

Ramadan 7 Day menu Rotation 2024

Day 1

- Banana Bread
- Dried Fruit
- Hard Boiled Egg
- Hummus, Fresh Veggies and Pita
- Whole Fruit
- Small Milk
- Canned Beverage
- Tea
- Sandwich of the Day

Day 2

- Coffee Cake
- Dried Figs
- Hard Boiled Egg
- Instant Oatmeal Package
- Whole Fruit
- Milk
- Canned Beverage
- Tea
- Re heat-able meal (Protein, Starch and Veg OR Vegetarian Version)

Day 3

- Blueberry Muffin
- Pumpkin Seeds
- Hard Boiled Egg
- Tzatziki with Pita
- Whole Fruit
- Milk
- Canned Beverage
- Tea
- Re Heat-able Scrambled Egg Or Tofu Hash with Potatoes & Peppers

Day 4

- Whole Grain Muffin
- Granola Bar
- Hard boiled Egg
- Crackers and Cheese
- Fruit Yogurt
- Milk
- Canned Beverage
- Tea
- Re Heat-able Stir Fry with Halal Chicken OR Tofu, Served with Whole Grain Rice

Day 5

- Chocolate Chip Muffin
- Dried Figs
- Whole grain Bagel with Peanut butter packs & Cream Cheese
- Whole fruit
- Hard Boiled Egg
- Milk
- Canned Beverage
- Tea
- Sandwich of the Day

Day 6

- Blueberry Muffin
- Dried Apricots
- Hard Boiled Egg
- Whole Grain Bagel with Sliced Tomato and Cheddar Cheese
- Whole fruit
- Milk
- Canned Beverage
- Tea
- Quinoa, Bean Salad with Dried Fruits, Pumpkin Seeds, Dressing on Side, Feta Cheese and Grilled Halal Chicken or Tofu

Day 7

- Banana Bread
- Dried Dates
- Whole Fruit
- Hard Boiled Egg
- Instant Oatmeal Package
- Milk
- Canned Beverage
- Tea
- Sandwich of the Day