



Keren's Kitchen, what's cooking?

Week 1

Week 2

Week 3

M	Spring vegetable Pie with salad	Chinese rice (Eggs, carrots, onion, peppers and peas)	Lentils sauce with Moroccan couscous and broccoli
T	Chicken schnitzel (vegetarian mejadara) with rice & Israeli salad	Beef stew/ Vegetarian with noodles	Home-made Fish cakes (vegetable cake) with new potatoes and green beans
W	Home-made quinoa burgers with baked beans, peas and couscous	Home-made Falafel with Israeli couscous and sweet corn	Chinese Chicken/ Vegetarian with rice
Th	Tuna Pasta with Israeli salad/ Pasta with tomato sauce and green beans	Caramelized chicken (vegetarian mejadara) with rice and cauliflower	Pasta Bolognese/ Vegetarian and salad
F	Healthy chicken and vegetable soup & noodles	Healthy chicken and vegetable soup & noodles	Healthy chicken and vegetable soup & noodles

* We serve daily 'Israeli' breakfasts which include - cucumbers, tomatoes, peppers, olives, avocado, cheddar cheese, humus/soft cheese; * Tuesday is our baking and cooking days; * Fridays we bake Challa rolls for Shabbat; * Additional snacks and meals are provided for children staying for the extended day.

* Subject to alterations due to allergies (please see extended day menu); * **Vegetarian option**



Snacks (3:15pm) and dinner (5:30pm) for extended day

	Afternoon snack	Dinner
Monday	Cream cheese sandwich, natural Greek yoghurt, and fruit	Omelets/scrambled eggs with Israeli salad
Tuesday	Rice cake with Avocado and fruit	Moroccan style couscous with chickpeas, raisins, fresh parsley and vegetables
Wednesday	Humus with pitta bread, Greek yoghurt, and finger vegetables	Wrap with cheese / tinned salmon and spinach
Thursday	Homemade vegetarian / Tuna pizza	Egg & Vegetables Chinese stir-fried rice

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