

# GARDEN SCHOOL MENU

## MENU AUGUST 2017

August Menu	Sunday	Monday	Tuesday	Wednesday	Thursday
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

August Menu	13 August Sunday	14 August Monday	15 August Tuesday	16 August Wednesday	17 August Thursday
SOUP 1	MINISTRONE	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 MORNAV	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	TOSSSED 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

August Menu	20 August Sunday	21 August Monday	22 August Tuesday	23 August Wednesday	24 August Thursday
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

August Menu	27 August Sunday	28 August Monday	29 August Tuesday	30 August Wednesday	31 August Thursday
SOUP 1	MINISTRONE	CHICKEN & CORN		THAI PUMPKIN SOUP	CHICKEN CONSOMMÉ
ENTRÉE 1	CHICKEN MARYLAND	CRUMBED FISH WITH TAR TAR SAUCE	FRIED CHICKEN BURGER OR GRILLED BEEF BURGER WITH FRENCH FRIES	CHICKEN PARMIGINA	ROAST CHICKEN
ENTRÉE 2	SPAGHETTI BOLOGNAISE	BEEF ENCHILADAS	PIZZA	BAKED FISH IN TOMATO SAUCE	PASTA CARBONARA
STARCH	PARSLEY POTATOES	STEAMED RICE		SPAGHETTI	ROAST POTATOES
VEGETABLE	CARROT & PEAS	BRAISED CABBAGE		MIXED VEGETABLES	CAULIFLOWER MORNAY
VEGETARIAN 1	SPAGHETTI WITH GRILLED VEGETABLES	VEGETABLE TAJAN	FALAFEL BURGER	VEGETABLE STRUDEL	VEGETARIAN LASAGNE
SALAD 1	GREEN SALAD	GREEN SALAD		GREEN SALAD	GREEN SALAD
SALAD 2	COLESLAW	MOROCCAN ORANGE & DATE		RUSSIAN SALAD	HUMMUS
SALAD 3	GREEK SALAD	TABBOULEH		GRILLED VEGETABLE SALAD	CAESAR
DESSERT 1	FRUIT CUPS & FRUIT 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

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

September Menu	10 September Sunday	11 September Monday	12 September Tuesday	13 September Wednesday	14 September Thursday
SOUP 1	MINISTRONE	CREAM OF MUSHROOM		CREAM OF BROCCOLI	CARROT & GINGER
ENTRÉE 1	MEDITERRANEAN BRAISED CHICKEN	FISH FRITTATA W/ MOZZARELLA	FRIED CHICKEN BURGER OR GRILLED BEEF BURGER WITH FRENCH FRIES	BEEF ENCHILADAS	CHICKEN BIRYANI
ENTRÉE 2	LAMB KABSA	CHICKEN MARYLAND	PIZZA	SWEET & SOUR FISH	PENNE PASTA WITH BEEF STRIP
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	TOSSSED 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

September Menu	17 September Sunday	18 September Monday	19 September Tuesday	20 September Wednesday	21 September Thursday
SOUP 1	LENTIL	CHICKEN MARMITE SOUP		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	FISH TIKKA	SPAGHETTI BOLOGNAISE	PIZZA	BEEF KABSA	FISH & CHIPS
STARCH	HERB ROASTED POTATO	BAKED POTATO WEDGES		STEAMED RICE	VEGETABLE FRIED RICE
VEGETABLE	CARROTS & PEAS	BRAISED CABBAGE		STIR FRIED VEGETABLES	MASHED PEAS
VEGETARIAN 1	VEGETARIAN LASAGNA	SPAGHETTI WITH TOMATO SAUSE	FALAFEL BURGER	VEGETABLE KORMA	VEGETABLE STRUDEL
VEGETARIAN 2	VEGETABLE CURRY	RATATOUILLE	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

<b>September Menu</b>	<b>24 September Sunday</b>	<b>25 September Sunday</b>	<b>26 September Tuesday</b>	<b>27 September Wednesday</b>	<b>28 September Thursday</b>
<b>SOUP 1</b>	MINISTRONE	CHICKEN & CORN		THAI PUMPKIN SOUP	CHICKEN CONSOMMÉ
<b>ENTRÉE 1</b>	CHICKEN MARYLAND	FISH WITH BAKED POTATO WEDGES	FRIED CHICKEN BURGER OR GRILLED BEEF BURGER WITH FRENCH FRIES	CHICKEN KABSA	ROAST CHICKEN
<b>ENTRÉE 2</b>	SPAGHETTI BOLOGNAISE	BEEF ENCHILADAS	PIZZA	BAKED FISH IN TOMATO SAUCE	LASAGNA BOLOGNAISE
<b>STARCH</b>	PARSLEY POTATOES	STEAMED RICE		SPAGHETTI	ROAST POTATOES
<b>VEGETABLE</b>	CARROT & PEAS	BRAISED CABBAGE		MIXED VEGETABLES	CAULIFLOWER MORNAY
<b>VEGETARIAN 1</b>	SPAGHETTI WITH GRILLED VEGETABLES	VEGETABLE CURRY WITH RICE	FALAFEL BURGER	VEGETABLE STRUDEL	VEGETARIAN LASAGNE
<b>SALAD 1</b>	GREEN SALAD	GREEN SALAD		GREEN SALAD	GREEN SALAD
<b>SALAD 2</b>	COLESLAW	MOROCCAN ORANGE & DATE		RUSSIAN SALAD	HUMMUS
<b>SALAD 3</b>	GREEK SALAD	TABBOULEH		GRILLED VEGETABLE SALAD	CAESAR
<b>DESSERT 1</b>	FRUIT CUPS & FRUIT YOGHURT	FRUIT CUPS	FRUIT CUPS & COOKIES	FRUIT CUPS	FRUIT CUPS & SMALL PIECE OF CAKE
<b>DESSERT 2</b>	FRESH WHOLE FRUITS	FRESH WHOLE FRUITS	FRESH WHOLE FRUITS	FRESH WHOLE FRUITS	FRESH WHOLE FRUITS
<b>BREAD 1</b>	ARABIC BREAD	ARABIC BREAD	ARABIC BREAD	ARABIC BREAD	ARABIC BREAD
<b>BREAD 2</b>	WHITE & BROWN BREAD ROLLS	WHITE & BROWN BREAD ROLLS	WHITE & BROWN BREAD ROLLS	WHITE & BROWN BREAD ROLLS	WHITE & BROWN BREAD ROLLS
<b>BEVERAGE</b>	MILK/JUICE	MILK/JUICE	MILK/JUICE	MILK/JUICE	MILK/JUICE