green grass	GGN	N

GGN Menu- Morning Snack and Lunch

			WEEK	(1						WEE	٢2						WEEK	3						WEEK	(4		
			Tuesday	Wednesday						Tuesday	Wednesday					Monday			Thursday					Tuesday	Wednesday		
м	Planned to prov	ide 20% of a cl	nild's daily nutr	itional requirem	ents Drink: Wa	ter Only	м	Planned to pro	ovide 20% of a	child's daily nu	tritional require	ments Drink: V	Vater Only	M	Planned to provid	le 20% of a chil	d's daily nutritic	onal requirement	nts Drink: Wate	r Only	м	Planned to pro	vide 20% of a c	hild's daily nutr	itional requirem	ents Drink: Wa	ter Only
O R N I G	Snack	brown bread with cheese or zaatar	apple and mandarine	banana bread	scrambled egg and apple	fruit salad	O R N I N G	Snack	Arabic bread wrap with cream cheese/ labneh	banana and seasonal fruits	carrots cake	apple and orange	fruit salad	O R I N G	Snack	brown bread with cheese or zaatar	apple and orange	banana pancake	Scrambled Egg and apple	fruit salad	O R N I N G	Snack	Arabic bread wrap with cream cheese/ labneh	banana and seasonal fruits	sugar free lemon cake	mandarine and apple	fruit salad
	Planned to prov	ide 30% of a cl	nild's daily nutr	itional requirem	ents Drink: Wa	ter Only		Planned to pre	ovide 30% of a	child's daily nu	tritional require	ments Drink: V	Vater Only	F	Planned to provid	le 30% of a chil	d's daily nutritic	onal requirement	nts Drink: Wate	r Only		Planned to pro	vide 30% of a c	hild's daily nutr	itional requirem	ents Drink: Wa	ter Only
	Salad	yoghurt and cucumber	lettuce and tomatoes	tabbouleh	capsicum and tomatoes	cucumber and tomato		Salad	yoghurt and cucumber	lettuce and cucumber	lettuce and cucumber	tomatoe and cucumber	capsicum and tomato		Salad	lettuce and tomatoe	fattoush	yoghurt with cucumber	lettuce and tomatoes	tomato and capsicum		Salad	tomato and lettuce	capsicum and cucumber	lettuce and cucumber	cucumber and capsicum	tomatoe and cucumber
U N C	Soup	carrot	lentil	ima	zucchini	vegetable	U N C	Soup	pumpkin	tomatoe vermicelli	lentil	carrot	vegetables	U N C	Soup	ima	pumpkin	lentil	vegetables	carrots	U N C	Soup	lentil	ima	pumkin	mixed vegetables	tomatoe vermicelli
Ĥ	Main Dish	Moujadara	mixed vegtables with sauce	fish finger with vegetables	zucchini with meat	Pasta day (plain)	Ĥ	Main Dish	Burghul	pumpkin kibbeh	power pizza	spinach with meat	Pasta Day (red sauce)	Ĥ	Main Dish	fish finger with vegetables	Meatballs with sauce	batata bil saniyeh	mixed vegtables with sauce	Pasta day (plain)	Ĥ	Main Dish	mulukiya	power pizza	loubieh with meat	Beef Kibbeh	Pasta Day (red sauce)
	Served with		rice		rice			Served with		rice		rice			Served with		rice		rice			Served with	rice		rice	rice	
Α	Planned to prov	1	nild's nutritiona	I requirements.	Drink: Water carrots and		А	Planned to pro	ovide 10% of a	child's nutrition	al requirement	s Drink: Water cucumber		A	Planned to provid		d's nutritional r	equirements. D	rink: Water	Cucumber	Α	Planned to pro		hild's nutritiona	l requirements.	Drink: water Carrot and	
F T E		banana and seasonal fruits	banana bread	apple and orange	cucumber sticks and labneh	rice crakers and fruits	F T E		fruits	carrots cake	Mandarin & apples	and carrots stickswith Labneh	rice crackers and fruits	F T E		banana and seasonal fruits	pitta bread and hummus	apple and orange	Rice cracker & fruits	and carrots sticks with labneh	F T E		banana and Seasonal fruits	sugar free lemon cake	Rice cracker & fruits	cucumber sticks with labneh	Orange & apples
