



GGN Menu- Morning Snack and Lunch

WEEK 1						
	Monday	Tuesday	Wednesday	Thursday	Friday	
MORNING	Planned to provide 20% of a child's daily nutritional requirements Drink: Water Only					
	Snack	brown bread with cheese or zaatar	apple and mandarine	banana bread	scrambled egg and apple	fruit salad
LUNCH	Planned to provide 30% of a child's daily nutritional requirements Drink: Water Only					
	Salad	yoghurt and cucumber	lettuce and tomatoes	tabbouleh	capsicum and tomatoes	cucumber and tomato
	Soup	carrot	lentil	ima	zucchini	vegetable
	Main Dish	Moujadara	mixed vegetables with sauce	fish finger with vegetables	zucchini with meat	Pasta day (plain)
AFTERNOON	Planned to provide 10% of a child's nutritional requirements. Drink: Water					
		banana and seasonal fruits	banana bread	apple and orange	carrots and cucumber sticks with labneh	rice crackers and fruits
AFTERNOON	Planned to provide 20% of a child's nutritional requirements. Drink: Water					
		carrots and cucumber sticks and labneh	apple and orange	Rice craker & fruits	yoghurt and banana	seasonal fruits

WEEK 5						
	Monday	Tuesday	Wednesday	Thursday	Friday	
MORNING	Planned to provide 20% of a child's daily nutritional requirements Drink: Water Only					
	Snack	scrambled egg with banana	brown bread with zaatar and cream cheese	apple and orange	pancake	fruit salad
LUNCH	Planned to provide 30% of a child's daily nutritional requirements Drink: Water Only					
	Salad	capsicum and lettuce	cucumber and tomatoe	yoghurt and cucumber	tomatoe and capsicum	tabbouleh
	Soup	carrot	ima	pumpkin	lentil	vegetable
	Main Dish	spinach with meat	Fish finger with vegetables	burghul	meatballs with sauce	pasta day (plain)
AFTERNOON	Planned to provide 10% of a child's nutritional requirements					
		apple and mandarine	carrots and cucumber sticks and labneh	pitta bread and hummus	Yoghurt & apple	rice crackers and fruits
AFTERNOON	Planned to provide 20% of a child's nutritional requirements					
		carrots and cucumber sticks and labneh	apple and orange	Rice craker & fruits	yoghurt and banana	seasonal fruits

WEEK 2						
	Monday	Tuesday	Wednesday	Thursday	Friday	
MORNING	Planned to provide 20% of a child's daily nutritional requirements Drink: Water Only					
	Snack	Arabic bread wrap with cream cheese/ labneh	banana and seasonal fruits	carrots cake	apple and orange	fruit salad
LUNCH	Planned to provide 30% of a child's daily nutritional requirements Drink: Water Only					
	Salad	yoghurt and cucumber	lettuce and cucumber	tomatoe and cucumber	capsicum and tomato	
	Soup	pumpkin	tomatoe vermicelli	lentil	carrot	vegetables
	Main Dish	Burghul	pumpkin kibbeh	power pizza	spinach with meat	Pasta Day (red sauce)
AFTERNOON	Planned to provide 10% of a child's nutritional requirements Drink: Water					
		small banana and seasonal fruits	carrots cake	Mandarin & apples	cucumber and carrots sticks with Labneh	rice crackers and fruits
AFTERNOON	Planned to provide 20% of a child's nutritional requirements. Drink: Water					
		Small banana and seasonal fruits	Rice craker & fruits	carrots and cucumber sticks and labneh	Yoghurt and apple slices	apple and mandarine

WEEK 6						
	Monday	Tuesday	Wednesday	Thursday	Friday	
MORNING	Planned to provide 20% of a child's daily nutritional requirements Drink: Water Only					
	Snack	banana and seasonal fruits	arabic wrap with cream cheese and zaatar	apple and mandarine	Banana bread	fruit salad
LUNCH	Planned to provide 30% of a child's daily nutritional requirements Drink: Water Only					
	Salad	yoghurt and cucumber	fattoush	lettuce and capsicum	tomatoe and cucumber	tomatoe and capsicum
	Soup	zucchini	carrot	tomatoe vermicelli	lentil	vegetable
	Main Dish	moujadara	Power pizza	pumpkin kibbeh	mix vegetables with sauce	Pasta day (red Sauce)
AFTERNOON	Planned to provide 10% of a child's nutritional requirements					
		apple and orange	yoghurt and banana	banana bread	rice crackers and fruits	carrots and cucumber sticks and labneh
AFTERNOON	Planned to provide 20% of a child's nutritional requirements					
		Small banana and seasonal fruits	Rice craker & fruits	carrots and cucumber sticks and labneh	Yoghurt and apple slices	apple and mandarine

