



KIDS BOX MENU

kids should get at least 60 minutes of moderate intensity physical activity 7 days / week

	Breakfast	Lunch (Optional)	Sweet	Vegetables	Fruits
Sunday	sandwich labne w olives in sammoun bread	mashawi platter : chicken taouk kafta homos arabic bread	opera cake : chocolate cake	box of cherry tomato	fruit salad
	fatayer brown cheese	stew green beans	fruit yogurt		
Monday	sandwich halloum in sammoun bread	tagliatelle verde w chicken & asparagus	sable jam	carrot sticks w homos dip	banana
	fatayer zaatar	koushari	rice pudding		
Tuesday	sandwich rainbow : turkey lettuce cheese cucumber olives corn	kibbe beef w yogurt (contains pineseed)	banana cake	sliced cucumbers	orange slices
	milk & cornflakes w dried fruits	ravioli cheese	custard vanilla w gello		
Wednesday	croissant cheese	grilled chicken w mashed potato	lazy cake : chocolate w biscuit	seedless olives plus cherry tomato	kiwi slices
	oat poridge : raisins milk oats	kawaj w rice vermicelli : zucchini potato carrots eggplant chickpeas w tomato sauce	mohalabia		
Thursday	fatayer cocktail : thyme & cheese	grilled steak w potato cubes	tropical pound cake : fruit cake	cucumber sticks w beetroot homos	box of seedless grapes
	sandwich brown cheese in slice bread	colored pasta w tomato sauce	custard chocolate		