

Kindergarten meal menu for 2022-2023 for public schools

Allergic



Gluten



Dairy



Eggs



Soy



Fish

Notes: - (Flour should be 50% brown and 50% white)-(no more than 0.5 g salt / 100 g in flour)-(Chicken Bone less always and chicken breast) prices 7

Day	Product	Week 1	Week 2	Week 3	Week 4
Energy Monday	Main Dish	vegetable pizza, cheese mankeesh	labnah fatyer, zatar fatayer	Cheese Tomato Twists	Cheese Cucumber sandwich
	Vegetables	Carrots	Peas & Corn	Carrots Cucumber stickes	Cucumber
	Fresh Fruits	Banana	Apple wedges	Mandarine	Pear
	Water	Water	Water	Water	Water
	Dairy	Fresh Milk 250 ml	Fresh Milk 250 ml	Fresh Milk 250 ml	Fresh Milk 250 ml
Emirate Tuesday	Main Dish	labnah fatyer, zatar fatayer	Homemade Mini Beef Burger slider	vegetable pizza, cheese mankeesh	Vegetables Pizza
	Sancks	Vegetables Muffen	Jbab with honey 2pcs (جباب)	Wheat grain Biscuits and fruit oats	Biscuits Date
	Fresh Fruits	Apple wedges	Mandarine	Pear	Banana
	Water	Water	Water	Water	Water
	Dairy	Laban Drink plain	Laban Drink plain	Laban Drink plain	Laban Drink plain
BakeryDay Wednesday	Main Dish	Vegetables Pizza	Cheese Manakish	Labneh& Zaatar Fatayer	Cheese Tomato Twists
	Vegetables	Peas & Corn	Carrots cut	Cucumber cut	Carrots Cucumber stickes
	Fresh Fruits	Mandarine	Pear	Banana	Apple wedges
	Water	Water	Water	Water	Water
	Fruit Juice 100%	Juice 100% fruit	Juice 100% fruit	Juice 100% fruit	Juice 100% fruit
Vege Thursday	Main Dish	Cheese Cucumber sandwich	labnah fatyer, zatar fatayer	Labneh& Mint sandwich	labnah fatyer, zatar fatayer
	Vegetables	Cucumber	Carrots Cucumber stickes	Carrots	Peas & Corn
	Fresh Fruits	Pear	Banana	Apple wedges	Mandarine
	Water	Water	Water	Water	Water
	Dairy	Fresh Milk 250 ml	Fresh Milk 250 ml	Fresh Milk 250 ml	Fresh Milk 250 ml
Light Friday	Cornflakes 40 gm	Cornflakes 40 gm	Cornflakes 40 gm	Cornflakes 40 gm	Cornflakes 40 gm
	Vegetable Pie	Vegetables Pie	Vegetables Puff	Vegetables Quiche	Vegetables Fatayer
	Fresh Fruits	Banana	Apple wedges	Mandarine	Pear
	Water	Water	Water	Water	Water
	Dairy	Date milk	Date milk	Date milk	Date milk