









WEEK ONE

BREAKFAST

DAYS

Monday Falafel Sandwich + Tabbouleh Fajita Sandwich + Fruit Salad

Tuesday

Haloumi Sandwich + Caesar Salad

Cheese Manakish + Fattoush Salad

Wednesday

Twister Sandwich + Green Salad

Vegetable Pizza + Caesar Salad

Thursday
Francesco Sandwich + Veggie Box
Croissant + Turkey + Cheese



LUNCH

DAYS

Monday Chicken Pasta + Veggie Box

Chicken Biryani + Fattoush Salad-Dawad basha

Tuesday

Koshary + Green Salad

Vegetable Pasta + Fruit Salad - Peas with carrots

Wednesday

Vegetable Noodles + Stuffed grape Leaves

Grilled Chicken + Veggie - Dawod basha

Thursday
Twister Sandwich + Green Salad

Vegetable Pizza + Caesar Salad - Burger - Potato wedges











WEEK TWO

BREAKFAST

DAYS

Monday BBQ Sandwich + Tabbouleh

Cheese and Thyme Manakish + Fruit Salad

Tuesday Halloumi Sandwich + Caesar

Croissant + Turkey + Cheese

Wednesday
Twister Sandwich + Green Salad

Vegetable Pizza + Caesar Salad

Thursday
Falafel Sandwich + Vegetable Can + Ayran

Croissant with Thyme + Greek Salad

WEEK TWO

LUNCH

DAYS

Monday Chicken Pasta + Vegetable Can

Koshary + Green Salad - White beans

Tuesday Mashawe Mixd + Tahina

Vegetable Pasta + Fruit Salad - Peas with carrots

Wednesday

Vegetable Noodles + Stuffed grape Leaves + Ayran

Grilled Chicken + Vegetable Can

Thursday

Arabic Shawarma + Fattoush Salad

Mandi +Laban + Stuffed grape Leaves - Potato wedges











WEEK THREE

BREAKFAST

DAYS

Monday Falafel Sandwich + Tabbouleh Fajita Sandwich + Fruit Salad

Tuesday

Haloumi Sandwich + Caesar Salad

Cheese Manakish + Fattoush Salad

Wednesday
Twister Sandwich + Green Salad
Vegetable Pizza + Caesar Salad

Thursday
Francesco Sandwich + Veggie Box
Labneh & Zatar Manakish + Greek Salad



LUNCH

DAYS

Monday Chicken Pasta + Veggie Box

Chicken Biryani + Fattoush Salad - Molokhia

Tuesday

Koshary + Green Salad + Tomato sauce

Vegetable Pasta + Fruit Salad - White beans

Wednesday

Vegetable Noodles + Stuffed grape Leaves

Mashawi Mix + Tahina

Thursday
Twister Sandwich + hommos

Vegetable Pizza + Caesar Salad - Burger- Potato wedges











WEEK FOUR

BREAKFAST

DAYS

Monday BBQ Sandwich + Tabbouleh

Cheese and Thyme Manakish + Fruit Salad

Tuesday Halloumi Sandwich + Caesar Salad

Labneh and Thyme Manakish + Fattoush Salad

Wednesday
Twister Sandwich + Green Salad

Vegetable Pizza + Caesar Salad

Thursday
Falafel Sandwich + Vegetable Can

Croissant with Thyme + Greek Salad

WEEK FOUR

LUNCH

DAYS

Monday Chicken Pasta + Vegetable Can

Koshary + Green Salad + Tomato Sauce

Tuesday Chicken Mandi + Tabbouleh

Maalouba + Fruit Salad - Dawod basha

Wednesday

Vegetable Noodles + Stuffed grape Leaves

Mashawi Mix + Tahina - White beans

Thursday Mansaf + Fattoush Salad

Chicken Pizza + Stuffed grape Leaves- Burger- Potato wedges