R	Planned to prov		nild's nutritiona	I requirements.	Drink: Water		R	Planned to pro	ovide 20% of a	child's nutrition		s. Drink: Wate	r	R	Planned to provid	le 20% of a chil	d's nutritional r	equirements. D	rink: Water		R	Planned to pro	vide 20% of a c	hild's nutritiona	l requirements.	Drink Water	
O O N		carrots and cucumber sticks and labneh	apple and orange	Rice craker & fruits	yoghurt and banana	seasonal fruits	0 0 N		Small banana and seasonal fruits	Rice craker & fruits	carrots and cucumber sticks and labneh	Yoghurt and apple slices	apple and mandarine	O O N		Rice craker & fruits	Banana & yoghurt	Seasonal fruit and plain yoghurt	cucumber and carrots with labneh	fruit salad	0 0 N		Banana and Yoghurt	cucumber and carrots with labneh	Rice craker & fruits	Seasonal fruits	fruit salad
			WEEK	(5						WEE	{ 6						WEEK	7						WEEK	(8		
				Wednesday						Tuesday									Thursday						Wednesday		
м	Planned to prov	ide 20% of a cl	nild's daily nutr	itional requirem	ents Drink: Wa	ter Only	м	Planned to pro	ovide 20% of a	child's daily nu	tritional require	ments Drink: V	Vater Only	M	Planned to provid	le 20% of a chil	d's daily nutritic	onal requiremer	nts Drink: Wate	r Only	м	Planned to pro	vide 20% of a c	hild's daily nutr	itional requirem	ents Drink: Wa	ter Only
O R N I N G	Snack	scrambled egg with banana	brown bread with zaatar and cream cheese	apple and orange	pancake	fruit salad	O R N I N G	Snack	banana and seasonal fruits	arabic wrap with cream cheese and zaatar	apple and mandarine	Banana bread	fruit salad	O R N I S	Snack	scrambled egg with apple	brown bread with cream cheese and zaatar	apple and orange	sugar free lemon cake	fruit salad	O R N I N G	Snack	banana and seasonal fruits	arabic wrap with cream cheese and zaatar	apple and mandarine	carrot cake	fruit salad
	Planned to prov	ide 30% of a cl	nild's daily nutr	itional requirem	ents Drink: Wa	ter Only		Planned to pro	ovide 30% of a	child's daily nu	tritional require	ments Drink: V	Vater Only	8	Planned to provid	le 30% of a chil	d's daily nutritic	onal requirement	nts Drink: Wate	r Only		Planned to pro	vide 30% of a c	hild's daily nutr	itional requirem	ents Drink: Wa	ter Only
L	Salad	capsicum and lettuce	cucumber and tomatoe	yoghurt and cucumber	tomatoe and capsicum	tabbouleh	L	Salad	yoghurt and cucumber	fattoush	lettuce and capsicum	tomatoe and cucumber	tomatoe and capsicum	L	Salad	tomato and lettuce	lettuce and capsicum	tomato and cucumber	cucumber and yoghurt	capsicum and cucumber	L	Salad	tomato and cucumber	carrots and cucumber	lettuce and tomato	cucumber and capsicum	yoghurt and cucumber
N C	Soup	carrot	ima	pumpkin	lentil	vegetable	N C	Soup	zucchini	carrot	tomatoe vermicelli	lentil	vegetable	N C	Soup	pumpkin	ima	zucchini	carrot	lentil	N C	Soup	pumpkin	ima	vegetable	tomato vermicelli	zucchini
н	Main Dish	spinach with meat	Fish finger with vegetables	burghul	meatballs with sauce	pasta day (plain)	н	Main Dish	moujadara	Power pizza	pumpkin kibbeh	mix vegetables with sauce	Pasta day (red Sauce)	п	Main Dish	mulukiya	Fish finger with vegtables	loubieh with meat	batata bil saniyeh	Pasta Day (Plain)	п	Main Dish	mix vegetables with sauce	Power pizza	zucchini with meat	beef kibbeh	pasta day (red sauce)
	Served with	rice			rice			Served with	rice			rice			Served with	rice		rice				Served with	rice		rice		
	Planned to prov	ide 10% of a ch	nild's nutritiona	I requirements				Planned to pro	ovide 10% of a	child's nutrition	al requirement	s		1	Planned to provid	le 10% of a chil	d's nutritional r	equirements				Planned to pro	vide 10% of a c	hild's nutritiona	l requirements		