WEEK 3						
	Monday	Tuesday	Wednesday	Thursday	Friday	
MORNING	Planned to provide 20% of a child's daily nutritional requirements Drink: Water Only					
	Snack	brown bread with cheese or zaatar	apple and orange	banana pancake	Scrambled Egg and apple	fruit salad
LUNCH	Planned to provide 30% of a child's daily nutritional requirements Drink: Water Only					
	Salad	lettuce and tomatoe	fattoush	yoghurt with cucumber	lettuce and tomatoes	tomato and capsicum
	Soup	ima	pumpkin	lentil	vegetables	carrots
	Main Dish	fish finger with vegetables	Meatballs with sauce	batata bil sanyeh	mixed vegetables with sauce	Pasta day (plain)
AFTERNOON	Planned to provide 10% of a child's nutritional requirements. Drink: Water					
		banana and seasonal fruits	pitta bread and hummus	apple and orange	Rice cracker & fruits	Cucumber and carrots sticks with labneh
AFTERNOON	Planned to provide 20% of a child's nutritional requirements. Drink: Water					
		Rice craker & fruits	Banana & yoghurt	Seasonal fruit and plain yoghurt	cucumber and carrots with labneh	fruit salad

WEEK 7						
	Monday	Tuesday	Wednesday	Thursday	Friday	
MORNING	Planned to provide 20% of a child's daily nutritional requirements Drink: Water Only					
	Snack	scrambled egg with apple	brown bread with cream cheese and zaatar	apple and orange	sugar free lemon cake	fruit salad
LUNCH	Planned to provide 30% of a child's daily nutritional requirements Drink: Water Only					
	Salad	tomato and lettuce	lettuce and capsicum	tomato and cucumber	cucumber and yoghurt	capsicum and cucumber
	Soup	pumpkin	ima	zucchini	carrot	lentil
	Main Dish	mulukiya	Fish finger with vegetables	loubieh with meat	batata bil sanyeh	Pasta Day (Plain)
AFTERNOON	Planned to provide 10% of a child's nutritional requirements					
		apple and mandarine	seasonal fruits	sugar free lemon cake	carrots and cucumber sticks and labneh	yoghurt and apple
AFTERNOON	Planned to provide 20% of a child's nutritional requirements					
		Rice craker & fruits	Banana & yoghurt	Seasonal fruit and plain yoghurt	cucumber and carrots with labneh	fruit salad

WEEK 4						
	Monday	Tuesday	Wednesday	Thursday	Friday	
MORNING	Planned to provide 20% of a child's daily nutritional requirements Drink: Water Only					
	Snack	Arabic bread wrap with cream cheese/ labneh	banana and seasonal fruits	sugar free lemon cake	mandarine and apple	fruit salad
LUNCH	Planned to provide 30% of a child's daily nutritional requirements Drink: Water Only					
	Salad	tomato and lettuce	capsicum and cucumber	lettuce and cucumber	cucumber and capsicum	tomatoe and cucumber
	Soup	lentil	ima	pumkin	mixed vegetables	tomatoe vermicelli
	Main Dish	mulukiya	power pizza	loubieh with meat	Beef Kibbeh	Pasta Day (red sauce)
AFTERNOON	Planned to provide 10% of a child's nutritional requirements. Drink: water					
		banana and Seasonal fruits	sugar free lemon cake	Rice cracker & fruits	Carrot and cucumber sticks with labneh	Orange & apples
AFTERNOON	Planned to provide 20% of a child's nutritional requirements. Drink Water					
		Banana and Yoghurt	cucumber and carrots with labneh	Rice craker & fruits	Seasonal fruits	fruit salad

