

صحتك أولاً
YOUR HEALTH FIRST



QAK & QAS Lunch

4 Weeks Cycle Menu



Week 1				
Sunday 30-10-16	Monday 31-10-16	Tuesday 01-11-16	Wednesday 02-11-16	Thursday 03-11-16
Yogurt or Laban (Low Fat)	Yogurt or Laban (Low Fat)	Yogurt or Laban (Low Fat)	Yogurt or Laban (Low Fat)	Yogurt or Laban (Low Fat)
*Mandarin	*Apple	* Mandarin	* Seedless Date 2pcs	*Banana
*Hummus Sandwich 5Tps (Bread 60 gm)	*Chicken Tikka Sandwich (90 gm) (bread 75)	*WG Pizza (100 gm)	*Beef kebab sandwich (90 gm) (bread 75)	*Lemon chicken sandwich (90 gm) (bread 75)

Week 2				
Sunday 06-11-16	Monday 07-11-16	Tuesday 08-11-16	Wednesday 09-11-16	Thursday 10-11-16
Yogurt or Laban (Low Fat)	Yogurt or Laban (Low Fat)	Yogurt or Laban (Low Fat)	Yogurt or Laban (Low Fat)	Yogurt or Laban (Low Fat)
*Mandarin	*Apple	* Mandarin	* Seedless Date 2pcs	* Banana
*Hummus Sandwich 5Tps (Bread 60 gm)	*Roast Beef Sandwich (60 gm) (bread 60)	*WG Cheese Manakish (100 gm)	*Chicken Tawook Sandwich (90 gm) (bread 75)	*Tuna Sandwich (120gm)



Week 3				
Sunday 13-11-16	Monday 14-11-16	Tuesday 15-11-16	Wednesday 16-11-16	Thursday 17-11-16
Yogurt or Laban (Low Fat)	Yogurt or Laban (Low Fat)	Yogurt or Laban (Low Fat)	Yogurt or Laban (Low Fat)	Yogurt or Laban (Low Fat)
*Mandarin	*Apple	*Mandarin	*Seedless Date 2pcs	*Banana
*Hummus Sandwich	*Chicken Tikka Sandwich	*WG Pizza	*Chicken Tawook Sandwich	*Tuna Sandwich (120gm)
5Tps (Bread 60 gm)	(90 gm) (bread 75)	(100 gm)	(90 gm) (bread 75)	

Week 4				
Sunday 20-11-16	Monday 21-11-16	Tuesday 22-11-16	Wednesday 23-11-16	Thursday 24-11-16
Yogurt or Laban (Low Fat)	Yogurt or Laban (Low Fat)	Yogurt or Laban (Low Fat)	Yogurt or Laban (Low Fat)	Yogurt or Laban (Low Fat)
*Mandarin	*Apple	*Mandarin	*Seedless Date 2pcs	*Banana
*Hummus Sandwich	*Chicken & pasta Salad	*WG Cheese Manakish	*Meat Ball Sandwich	*Chicken Shawarma Sandwich
5Tps (Bread 60 gm)	¾ Cup Pasta (60 gm)	(100 gm)	(90 gm) (bread 75gm)	(75 gm) (bread 60)