A F T E		apple and mandarine	carrots and cucumber sticks and labneh	pitta bread and hummus	Yoghurt & apple	rice crackers and fruits	A F T E		apple and orange	yoghurt and banana	banana bread	rice crackers and fruits	carrots and cucumber sticks and labneh	A F T E		apple and mandarine	seasonal fruits	sugar free lemon cake	carrots and cucumber sticks and labneh	yoghurt and apple	A F T E		apples and orange	Seasonal fruits	carrot cake	Rice cracker & fruits	carrots and cucumber sticks and labneh
N	Planned to prov	ide 20% of a cl	nild's nutritiona	I requirements			N	Planned to pro	ovide 20% of a	child's nutrition	al requirement	s		N F	Planned to provid	le 20% of a chil	d's nutritional r	equirements			N	Planned to pro	vide 20% of a c	hild's nutritiona	l requirements		
0 0 N		carrots and cucumber sticks and labneh	apple and orange	Rice craker & fruits	banana	seasonal fruits	0 0 N		Small banana and seasonal fruits	Rice craker & fruits	carrots and cucumber sticks and labneh	Yoghurt and apple slices	apple and mandarine	0 0 N		Rice craker & fruits	Banana & yoghurt	Seasonal fruit and plain yoghurt	cucumber and carrots with labneh	fruit salad	0 0 N		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 & riicec 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.

green grass	GGN	N

GGN Menu- Morning Snack and Lunch

				WEEK	1						WEEI	٢2						WEEK	3						WEEK	(4		
						Thursday					Tuesday						Monday		Wednesday								Thursday	
м	Planned to	provide 20% c	of a chik	d's daily nutrit	ional requirem	ents Drink: Wa	ter Only	м	Planned to pr	rovide 20% of a	child's daily nu	tritional require	ments Drink: V	ater Only	м	Planned to provid	le 20% of a chi	ld's daily nutritic	onal requiremen	ts Drink: Water	Only	м	Planned to pro	vide 20% of a c	hild's daily nutr	itional requirem	ents Drink: Wa	ater Only
O R N I N G	Snack	brown b with che or zaa	eese	carrot & cucumber with yoghurt	orange and apple	Banana Bread	d fruit salad	O R N I N G	Snack	Arabic bread wrap with cream cheese/ labneh	carrots and pepper sticks	carrots cake	Yoghurt and Banana Slices	fruit salad	O R N I N G	Snack	brown bread with cheese or zaatar	Small banana and seasonal fruits	Banana pancake	Scrambled Egg	fruit salad	O R N I N G	Snack	Arabic bread wrap with cream cheese/ labneh	banana and seasonal fruits	sugar free lemon cake	orange and apple	fruit salad
	Planned to	provide 30% c	of a chik	d's daily nutrit	ional requirem	ents Drink: Wa	ter Only		Planned to pr	rovide 30% of a	child's daily nu	tritional require	ments Drink: V	ater Only		Planned to provid	le 30% of a chil	d's daily nutritio	onal requiremen	ts Drink: Water	Only		Planned to pro	vide 30% of a c	hild's daily nutr	itional requirem	ents Drink: Wa	ater Only
	Salad	yoghurt cucum		lettuce and tomatoes	tabbouleh	capsicum and tomatoes	cucumber and tomato		Salad	tomato and lettuce	capsicum and tomatoes	yoghurt and cucumber	carrots and cucumber	capsicum and tomato		Salad	capsicum and cucumber	fattoush	yoghurt and cucumber		tomato and cucumber		Salad	tomato and lettuce	capsicum and cucumber	yoghurt and cucumber	tomato and cucumber	carrots and cucumber
U N C	Soup	carro	ot	ima	lentil	vegetable	pumpkin	U N G	Soup	zuchini	pumpkin	lentil	vegetable	carrot	U N C	Soup	carrot	vegetable	ima	zucchini	pumpkin	U N G	Soup	lentil	tomato and vermicelli	vegetable	carrot	pumkin
Ĥ	Main Dis	sh Moujad	dara F	Power Pizza	mixed veg with sauce	mulukhiya with meat	Pasta day	Ĥ	Main Dish	Burghul	Spinach with meat	pumpkin kibbeh	Zucchini with meat	Pasta Day	Ĥ	Main Dish	Meatballs with sauce	Beans with Sauce	Beef Kibbeh	batata bil saniyeh	Pasta day	Ĥ	Main Dish	Fish finger with vegtables	Green beanswith sauce	loubieh with meat	mulukhiya	Pasta Day