WEEK 8						
	Monday	Tuesday	Wednesday	Thursday	Friday	
MORNING	Planned to provide 20% of a child's daily nutritional requirements Drink: Water Only					
	Snack	banana and seasonal fruits	arabic wrap with cream cheese and zaatar	apple and mandarine	carrot cake	fruit salad
LUNCH	Planned to provide 30% of a child's daily nutritional requirements Drink: Water Only					
	Salad	tomato and cucumber	carrots and cucumber	lettuce and tomato	cucumber and capsicum	yoghurt and cucumber
	Soup	pumpkin	ima	vegetable	tomato vermicelli	zucchini
	Main Dish	mix vegetables with sauce	Power pizza	zucchini with meat	beef kibbeh	pasta day (red sauce)
AFTERNOON	Planned to provide 10% of a child's nutritional requirements					
		apples and orange	Seasonal fruits	carrot cake	Rice cracker & fruits	carrots and cucumber sticks and labneh
AFTERNOON	Planned to provide 20% of a child's nutritional requirements					
		Banana and Yoghurt	cucumber and carrots with labneh	Rice craker & fruits	Seasonal fruits	fruit salad

*Fresh drinking water must be available and accessible at all times.

DISH	DESCRIPTION
Moujadara	Lentils, onions & rice
Ima	Meatball & rice/ soup
Batata bil Sariyeh	Shepherd's pie
Beef Kibbeh	Minced Meat Pie
Mulukiya with minced beef	Green jute leaves stew with minced meat

These menus have been developed to ensure the nutritional requirements of infants and children from six months up to five years have been met. These requirements have been derived from average energy requirements and Dietary Reference Values for infants and children aged six months – four years. This includes children up to their fifth birthday and covers the age range for which food is typically provided in early years settings.



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WEEK 1						
	Monday	Tuesday	Wednesday	Thursday	Friday	
MORNING	Planned to provide 20% of a child's daily nutritional requirements Drink: Water Only					
	Snack	brown bread with cheese or zaatar	carrot & cucumber with yoghurt	orange and apple	Banana Bread	fruit salad
LUNCH	Planned to provide 30% of a child's daily nutritional requirements Drink: Water Only					
	Salad	yoghurt and cucumber	lettuce and tomatoes	tabbouleh	capsicum and tomatoes	cucumber and tomato
	Soup	carrot	ima	lentil	vegetable	pumpkin
	Main Dish	Moujadara	Power Pizza	mixed veg with sauce	mulukhiya with meat	Pasta day
AFTERNOON	Planned to provide 10% of a child's nutritional requirements. Drink: Water					
		Fruit salad	yoghurt and mandarin	banana bread	carrots sticks and labneh	rice crackers and fruits
AFTERNOON	Planned to provide 20% of a child's nutritional requirements. Drink: Water					
		Greek yoghurt with banana	Carrot sticks with labnah	rice crackers	yoghurt and banana	seasonal fruits

WEEK 5						
	Monday	Tuesday	Wednesday	Thursday	Friday	
MORNING	Planned to provide 20% of a child's daily nutritional requirements Drink: Water Only					
	Snack	brown bread with cheese or zaatar	carrot & cucumber with yoghurt	orange and apple	Banana Bread	fruit salad
LUNCH	Planned to provide 30% of a child's daily nutritional requirements Drink: Water Only					
	Salad	yoghurt and cucumber	lettuce and tomatoes	tabbouleh	capsicum and tomatoes	cucumber and tomato
	Soup	carrot	ima	lentil	vegetable	pumpkin
	Main Dish	Moujadara	Power Pizza	mixed veg with sauce	mulukhiya with meat	Pasta day (Tomatoe Sauce)
AFTERNOON	Planned to provide 10% of a child's nutritional requirements. Drink: Water					
		Fruit salad	yoghurt and mandarin	banana bread	carrots sticks and labneh	rice crackers and fruits
AFTERNOON	Planned to provide 20% of a child's nutritional requirements. Drink: Water					
		Greek yoghurt with banana	Carrot sticks with labnah	rice crackers	yoghurt and banana	seasonal fruits

WEEK 2						
	Monday	Tuesday	Wednesday	Thursday	Friday	
MORNING	Planned to provide 20% of a child's daily nutritional requirements Drink: Water Only					
	Snack	Arabic bread wrap with cream cheese/ labneh	carrots and pepper sticks	carrots cake	Yoghurt and Banana Slices	fruit salad
LUNCH	Planned to provide 30% of a child's daily nutritional requirements Drink: Water Only					
	Salad	tomato and lettuce	capsicum and tomatoes	yoghurt and cucumber	carrots and cucumber	capsicum and tomato
	Soup	zucchini	pumpkin	lentil	vegetable	carrot
	Main Dish	Burghul	Spinach with meat	pumpkin kibbeh	Zucchini with meat	Pasta Day
AFTERNOON	Planned to provide 10% of a child's nutritional requirements. Drink: Water					
		small banana and seasonal fruits	carrots cake	Mandarin & apples	cucumber and Labneh	Fruit salad
AFTERNOON	Planned to provide 20% of a child's nutritional requirements. Drink: Water					
		Yoghurt with cucumber	Small banana and seasonal fruits	Rice craker & fruits	Yoghurt and apple slices	apple and mandarin

