

MENU

WEEK 01

SUN

Rice with Baked beans in tomato sauce with carrot and Beetroot

MON

Protien Patties with Ptitim and antipasti

TUE

Cous cous served with Vegetable soup and chickpeas

WED

Fish balls with tomato sauce potato wedges with Green beans and corn

THU

Rice Pilaf with lentils, chickpeas and vegetables

FRI

Tuna Patties with 'chips' and Israeli Salad

WEEK 02

SUN

Vegetable and white bean balls in tomato sauce served with majadra and cabbage

MON

Tuna Pasta Bake and roasted vegetables

TUE

Falafel, Chips (baked potatoes) with israeli salad

WED

Fish balls with Burgul, peas and carrots

THU

Tofu and vegetable stirfry with noodles

FRI

Pasta with Olives and Tomato sauce served with Israeli salad

MORNING AND AFTERNOON SNACK

Wholemeal bread served with Tehina and fresh raw vegetables

or

Fresh fruit

All meals are served at different times according to the daily routine of the class