	Served wi					rice			Served with		rice		rice			Served with	rice	rice					Served with		rice		rice	
А	Planned to	provide 10% c	of a chik	d's nutritional	requirements.	Drink: Water		А	Planned to pr	rovide 10% of a		al requirement	ts Drink: Water		А	Planned to provid	le 10% of a chil Arabic wrap	d's nutritional r	equirements. D	rink: Water		А	Planned to pro		hild's nutritiona	l requirements.	Drink: water	
F T E		Fruit sa		yoghurt and mandarin	banana bread	carrots sticks and labneh	rice crakers and fruits	F T E		small banana and seaonal fruits	carrots cake	Mandarin & apples	cucumber and Labneh	Fruit salad	F T E		with cheese and cucumber	Carrot sticks with labneh	Pitta bread with hummus	Rice cracker & fruits	Cucumber sticks with labneh	F T E		Labneh and soft Toast bread	sugar free lemon cake	Rice cracker & juice	Carrot sticks with labneh	Orange & apples
R	Planned to	provide 20% c	of a chik	d's nutritional	requirements.	Drink: Water		R	Planned to pr	rovide 20% of a	child's nutrition	al requirement	ts. Drink: Wate		R	Planned to provid	le 20% of a chil	ld's nutritional r	equirements. D	rink: Water		R	Planned to pro	vide 20% of a c	hild's nutritiona	l requirements.	Drink Water	
N O O N		Gree yoghurt banar	with ,	Carrot sticks with labnah	rice crackers	yoghurt and banana	seasonal fruits	N 0 0 N		Yoghurt with cucumber	Small banana and seasonal fruits	Rice craker & fruits	Yoghurt and apple slices	apple and mandarine	N 0 0 N		Mandarin & apples	Banana & yoghurt	Seasonal fruit and plain yoghurt	Yoghurt and Carrots sticks	fruit salad	N 0 0 N		Banana and Yoghurt	Yoghurt & cucumber	Fruit salad	Seasonal fruits	Orange & apples
				WEEK	5						WEEI	< 6						WEEK	7						WEEK	(8		
						Thursday					Tuesday								Wednesday								Thursday	
м	Planned to	provide 20% c	of a chik	d's daily nutrit	ional requirem	ents Drink: Wa	ater Only	м	Planned to pr	rovide 20% of a	child's daily nu	tritional require	ments Drink: V	ater Only	м	Planned to provid	le 20% of a chil	ld's daily nutritic	onal requiremen	ts Drink: Water	Only	IVI	Planned to pro	vide 20% of a c	hild's daily nutr	itional requirem	ents Drink: Wa	ater Only
O R N I N G	Snack	brown b with che or zaa	eese	carrot & cucumber with yoghurt	orange and apple	Banana Bread	l fruit salad	O R N I S	Snack	Arabic bread wrap with cream cheese/ labneh	carrots and pepper sticks	carrots cake	Yoghurt and Banana Slices	fruit salad	O R N I N G	Snack	brown bread with cheese or zaatar	Small banana and seasonal fruits	Banana pancake	Scrambled Egg	fruit salad	O R N I N G	Snack	Arabic bread wrap with cream cheese/ labneh	banana and seasonal fruits	sugar free lemon cake	orange and apple	fruit salad
	Planned to	provide 30% c	of a chik	d's daily nutrit	ional requirem	ents Drink: Wa	ater Only		Planned to pr	rovide 30% of a	child's daily nu	tritional require	ments Drink: V	ater Only		Planned to provid	le 30% of a chi	ld's daily nutritic	onal requiremen	ts Drink: Water	Only		Planned to pro	vide 30% of a c	hild's daily nutr	itional requirem	ents Drink: Wa	ater Only
L	Salad	yoghurt cucum		lettuce and tomatoes	tabbouleh	capsicum and tomatoes	cucumber and tomato	L	Salad	tomato and lettuce	capsicum and tomatoes	yoghurt and cucumber	carrots and cucumber	capsicum and tomato	L	Salad	capsicum and cucumber	fattoush	yoghurt and cucumber		tomato and cucumber	L	Salad	tomato and lettuce	capsicum and cucumber	yoghurt and cucumber	tomato and cucumber	carrots and cucumber