WEEK 6						
	Monday	Tuesday	Wednesday	Thursday	Friday	
MORNING	Planned to provide 20% of a child's daily nutritional requirements Drink: Water Only					
	Snack	Arabic bread wrap with cream cheese/ labneh	carrots and pepper sticks	carrots cake	Yoghurt and Banana Slices	fruit salad
LUNCH	Planned to provide 30% of a child's daily nutritional requirements Drink: Water Only					
	Salad	tomato and lettuce	capsicum and tomatoes	yoghurt and cucumber	carrots and cucumber	capsicum and tomato
	Soup	zucchini	pumpkin	lentil	vegetable	carrot
	Main Dish	Burghul	Spinach with meat	pumpkin kibbeh	Zucchini with meat	Pasta Day
AFTERNOON	Planned to provide 10% of a child's nutritional requirements. Drink: Water					
		small banana and seasonal fruits	carrots cake	Mandarin & apples	cucumber and Labneh	Fruit salad
AFTERNOON	Planned to provide 20% of a child's nutritional requirements. Drink: Water					
		Yoghurt with cucumber	Small banana and seasonal fruits	Rice craker & fruits	Yoghurt and apple slices	apple and mandarin

WEEK 3						
	Monday	Tuesday	Wednesday	Thursday	Friday	
MORNING	Planned to provide 20% of a child's daily nutritional requirements Drink: Water Only					
	Snack	brown bread with cheese or zaatar	Small banana and seasonal fruits	Banana pancake	Scrambled Egg	fruit salad
LUNCH	Planned to provide 30% of a child's daily nutritional requirements Drink: Water Only					
	Salad	capsicum and cucumber	fattoush	yoghurt and cucumber		tomato and cucumber
	Soup	carrot	vegetable	ima	zucchini	pumpkin
	Main Dish	Meatballs with sauce	Beans with Sauce	Beef Kibbeh	batata bil sanyeh	Pasta day
AFTERNOON	Planned to provide 10% of a child's nutritional requirements. Drink: Water					
		Arabic wrap with cheese and cucumber	Carrot sticks with labneh	Pitta bread with hummus	Rice cracker & fruits	Cucumber sticks with labneh
AFTERNOON	Planned to provide 20% of a child's nutritional requirements. Drink: Water					
		Mandarin & apples	Banana & yoghurt	Seasonal fruit and plain yoghurt	Yoghurt and Carrots sticks	fruit salad

WEEK 7						
	Monday	Tuesday	Wednesday	Thursday	Friday	
MORNING	Planned to provide 20% of a child's daily nutritional requirements Drink: Water Only					
	Snack	brown bread with cheese or zaatar	Small banana and seasonal fruits	Banana pancake	Scrambled Egg	fruit salad
LUNCH	Planned to provide 30% of a child's daily nutritional requirements Drink: Water Only					
	Salad	capsicum and cucumber	fattoush	yoghurt and cucumber		tomato and cucumber
	Soup	carrot	vegetable	ima	zucchini	pumpkin
	Main Dish	Meatballs with sauce	Beans with Sauce	Beef Kibbeh	batata bil sanyeh	Pasta day
AFTERNOON	Planned to provide 10% of a child's nutritional requirements. Drink: Water					
		Arabic wrap with cheese and cucumber	Carrot sticks with labneh	Pitta bread with hummus	Rice cracker & fruits	Cucumber sticks with labneh
AFTERNOON	Planned to provide 20% of a child's nutritional requirements. Drink: Water					
		Mandarin & apples	Banana & yoghurt	Seasonal fruit and plain yoghurt	Yoghurt and Carrots sticks	fruit salad

