

GARDEN SCHOOL MENU

WEEK 2	Sunday December 03	Monday December 04	Tuesday December 05	Wednesday December 06	Thursday December 07
SOUP 1	LENTIL	CREAM OF VEGETABLE		VEGETABLE NOODLE	POTATO & LEEK
ENTRÉE 1	LASAGNE BOLOGNAISE	CHICKEN SHISH TAWOOK	FRIED CHICKEN BURGER OR GRILLED BEEF BURGER WITH FRENCH FRIES	ITALIAN CHICKEN CASSEROLE	MEAT BALLS IN TOMATO SAUCE
ENTRÉE 2	GRILLED WHITE FISH FILLET WITH LEMON BUTTER SAUCE	BEEF BURRITOS	PIZZA	FISH & CHIPS	CHICKEN PICCATA
STARCH	BAKED POTATO WEDGES	STEAMED RICE		MASHED POTATOES	SPAGHETTI
VEGETABLE	BRAISED CABBAGE	SPINACH IN A CREAMY SAUCE		CARROTS & PEAS	VICHY CARROTS
VEGETARIAN 1	VEGETARIAN LASAGNE	VEGETABLE CURRY	FALAFEL BURGER	VEGETARIAN CASSEROLE	VEGETARIAN BALLS IN TOMATO SAUCE
SALAD 1	GREEN SALAD	GREEN SALAD		GREEN SALAD	GREEN SALAD
SALAD 2	RICE & VEGGIE SALAD WITH BASIL DRESSING	COLESLAW		TOSSED SALAD	CARROT SLAW
SALAD 3	CAESAR	FATTOUCHE		BEETROOT & EGG	HUMMUS
DESSERT 1	FRUIT CUPS & YOGHURT	FRUIT CUPS	FRUIT CUP & COOKIES	FRUIT CUPS	FRUIT CUPS & SMALL PIECE OF CAKE
DESSERT 2	FRESH WHOLE FRUITS	FRESH WHOLE FRUITS	FRESH WHOLE FRUITS	FRESH WHOLE FRUITS	FRESH WHOLE FRUITS
BREAD 1	ARABIC BREAD	ARABIC BREAD	ARABIC BREAD	ARABIC BREAD	ARABIC BREAD
BREAD 2	WHITE & BROWN BREAD ROLLS	WHITE & BROWN BREAD ROLLS	WHITE & BROWN BREAD ROLLS	WHITE & BROWN BREAD ROLLS	WHITE & BROWN BREAD ROLLS
BEVERAGE	MILK/JUICE	MILK/JUICE	MILK/JUICE	MILK/JUICE	MILK/JUICE

GARDEN SCHOOL MENU

Menu 3	Sunday December 10	Monday December 11	Tuesday December 12	Wednesday December 13	Thursday December 14
SOUP 1	MINESTRONE	CREAM OF MUSHROOM		CREAM OF BROCCOLI	CARROT & GINGER
ENTRÉE 1	MEDITERRANEAN BRAISED CHICKEN	FISH POT PIE	FRIED CHICKEN BURGER OR GRILLED BEEF BURGER WITH FRENCH FRIES	BEEF ENCHILADAS	CHICKEN BIRYANI
ENTRÉE 2	LAMB KABSA	CHICKEN MARYLAND	PIZZA	SWEET & SOUR FISH	PASTA CARBONARA
STARCH	MASHED POTATOES	SAFFRON RICE		FRIED RICE	ROAST POTATOES
VEGETABLE	CAULIFLOWER MORNAY	RATATOUILLE		STIR FRIED VEGETABLES	CARROTS & PEAS
VEGETARIAN 1	MEDITERRANEAN BRAISED VEGETABLES	VEGETABLE TEMPURA	FALAFEL BURGER	VEGETABLE ENCHILADAS	VEGETABLE BIRYANI
SALAD 1	GREEN SALAD	GREEN SALAD		GREEN SALAD	GREEN SALAD
SALAD 2	TABBOULEH	TOSSED SALAD		MEXICAN SALAD MEDLEY	CUCUMBER & YOGURT
SALAD 3	TOMATO & MOZZARELLA SALAD	GRILLED VEGETABLE SALAD		HUMMUS	GREEK SALAD
DESSERT 1	FRUIT CUPS & YOGHURT	FRUIT CUPS	FRUIT CUPS & COOKIES	FRUIT CUPS	FRUIT CUPS & SMALL PIECE OF CAKE
DESSERT 2	FRESH WHOLE FRUITS	FRESH WHOLE FRUITS	FRESH WHOLE FRUITS	FRESH WHOLE FRUITS	FRESH WHOLE FRUITS
BREAD 1	ARABIC BREAD	ARABIC BREAD	ARABIC BREAD	ARABIC BREAD	ARABIC BREAD
BREAD 2	WHITE & BROWN BREAD ROLLS	WHITE & BROWN BREAD ROLLS	WHITE & BROWN BREAD ROLLS	WHITE & BROWN BREAD ROLLS	WHITE & BROWN BREAD ROLLS
BEVERAGE	MILK/JUICE	MILK/JUICE	MILK/JUICE	MILK/JUICE	MILK/JUICE

