

Special Menu - For Lycée Français MLF de Bahreïn - 2018 / 2019

		2-Sep	3-Sep	4-Sep	5-Sep	6-Sep
First Week			Olive brown bread Regular Fresh Labneh Chicken Oriental with Beef and Rice	Multigrain brown bread Puck Kiri Cheese Spaghetti Bolognese Beef	Vegetable Soup Chicken Sandwich	Portuguese bread Kiri Cheese Oven Kofta Beef & Potato with rice
			Carrot Salad Water / Regular Yoghurt	Regular Green Salad Water Danish Apple	Mix of Carrot & Cucumber Salad Water / Fresh Fruit Red Apple	Red Salad Water Fresh Banana
Second Week		9-Sep	10-Sep	11-Sep	12-Sep	13-Sep
		Multigrain brown bread Cheddar Cheese Beef Burger	Arabic Bread Almarai Cheese Chicken Supreme & Rice	Al Hijra	Portuguese bread Puck Kiri Cheese Baked Fish with Rice	Olive brown bread Regular Fresh Labneh Couscous with Chicken Sausage
		Tabouli Salad Water / Banana	Mix of Carrot & Cucumber Salad Water / Fresh Fruit Salad	Al Hijra	Salad Pasta Water Danish Cinnamon	Carrot Soup Water / Flavored Yoghurt
Third Week		16-Sep	17-Sep	18-Sep	19-Sep	20-Sep
		Portuguese bread Almarai Cheese Cut Green Beans with rice and beef	Pave bread Cheddar Cheese Margherita pizza	Multigrain bread Square Kiri Cheese Penne Arabiata with Chicken and Mix Sauce	Ashoura	Ashoura
		Regular Green Salad Water Vanilla Muffin	Cucumber Salad Water / Flavored Yoghurt	Red Salad Water Fresh Green Pear	Ashoura	Ashoura
Week Four		23-Sep	24-Sep	25-Sep	26-Sep	27-Sep
		Olive brown bread Regular Fresh Labneh Daood Basha with vermicelli rice (Small Kofta)	Multigrain brown bread Puck Kiri Cheese Fish with mashed and Vegetable	Arabic Bread Sambousek Cheese Grilled Chicken Kabab with Rice	Portuguese Bread Puck Kiri Cheese Beef Sausage with Potato Coriander	Pave bread Kiri Cheese Chicken Noodle Pasta
		Green Salad Water / Fresh Fruit Salad	Salad Lentil Water Fresh Fruits Banana	Mix of Carrot & Cucumber Salad Water / Fresh Fruit Red Apple	Cucumber Salad Water / Orange Juices	Regular Green Salad Water Fresh Fruit Banana
Week Five		30-Sep				
		Arabic Bread Sambousek Vegetables Grilled Chicken with Humus and French Fries				
		Mix of Carrot & Cucumber Salad Water / Fresh Fruit Red Apple				