WEEK 4						
	Monday	Tuesday	Wednesday	Thursday	Friday	
MORNING	Planned to provide 20% of a child's daily nutritional requirements Drink: Water Only					
	Snack	Arabic bread wrap with cream cheese/ labneh	banana and seasonal fruits	sugar free lemon cake	orange and apple	fruit salad
LUNCH	Planned to provide 30% of a child's daily nutritional requirements Drink: Water Only					
	Salad	tomato and lettuce	capsicum and cucumber	yoghurt and cucumber	tomato and cucumber	carrots and cucumber
	Soup	lentil	tomato and vermicelli	vegetable	carrot	pumkin
	Main Dish	Fish finger with vegetables	Green beans with sauce	loubieh with meat	mulukhiya	Pasta Day
AFTERNOON	Planned to provide 10% of a child's nutritional requirements. Drink: water					
		Labneh and soft Toast bread	sugar free lemon cake	Rice cracker & juice	Carrot sticks with labneh	Orange & apples
AFTERNOON	Planned to provide 20% of a child's nutritional requirements. Drink Water					
		Banana and Yoghurt	Yoghurt & cucumber	Fruit salad	Seasonal fruits	Orange & apples

WEEK 8						
	Monday	Tuesday	Wednesday	Thursday	Friday	
MORNING	Planned to provide 20% of a child's daily nutritional requirements Drink: Water Only					
	Snack	Arabic bread wrap with cream cheese/ labneh	banana and seasonal fruits	sugar free lemon cake	orange and apple	fruit salad
LUNCH	Planned to provide 30% of a child's daily nutritional requirements Drink: Water Only					
	Salad	tomato and lettuce	capsicum and cucumber	yoghurt and cucumber	tomato and cucumber	carrots and cucumber
	Soup	lentil	tomato and vermicelli	vegetable	carrot	pumkin
	Main Dish	Fish finger with vegetables	Green beans with sauce	loubieh with meat	mulukhiya	Pasta Day
AFTERNOON	Planned to provide 10% of a child's nutritional requirements. Drink: water					
		Labneh and soft Toast bread	sugar free lemon cake	Rice cracker & juice	Carrot sticks with labneh	Orange & apples
AFTERNOON	Planned to provide 20% of a child's nutritional requirements. Drink Water					
		Banana and Yoghurt	Yoghurt & cucumber	Fruit salad	Seasonal fruits	Orange & apples

*Fresh drinking water must be available and accessible at all times.

DISH	DESCRIPTION
Moujadara	Lentils, onions & rice
Ima	Meatball & rice soup
Batata bil Sariyeh	Shepherd's pie
Beef Kibbeh	Minced Meat Pie
Mulukhiya with minced beef	Green jute leaves stew with minced meat

These menus have been developed to ensure the nutritional requirements of infants and children from six months up to five years have been met. These requirements have been derived from average energy requirements and Dietary Reference Values for infants and children aged six months – four years. This includes children up to their fifth birthday and covers the age range for which food is typically provided in early years settings.



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WEEK 1						
	Monday	Tuesday	Wednesday	Thursday	Friday	
MORNING	Planned to provide 20% of a child's daily nutritional requirements Drink: Water Only					
	Snack	brown bread with cheese or zaatar	apple and mandarine	banana bread	scrambled egg and apple	fruit salad
	Planned to provide 30% of a child's daily nutritional requirements Drink: Water Only					
	Salad	yoghurt and cucumber	lettuce and tomatoes	tabbouleh	capsicum and tomatoes	cucumber and tomato
	Soup	carrot	lentil	ima	zucchini	vegetable
LUNCH	Main Dish	Moujadara	mixed vegetables with sauce	fish finger with vegetables	zucchini with meat	Pasta day (plain)
	Served with		rice		rice	
	Planned to provide 10% of a child's nutritional requirements. Drink: Water					
AFTERNOON		banana and seasonal fruits	banana bread	apple and orange	carrots and cucumber sticks with labneh	rice crackers and fruits
	Planned to provide 20% of a child's nutritional requirements. Drink: Water					
		carrots and cucumber sticks and labneh	apple and orange	Rice craker & fruits	yoghurt and banana	seasonal fruits