GARDEN SCHOOL MENU

Menu 4	Sunday December 17	Monday December 18	Tuesday December 19	Wednesday December 20	Thursday December 21
SOUP 1	LENTIL	CONSOMMÉ ROYALE		CREAM OF CAULIFLOWER	POTATO & LEEK
ENTRÉE 1	LASAGNA BOLOGNAISE	CHICKEN MARYLAND	FRIED CHICKEN BURGER OR GRILLED BEEF BURGER WITH FRENCH FRIES	CHICKEN QUESADILLA	TANDOORI CHICKEN
ENTRÉE 2	BAKED FISH FLORENTINE	SPAGHETTI BOLOGNAISE	PIZZA	BEEF KABSA	FISH & CHIPS
STARCH	ITALIAN RICE	BAKED POTATO WEDGES		STEAMED RICE	VEGETABLE FRIED RICE
VEGETABLE	CARROTS & PEAS	BRAISED CABBAGE		STIR FRIED VEGETABLES	MASHED PEAS
VEGETARIAN 1	VEGETARIAN LASAGNA	ROASTED VEGGIES WITH SPAGHETTI	FALAFEL BURGER	VEGETABLE KORMA	VEGETABLE STRUDEL
VEGETARIAN 2	VEGETABLE CURRY	RATATOUILLE WITH BAKED POTATOES	VEGETARIAN PIZZA	VEGETABLE QUESADILLA	STIR FIRED VEGETABLES
SALAD 1	GREEN SALAD	GREEN SALAD		GREEN SALAD	GREEN SALAD
SALAD 2	COLESLAW	MIXED BEAN SALAD		POTATO SALAD	GREEK SALAD
SALAD 3	MOUTABLE	TOSSED SALAD		TABBOULEH	TOMATO & MOZZARELLA
DESSERT 1	FRUIT CUPS AND FRUIT YOGHURT	FRUIT CUPS	FRUIT CUPS & COOKIES	FRUIT CUPS	FRUIT CUPS & SMALL PORTION OF CAKE
DESSERT 2	FRESH WHOLE FRUITS	FRESH WHOLE FRUITS	FRESH WHOLE FRUITS	FRESH WHOLE FRUITS	FRESH WHOLE FRUITS
BREAD 1	ARABIC BREAD	ARABIC BREAD	ARABIC BREAD	ARABIC BREAD	ARABIC BREAD
BREAD 2	WHITE & BROWN BREAD ROLLS	WHITE & BROWN BREAD ROLLS	WHITE & BROWN BREAD ROLLS	WHITE & BROWN BREAD ROLLS	WHITE & BROWN BREAD ROLLS
BEVERAGE	MILK/JUICE	MILK/JUICE	MILK/JUICE	MILK/JUICE	MILK/JUICE