ul style="list-style-type: none"> Orange Muffin Orange Juice <p>LUNCH:</p> <ul style="list-style-type: none"> Vegetables Sushi Corn
<p>SNACK:</p> <ul style="list-style-type: none"> Chia & Oatmeal Cookies Orange Juice <p>LUNCH:</p> <ul style="list-style-type: none"> Spinach stew with Rice Fattoush Salad 	<p>SNACK:</p> <ul style="list-style-type: none"> Fruit kabab Hot lemonade <p>LUNCH:</p> <ul style="list-style-type: none"> Potato & egg frittata (Mufarakeh) Arabic salad 	<p>SNACK:</p> <ul style="list-style-type: none"> French Toast with Honey Herbal Tea <p>LUNCH:</p> <ul style="list-style-type: none"> Okra stew with rice Green salad 	<p>SNACK:</p> <ul style="list-style-type: none"> Dates & Fruits Orange Juice <p>LUNCH:</p> <ul style="list-style-type: none"> White beans (Fasoulia Baida) with rice 	<p>SNACK:</p> <ul style="list-style-type: none"> Trail Mix Hot Cacao <p>LUNCH:</p> <ul style="list-style-type: none"> Veggie Burger Potato wedges
<p>SNACK:</p> <ul style="list-style-type: none"> Date Bars Herbal Tea <p>LUNCH:</p> <ul style="list-style-type: none"> Freekeh Soup Beetroot & spinach salad 	<p>SNACK:</p> <ul style="list-style-type: none"> Fruit Salad Hot lemonade <p>LUNCH:</p> <ul style="list-style-type: none"> Green Pea & Carrot stew with Rice 	<p>SNACK:</p> <ul style="list-style-type: none"> Pudding Custard biscuit Herbal Tea <p>LUNCH:</p> <ul style="list-style-type: none"> Mloukchieh with Rice Corn 	<p>SNACK:</p> <ul style="list-style-type: none"> Cheese & Fruit sticks Herbal Tea <p>LUNCH:</p> <ul style="list-style-type: none"> Ouzi (Green peas, and Rice) Yoghurt 	<p>SNACK:</p> <ul style="list-style-type: none"> Trail Mix Hot Cacao <p>LUNCH:</p> <ul style="list-style-type: none"> Falafel & Hummus. Tabbouleh

ECOKIDS KINDERGARTEN MENU - FEBRUARY & MARCH 2020