WEEK 5						
	Monday	Tuesday	Wednesday	Thursday	Friday	
MORNING	Planned to provide 20% of a child's daily nutritional requirements Drink: Water Only					
	Snack	brown bread with cheese or zaatar	apple and mandarine	banana bread	scrambled egg and apple	fruit salad
	Planned to provide 30% of a child's daily nutritional requirements Drink: Water Only					
	Salad	yoghurt and cucumber	lettuce and tomatoes	tabbouleh	capsicum and tomatoes	cucumber and tomato
	Soup	carrot	lentil	ima	zucchini	vegetable
LUNCH	Main Dish	Moujadara	mixed vegetables with sauce	fish finger with vegetables	zucchini with meat	Pasta day (plain)
	Served with		rice		rice	
	Planned to provide 10% of a child's nutritional requirements. Drink: Water					
AFTERNOON		banana and seasonal fruits	banana bread	apple and orange	carrots and cucumber sticks and labneh	rice crackers and fruits
	Planned to provide 20% of a child's nutritional requirements. Drink: Water					
		carrots and cucumber sticks and labneh	apple and orange	Rice craker & fruits	yoghurt and banana	seasonal fruits

WEEK 2						
	Monday	Tuesday	Wednesday	Thursday	Friday	
MORNING	Planned to provide 20% of a child's daily nutritional requirements Drink: Water Only					
	Snack	Arabic bread wrap with cream cheese/ labneh	banana and seasonal fruits	carrots cake	apple and orange	fruit salad
	Planned to provide 30% of a child's daily nutritional requirements Drink: Water Only					
	Salad	yoghurt and cucumber	lettuce and cucumber	lettuce and cucumber	tomato and cucumber	capsicum and tomato
	Soup	pumpkin	tomatoe vermicelli	lentil	carrot	vegetables
LUNCH	Main Dish	Burghul	pumpkin kibbeh	power pizza	spinach with meat	Pasta Day (red sauce)
	Served with		rice		rice	
	Planned to provide 10% of a child's nutritional requirements. Drink: Water					
AFTERNOON		small banana and seasonal fruits	carrots cake	Mandarin & apples	cucumber and carrots sticks with Labneh	rice crackers and fruits
	Planned to provide 20% of a child's nutritional requirements. Drink: Water					
		Small banana and seasonal fruits	Rice craker & fruits	carrots and cucumber sticks and labneh	Yoghurt and apple slices	apple and mandarine

WEEK 6						
	Monday	Tuesday	Wednesday	Thursday	Friday	
MORNING	Planned to provide 20% of a child's daily nutritional requirements Drink: Water Only					
	Snack	Arabic bread wrap with cream cheese/ labneh	banana and seasonal fruits	carrots cake	apple and orange	fruit salad
	Planned to provide 30% of a child's daily nutritional requirements Drink: Water Only					
	Salad	yoghurt and cucumber	lettuce and cucumber	lettuce and cucumber	tomatoe and cucumber	capsicum and tomato
	Soup	pumpkin	tomatoe vermicelli	lentil	carrot	vegetables
LUNCH	Main Dish	Burghul	pumpkin kibbeh	power pizza	spinach with meat	Pasta Day (red sauce)
	Served with		rice		rice	
	Planned to provide 10% of a child's nutritional requirements. Drink: Water					
AFTERNOON		small banana and seasonal fruits	carrots cake	Mandarin & apples	cucumber and carrots sticks with Labneh	rice crackers and fruits
	Planned to provide 20% of a child's nutritional requirements. Drink: Water					
		Small banana and seasonal fruits	Rice craker & fruits	carrots and cucumber sticks and labneh	Yoghurt and apple slices	apple and mandarine

WEEK 3						
	Monday	Tuesday	Wednesday	Thursday	Friday	
MORNING	Planned to provide 20% of a child's daily nutritional requirements Drink: Water Only					
	Snack	brown bread with cheese or zaatar	apple and orange	banana pancake	Scrambled Egg and apple	fruit salad
	Planned to provide 30% of a child's daily nutritional requirements Drink: Water Only					
	Salad	lettuce and tomatoe	fattoush	yoghurt with cucumber	lettuce and tomatoes	tomato and capsicum
	Soup	ima	pumpkin	lentil	mixed vegetables	carrots
LUNCH	Main Dish	fish finger with vegetables	Meatballs with sauce	batata bil saniyeh	mixed vegetables with sauce	Pasta day (plain)
	Served with	rice		rice		
	Planned to provide 10% of a child's nutritional requirements. Drink: Water					
AFTERNOON		banana and seasonal fruits	pitta bread and hummus	apple and orange	Rice cracker & fruits	Cucumber and carrots sticks with labneh
	Planned to provide 20% of a child's nutritional requirements. Drink: Water					
		Rice craker & fruits	Banana & yoghurt	Seasonal fruit and plain yoghurt	cucumber and carrots with labneh	fruit salad

