



SAMPLE MENU

MENU FOR LES FANFANS NURSERY

DATE	LUNCH	SALAD	DESSERT
01 Wednesday	Koussa&warak enab	Yogurt	Fruit
02 Thursday	Chicken Farike	tomato & carrot salad	Pineapple cake
05 Sunday	Green beans stew with rice	Cucumber & corn	Fruit
06 Monday	Penne with tomato sauce & feta cheese	Sauteed vegetables	Fruit
07 Tuesday	Chich Barak	Vegetables rolls	Fruit
08 Wednesday	Fish cubes with paella rice	Cucumber & carrot	Fruit
09 Thursday	Chicken parmesan with potatoes	Palmito corn	Chocolate custard
12 Sunday	Beef with vegetables&noodles	Tomato & carrot salad	Fruit
13 Monday	Fish cubes with mashed potatoes	Sauteed vegetables	Fruit
14 Tuesday	Chicken stew with rice	Carrot & corn	Fruit
15 Wednesday	Laban Emmo (cooked yogurt with beef cubes&rice)	Cucumber & carrot	Fruit
16 Thursday	Lasagna	Sauteed vegetables	Triple jello cake
19 Sunday	Kafta with potatoes and tomato sauce	Tomato & cucumber	Fruit
20 Monday	Moudardara	Yogurt & cucumber	Fruit
21 Tuesday	Green peas stew with rice	Lettuce corn	Fruit
22 Wednesday	Fish kabse	Cucumber&carrot	Fruit
23 Thursday	Chicken cubes with noodles	Sauteed vegetables	Chocolate biscuit
26 Sunday	Spinach stew with rice	Tomato & corn	Fruit
27 Monday	Chicken balls with pesto pasta	Coleslaw	Fruit
28 Tuesday	Roast beef with mashed potatoes	Cucumber & corn	Fruit
29 Wednesday	Potato&carrot stew with rice	Tomato & carrot	Fruit
30 Thursday	Chicken with fettuccini sauce and herbed potatoes	Sauteed vegetables	White forest