N C	Soup	carro	ot	ima	lentil	vegetable	pumpkin	N C	Soup	zuchini	pumpkin	lentil	vegetable	carrot	N C	Soup	carrot	vegetable	ima	zucchini	pumpkin	N C	Soup	lentil	tomato and vermicelli	vegetable	carrot	pumkin
н	Main Dis	sh Moujad	dara F	Power Pizza	mixed veg with sauce	mulukhiya with meat	Pasta day (Tomatoe Sauce)	н	Main Dish	Burghul	Spinach with meat	pumpkin kibbeh	Zucchini with meat	Pasta Day	н	Main Dish	Meatballs with sauce	Beans with Sauce	Beef Kibbeh	batata bil saniyeh	Pasta day	н	Main Dish	Fish finger with vegtables	Green beanswith sauce	loubieh with meat	mulukhiya	Pasta Day
	Served wi					rice			Served with		rice		rice			Served with	rice	rice					Served with		rice		rice	
	Planned to	provide 10% c	ot a chik	d's nutritional	requirements.	Drink: Water			Planned to pr	rovide 10% of a	child's nutrition	al requirement	ts Urink: Water			Planned to provid	le 10% of a chi	d's nutritional r	equirements. D	rink: Water			Planned to pro	vide 10% of a c	hild's nutritiona	l requirements.	Drink: water	
A F T E R		Fruit sa	alad	yoghurt and mandarin	banana bread	carrots sticks and labneh	rice crakers and fruits	A F T E R		small banana and seaonal fruits		Mandarin & apples	cucumber and Labneh	Fruit salad	A F T E		Arabic wrap with cheese and cucumber	Carrot sticks with labneh	Pitta bread with hummus		Cucumber sticks with labneh	A F T E R		Labneh and soft Toast bread	sugar free lemon cake	Rice cracker & juice	Carrot sticks with labneh	Orange & apples
N	Planned to	provide 20% o	of a chik	d's nutritional	requirements.	Drink: Water		N	Planned to pr	rovide 20% of a	child's nutrition	al requirement	ts. Drink: Wate		N	Planned to provid	le 20% of a chil	d's nutritional r	equirements. D	rink: Water		N	Planned to pro	vide 20% of a c	hild's nutritiona	l requirements.	Drink Water	
						1	1	0		1					0				Casaanal fruit			0						
0 0 N		Gree yoghurt banar	with	Carrot sticks with labnah	rice crackers	yoghurt and banana	seasonal fruits	O N		Yoghurt with cucumber	Small banana and seasonal fruits	Rice craker & fruits	Yoghurt and apple slices	apple and mandarine	N		Mandarin & apples	Banana & yoghurt	Seasonal fruit and plain yoghurt	Yoghurt and Carrots sticks	fruit salad	O N		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 & riicec soup
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green grass	GGN	N

GGN Menu- Morning Snack and Lunch

		Monday	WEEK		Thursday	Friday			Monday	WEE		Thursday	Friday			Monday	WEEK		Thursday	Friday			Monday	WEE	K 4 Wednesday	Thursday	Friday
м	Planned to prov	ide 20% of a cl					м	Planned to pr	ovide 20% of a					M	Planned to provi						м	Planned to pro			ritional requirem		
O R N I N G	Snack	brown bread with cheese or zaatar	apple and mandarine	banana bread	scrambled egg and apple	fruit salad	ORNING	Snack	Arabic bread wrap with cream cheese/ labneh	banana and seasonal fruits	carrots cake	apple and orange	fruit salad	O R N I N G	Snack	brown bread with cheese or zaatar	apple and orange	banana pancake	Scrambled Egg and apple	fruit salad	ORNING	Snack	Arabic bread wrap with cream cheese/ labneh	banana and seasonal fruits	sugar free lemon cake	mandarine and apple	fruit salad
	Planned to prov	ide 30% of a cl	nild's daily nutri	itional requirem	ents Drink: Wa	ter Only		Planned to pr	ovide 30% of a	child's daily nu	tritional require	ments Drink: V	Vater Only	1	Planned to provi	de 30% of a chi	d's daily nutritic	onal requirement	nts Drink: Wate	r Only		Planned to pro	vide 30% of a o		ritional requirem		ater Only