WEEK 7						
	Monday	Tuesday	Wednesday	Thursday	Friday	
MORNING	Planned to provide 20% of a child's daily nutritional requirements Drink: Water Only					
	Snack	brown bread with cheese or zaatar	apple and orange	banana pancake	Scrambled Egg and apple	fruit salad
	Planned to provide 30% of a child's daily nutritional requirements Drink: Water Only					
	Salad	lettuce and tomatoe	fattoush	yoghurt with cucumber	lettuce and tomatoes	tomato and capsicum
	Soup	ima	pumpkin	lentil	mixed vegetables	carrots
LUNCH	Main Dish	fish finger with vegetables	Meatballs with sauce	batata bil saniyeh	mixed vegetables with sauce	Pasta day (plain)
	Served with	rice		rice		
	Planned to provide 10% of a child's nutritional requirements. Drink: Water					
AFTERNOON		banana and seasonal fruits	pitta bread and hummus	apple and orange	Rice cracker & fruits	Cucumber and carrots sticks with labneh
	Planned to provide 20% of a child's nutritional requirements. Drink: Water					
		Rice craker & fruits	Banana & yoghurt	Seasonal fruit and plain yoghurt	cucumber and carrots with labneh	fruit salad

WEEK 4						
	Monday	Tuesday	Wednesday	Thursday	Friday	
MORNING	Planned to provide 20% of a child's daily nutritional requirements Drink: Water Only					
	Snack	Arabic bread wrap with cream cheese/ labneh	banana and seasonal fruits	sugar free lemon cake	mandarine and apple	fruit salad
	Planned to provide 30% of a child's daily nutritional requirements Drink: Water Only					
	Salad	tomato and lettuce	capsicum and cucumber	lettuce and cucumber	cucumber and capsicum	tomatoe and cucumber
	Soup	lentil	ima	pumkin	mixed vegetables	tomatoe vermicelli
LUNCH	Main Dish	mulukiya	power pizza	loubieh with meat	Beef Kibbeh	Pasta Day (red sauce)
	Served with	rice		rice	rice	
	Planned to provide 10% of a child's nutritional requirements. Drink: water					
AFTERNOON		banana and Seasonal fruits	sugar free lemon cake	Rice cracker & fruits	Carrot and cucumber sticks with labneh	Orange & apples
	Planned to provide 20% of a child's nutritional requirements. Drink Water					
		Banana and Yoghurt	cucumber and carrots with labneh	Rice craker & fruits	Seasonal fruits	fruit salad

WEEK 8						
	Monday	Tuesday	Wednesday	Thursday	Friday	
MORNING	Planned to provide 20% of a child's daily nutritional requirements Drink: Water Only					
	Snack	Arabic bread wrap with cream cheese/ labneh	banana and seasonal fruits	sugar free lemon cake	mandarine and apple	fruit salad
	Planned to provide 30% of a child's daily nutritional requirements Drink: Water Only					
	Salad	tomato and lettuce	capsicum and cucumber	lettuce and cucumber	cucumber and capsicum	tomatoe and cucumber
	Soup	lentil	ima	pumkin	mixed vegetables	tomatoe vermicelli
LUNCH	Main Dish	mulukiya	power pizza	loubieh with meat	Beef Kibbeh	Pasta Day (red sauce)
	Served with	rice		rice	rice	
	Planned to provide 10% of a child's nutritional requirements. Drink: water					
AFTERNOON		banana and Seasonal fruits	sugar free lemon cake	Rice cracker & fruits	Carrot and cucumber sticks with labneh	Orange & apples
	Planned to provide 20% of a child's nutritional requirements. Drink Water					
		Banana and Yoghurt	cucumber and carrots with labneh	Rice craker & fruits	Seasonal fruits	fruit salad

*Fresh drinking water must be available and accessible at all times.

DISH	DESCRIPTION
Moujadara	Lentils, onions & rice
Ima	Meatball & rice soup
Batata bil Sariyeh	Shepherd's pie
Beef Kibbeh	Minced Meat Pie
Mulukiya with minced beef	Green jute leaves stew with minced meat

These menus have been developed to ensure the nutritional requirements of infants and children from six months up to five years have been met. These requirements have been derived from average energy requirements and Dietary Reference Values for infants and children aged six months – four years. This includes children up to their fifth birthday and covers the age range for which food is typically provided in early years settings.