

صحتك أولاً
YOUR HEALTH FIRST



QAK, QAS, RENAD Lunch 4 Weeks Cycle Menu



Week 1				
Sunday 05-03-17	Monday 06-03-17	Tuesday 07-03-17	Wednesday 08-03-17	Thursday 09-03-17
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 (75gm Hummus 60gm Bread)	*Chicken Tikka Sandwich 165g (90 gm chicken) (bread 75)	*WG Pizza (100 gm)	*Beef kebab sandwich 165g (90 gm beef) (bread 75)	*Lemon chicken sandwich 165g (90 gm chicken) (bread 75)
Week 2				
Sunday 12-03-17	Monday 13-03-17	Tuesday 14-03-17	Wednesday 15-03-17	Thursday 16-03-17
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 (75gm Hummus 60gm Bread)	*Roast Beef Sandwich 165g (90 gm beef) (bread 75)	*WG Cheese Manakish (100 gm)	*Chicken Tawook Sandwich 165g (90 gm chicken) (bread 75)	*Tuna Sandwich 165g (90 gm Tuna) (bread 75)



Week 3				
Sunday 19-03-17	Monday 20-03-17	Tuesday 21-03-17	Wednesday 22-03-17	Thursday 23-03-17
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/75g hummus; 60g bread)	*Chicken Tikka Sandwich 165g (90 gm chicken) (bread 75)	*WG Pizza (100 gm)	*Chicken Tawook Sandwich 165g (90 gm chicken) (bread 75)	*Tuna Sandwich 165g (90 gm Tuna) (bread 75)
Week 4				
Sunday 26-03-17	Monday 27-03-17	Tuesday 28-03-17	Wednesday 29-03-17	Thursday 30-03-17
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/75g hummus; 60g bread)	*Chicken & pasta Salad ¾ Cup Pasta (60 gm chicken)	* WG Cheese Manakish (100 gm)	*Meat Ball Sandwich 165g (90 gm meatballs) (bread 75)	*Chicken Shawarma Sandwich 165g (90 gm chicken) (bread 75)