	Salad	yoghurt and cucumber	lettuce and tomatoes	tabbouleh	capsicum and tomatoes	cucumber and tomato		Salad	yoghurt and cucumber	lettuce and cucumber	lettuce and cucumber	tomatoe and cucumber	capsicum and tomato		Salad	lettuce and tomatoe	fattoush	yoghurt with cucumber	lettuce and tomatoes	tomato and capsicum		Salad	tomato and lettuce	capsicum and cucumber	lettuce and cucumber	cucumber and capsicum	tomatoe and cucumber
U N C	Soup	carrot	lentil	ima	zucchini	vegetable	U N C	Soup	pumpkin	tomatoe vermicelli	lentil	carrot	vegetables	U N C	Soup	ima	pumpkin	lentil	mixed vegetables	carrots	U N C	Soup	lentil	ima	pumkin	mixed vegetables	tomatoe vermicelli
Ĥ	Main Dish	Moujadara	mixed vegtables with sauce	fish finger with vegetables	zucchini with meat	Pasta day (plain)	Ĥ	Main Dish	Burghul	pumpkin kibbeh	power pizza	spinach with meat	Pasta Day (red sauce)	Ĥ	Main Dish	fish finger with vegetables	Meatballs with sauce	batata bil saniyeh	mixed vegtables with sauce	Pasta day (plain)	Ĥ	Main Dish	mulukiya	power pizza	loubieh with meat	Beef Kibbeh	Pasta Day (red sauce)
	Served with		rice		rice			Served with		rice		rice			Served with	rice			rice			Served with	rice		rice	rice	
Α	Planned to prov	ide 10% of a cl	nild's nutritional	l requirements.	Drink: Water carrots and		А	Planned to pr	ovide 10% of a	child's nutrition	al requirement	ts Drink: Water cucumber		A	Planned to provi	de 10% of a chi	d's nutritional r	equirements. D	rink: Water	Cucumber	А	Planned to pro	vide 10% of a o	hild's nutritiona	al requirements.	Drink: water Carrot and	-
F T E		banana and seasonal fruits	banana bread	apple and orange	cucumber sticks and labneh	rice crakers and fruits	F T E		small banana and seasonal fruits	carrots cake	Mandarin & apples	and carrots stickswith Labneh	rice crackers and fruits	F T E		banana and seasonal fruits	pitta bread and hummus	apple and orange	Rice cracker & fruits	and carrots sticks with labneh	F T E		banana and Seasonal fruits	sugar free lemon cake	Rice cracker & fruits	cucumber sticks with labneh	Orange & apples
R	Planned to prov	ide 20% of a cl	nild's nutritiona	l requirements.	Drink: Water		R	Planned to pr	ovide 20% of a	child's nutritior	nal requirement	ts. Drink: Wate	r	R	Planned to provi	de 20% of a chi	d's nutritional r	equirements. D	rink: Water		R	Planned to pro	vide 20% of a o	child's nutritiona	al requirements.		
N 0 0 N		carrots and cucumber sticks and labneh	apple and orange	Rice craker & fruits	yoghurt and banana	seasonal fruits			Small banana and seasonal fruits	Rice craker & fruits	carrots and cucumber sticks and labneh	Yoghurt and apple slices	apple and mandarine	N O O N		Rice craker & fruits	Banana & yoghurt	Seasonal fruit and plain yoghurt	cucumber and carrots with labneh	fruit salad	N 0 0 N		Banana and Yoghurt	cucumber and carrots with labneh	Rice craker & fruits	Seasonal fruits	fruit salad
			WEEK	(5						WEEI	K 6						WEEK	7						WEE	{ 8		
					Thursday							Thursday							Thursday						Wednesday		
м	Planned to prov	ide 20% of a cl	nild's daily nutri	itional requirem	ents Drink: Wa	ter Only	м	Planned to pr	ovide 20% of a	child's daily nu	tritional require	ments Drink: V	Vater Only	M	Planned to provi	de 20% of a chi	ld's daily nutritic	onal requirement	nts Drink: Wate	r Only	м	Planned to pro	vide 20% of a o	child's daily nut	ritional requirem	ents Drink: Wa	ater Only
