

# Nutrition Program

## Lunch Menu

<ul style="list-style-type: none"> <li>• Meal #1 Monday Veggie Stick White rice Lamb Kabab</li> <li>• Meal #2 Tuesday Veggie Stick White rice Cheese Sambusak</li> <li>• Meal #3 Wednesday Spaghetti with Beef Veggie stick</li> <li>• Meal #4 Thursday Chicken Drum Sticks Sweet Potato and Regular Potato</li> <li>• Meal #5 Friday Falafel Sandwich (Vegan) and /or Shawarma Sandwich Veggie Stick</li> </ul>	<ul style="list-style-type: none"> <li>• Meal #1 Monday Plantains White rice Black Bean Stew (eg.Chili)</li> <li>• Meal #2 Tuesday Veggie Stick Empanada with beef and cheese</li> <li>• Meal #3 Wednesday Fish roll and/or Beef Roll and/or Chicken Roll Veggie stick</li> <li>• Meal #4 Thursday Sfiha (Beef Pizza) and/or Cheese Pizza Veggie Stick</li> <li>• Meal #5 Friday Hamburger with Fries Veggie Stick</li> </ul>
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\*All options are Halal and are served with sides of veggies and/or fruit.