

SAMPLE MIDDLE EASTERN CHILD AND ADULT CARE MENU

<u>DAY 1</u>	<u>DAY 2</u>	<u>DAY 3</u>	<u>DAY 4</u>	<u>DAY 5</u>
<b>Breakfast</b> 1% or fat-free milk Whole-wheat pita bread Scrambled eggs with tomatoes	<b>Breakfast</b> 1% or fat-free milk Whole-wheat toast Yogurt & peaches	<b>Breakfast</b> 1% or fat-free milk Semolina porridge Mixed berries	<b>Breakfast</b> 1% or fat-free milk Whole-wheat pancake Pears	<b>Breakfast</b> 1% or fat-free milk Cinnamon oatmeal Cranberries and raisins
<b>Snack</b> Celery Hummus	<b>Snack</b> Cucumber and yogurt salad Whole-wheat crackers	<b>Snack</b> Whole-wheat bread Baba ghanouj	<b>Snack</b> Zucchini and carrot fritters Cheese cubes	<b>Snack</b> Cottage cheese Grapes
<b>Lunch/Supper</b> 1% or fat-free milk Grilled chicken kebab Pita bread Roasted bell pepper Watermelon slices	<b>Lunch/Supper</b> 1% or fat-free milk Spiced ground beef Whole-wheat pita pocket Roasted eggplant Apricots	<b>Lunch/Supper</b> 1% or fat-free milk Chickpea shawarma Quinoa Broccoli Apple slices	<b>Lunch/Supper</b> 1% or fat-free milk Baked falafel Whole-wheat pita bread Brussel sprouts Mango chunks	<b>Lunch/Supper</b> 1% or fat-free milk Chicken kofta Brown rice Sautéed kale Plums
<u>DAY 6</u>	<u>DAY 7</u>	<u>DAY 8</u>	<u>DAY 9</u>	<u>DAY 10</u>
<b>Breakfast</b> 1% or fat-free milk Vanilla yogurt Strawberries	<b>Breakfast</b> 1% or fat-free milk Oatmeal with raisins Peaches	<b>Breakfast</b> 1% or fat-free milk Whole-wheat waffle Cinnamon applesauce	<b>Breakfast</b> 1% or fat-free milk Scrambled eggs Apple slices	<b>Breakfast</b> 1% or fat-free milk Cottage cheese Mixed berries
<b>Snack</b> Spinach and cheese stuffed pita	<b>Snack</b> Greek yogurt Mixed berries	<b>Snack</b> Cheese stick Baby carrots	<b>Snack</b> 1% or fat-free milk Cinnamon toasted pita	<b>Snack</b> Pretzels Grapes
<b>Lunch/Supper</b> 1% or fat-free milk Grilled chicken Tabbouleh bulgur salad with cucumber & tomato Orange	<b>Lunch/Supper</b> 1% or fat-free milk Pita bread pizza Bean salad Zucchini noodles Pear	<b>Lunch/Supper</b> 1% or fat-free milk Baked fish Couscous Roasted potatoes Grapes	<b>Lunch/Supper</b> 1% or fat-free milk Grilled halloumi Bulgar Roasted squash Applesauce	<b>Lunch/Supper</b> 1% or fat-free milk Grilled beef patty Quinoa salad Apricots

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