O R I S	Snack	brown bread with cheese or zaatar	apple and mandarine	banana bread	scrambled egg and apple	fruit salad	O R N I N G	Snack	Arabic bread wrap with cream cheese/ labneh	banana and seasonal fruits	carrots cake	apple and orange	fruit salad	O R I N G	Snack	brown bread with cheese or zaatar	apple and orange	banana pancake	Scrambled Egg and apple	fruit salad	O R N I N G	Snack	Arabic bread wrap with cream cheese/ labneh	banana and seasonal fruits	sugar free lemon cake	mandarine and apple	fruit salad
	Planned to prov	ide 30% of a cl	nild's daily nutri	itional requirem	ents Drink: Wa	ter Only		Planned to pr	ovide 30% of a	child's daily nu	tritional require	ments Drink: V	Vater Only	F	Planned to provi	de 30% of a chi	ld's daily nutritic	onal requirement	nts Drink: Wate	r Only		Planned to pro	vide 30% of a o	child's daily nut	ritional requirem	ents Drink: Wa	ater Only
L	Salad	yoghurt and cucumber	lettuce and tomatoes	tabbouleh	capsicum and tomatoes	cucumber and tomato	L	Salad	yoghurt and cucumber	lettuce and cucumber	lettuce and cucumber	tomatoe and cucumber	capsicum and tomato	L	Salad	lettuce and tomatoe	fattoush	yoghurt with cucumber	lettuce and tomatoes	tomato and capsicum	L	Salad	tomato and lettuce	capsicum and cucumber	lettuce and cucumber	cucumber and capsicum	tomatoe and cucumber
N C	Soup	carrot	lentil	ima	zucchini	vegetable	N C	Soup	pumpkin	tomatoe vermicelli	lentil	carrot	vegetables	N C	Soup	ima	pumpkin	lentil	mixed vegetables	carrots	U N C	Soup	lentil	ima	pumkin	mixed vegetables	tomatoe vermicelli
н	Main Dish	Moujadara	mixed vegtables with sauce	fish finger with vegetables	zucchini with meat	Pasta day (plain)	н	Main Dish	Burghul	pumpkin kibbeh	power pizza	spinach with meat	Pasta Day (red sauce)	н	Main Dish	fish finger with vegetables	Meatballs with sauce	batata bil saniyeh	mixed vegtables with sauce	Pasta day (plain)	н	Main Dish	mulukiya	power pizza	loubieh with meat	Beef Kibbeh	Pasta Day (red sauce)
	Served with		rice		rice			Served with		rice		rice			Served with	rice			rice			Served with	rice		rice	rice	
	Planned to prov	ide 10% of a ch	nild's nutritional	l requirements.	Drink: Water			Planned to pr	ovide 10% of a	child's nutritior	nal requirement	ts Drink: Water		1	Planned to provi	de 10% of a chi	ld's nutritional re	equirements. D	rink: Water			Planned to pro	vide 10% of a o	child's nutritiona	al requirements.	Drink: water	
A F T E		banana and seasonal fruits	banana bread	apple and orange	carrots and cucumber sticks and labneh	rice crakers and fruits	A F T E		small banana and seasonal fruits	carrots cake	Mandarin & apples	cucumber and carrots stickswith Labneh	rice crackers and fruits	A F T E		banana and seasonal fruits	pitta bread and hummus	apple and orange	Rice cracker & fruits	Cucumber and carrots sticks with labneh	A F T E P		banana and Seasonal fruits	sugar free lemon cake	Rice cracker & fruits	Carrot and cucumber sticks with labneh	Orange & apples
N	Planned to prov	ide 20% of a cl	nild's nutritional	l requirements.	Drink: Water		N	Planned to pr	ovide 20% of a	child's nutritior	al requirement	ts. Drink: Wate	r	N	Planned to provi	de 20% of a chi	id's nutritional r	equirements. D	rink: Water		N	Planned to pro	vide 20% of a o	child's nutritiona	al requirements.	Drink Water	
0 0 N	Freeh drint	carrots and cucumber sticks and labneh	apple and orange	Rice craker & fruits	yoghurt and banana	seasonal fruits	0 0 N		Small banana and seasonal fruits	Rice craker & fruits	carrots and cucumber sticks and labneh	Yoghurt and apple slices	apple and mandarine	0 0 N		Rice craker & fruits	Banana & yoghurt	Seasonal fruit and plain yoghurt	cucumber and carrots with labneh	fruit salad	0 0 N		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
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.