

MARCH 2019

PRE-SCHOOLERS SNACKS

IC MENU | RAS BEIRUT CAMPUS

01 WEEK 1 FROM 4 TO 8 MARCH

MONDAY	Mankouché zaatar - cherry tomatoes Banana
TUESDAY	Whole grain toast with labneh dip - carrot sticks Apple
WEDNESDAY	Markouk with mozzarella - cucumber sticks Banana muffin
THURSDAY	Whole wheat pancakes with apple compote Banana
FRIDAY	OFF

02 WEEK 2 FROM 11 TO 15 MARCH

MONDAY	1 mini croissant cheese & 1 zaatar - cucumber sticks Banana
TUESDAY	Grissini (x6) with labneh dip - cherry tomatoes Apple
WEDNESDAY	Pain au lait with philadelphia cheese - cucumber sticks Date muffin
THURSDAY	Zaatar in brown Lebanese bread - cherry tomatoes Apple
FRIDAY	Whole grain Toast with labneh dip - carrot sticks Banana

03 WEEK 3 FROM 18 TO 22 MARCH

MONDAY	Mankouché cheese - cherry tomatoes Banana
TUESDAY	Whole grain toast with labneh dip - cucumber sticks Apple
WEDNESDAY	Pain au lait with kachkawan - cherry tomatoes Vanilla muffin
THURSDAY	Zaatar sandwich with whole grain Lebanese pita bread - cucumber sticks Apple
FRIDAY	Mankouché zaatar - cucumber sticks Banana

04 WEEK 4 FROM 25 TO 29 MARCH

MONDAY	OFF
TUESDAY	Whole grain toast with labneh dip - cucumber sticks Apple
WEDNESDAY	Kashkaval cheese sandwich with whole grain Arabic bread - carrot sticks Apple cinnamon muffin
THURSDAY	Zaatar sandwich with whole grain Lebanese pita bread - cucumber sticks Banana
FRIDAY	Whole wheat pizza margherita - cherry tomatoes Apple