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Week Beginning: 26th September

Lunch Menu Pack: SAR13 per day

Day	Sunday	Monday	Tuesday	Wednesday	Thursday
Main Meal Option	Baked Chicken Nuggets with oven baked chips	Chicken Sandwich with lettuce and mayonnaise made with wholegrain or high fiber assorted bread	Mini Beef Burgers (2) with french fries	Mini Pizza (Chicken or Pepperoni) With oven baked home fries	Honey Soya Chicken salad wrap with homemade potato chips
Whole Milk, Water or Tetra Pack Juice	Whole Milk Water Tetra Juice 180ml	Whole Milk Water Tetra Juice 180ml	Whole Milk Water Tetra Juice 180ml	Whole Milk Water Tetra Juice 180ml	Whole Milk Water Tetra Juice 180ml
Optional Cut Fresh Fruit <i>(Included in the price)</i>	Red Apple	Banana	Watermelon	Honeydew Melon	Grapes

Additional snacks can be selected from the choice below.

Item	Cost
Oatmeal Cookie	SAR2
Low Sugar Fresh Muffin	SAR2
Low Fat Carrot Cake	SAR2
Fruit Salad Cup	SAR4
Greek Salad	SAR4
Flavoured Yoghurts	SAR2

Item	Cost
Vegetable Crudites with Hummus Dip	SAR4
Mini Zattar Croissant (40g)	SAR2
Cheddar Cheese & 3 Whole Wheat Cheese	SAR6
Boiled Brown or White Rice	SAR2
Labna	SAR2