

Ramadan 7 Day menu Rotation 2026

Day 1

- Banana Bread
- Dried Fruit
- Hard Boiled Egg
- Hummus, Fresh Veggies and Pita/Fatoush Salad
- Whole Fruit
- Small Milk
- Bottle of juice
- Tea
- Roast Halal Chicken & Veggy Sandwiches (Ciabatta bread or roll)

Day 2

- Coffee Cake
- Dried Figs
- Hard Boiled Egg
- Instant Oatmeal Package
- Whole Fruit
- Milk
- Bottle of Fruit Juice
- Tea
- Roast Halal Chicken & Veggy Sandwich (Ciabatta bread or roll)

Day 3

- Chocolate Chip Muffin
- Dried Figs
- Whole grain Bagel with Peanut butter packs & Cream Cheese
- Whole fruit
- Hard Boiled Egg
- Milk
- Bottle of fruit juice
- Tea
- Roast Halal Chicken & Veggy Wrap (hummus, cucumber etc)

Day 4

- Blueberry Muffin
- Pumpkin Seeds
- Hard Boiled Egg
- Tzatziki with Pita Or hummus with Pita &Veg
- Whole Fruit
- Milk
- Bottle of Fruit Juice
- Tea
- Roast Halal Chicken Salad with veggies and quinoa and spinach (dressing on side)

Day 5

- Whole Grain Muffin
- Granola Bar
- Hard boiled Egg
- Crackers and Cheese, veggies & grapes
- Fruit Yogurt
- Milk
- Bottle of fruit juice
- Tea
- Roast Halal Chicken & Veggy Sandwich (Ciabatta bread or roll)

Day 6

- Chocolate Chip Muffin
- Dried Figs
- Whole grain Bagel with Peanut butter packs & Cream Cheese
- Whole fruit
- Hard Boiled Egg
- Milk
- Bottle of fruit juice
- Tea
- Quinoa, Bean Salad with Dried Fruits, Pumpkin Seeds, Dressing on Side, Feta & Grilled Halal Chicken

Day 7

- Banana Bread
- Dried Dates
- Whole Fruit
- Hard Boiled Egg
- Instant Oatmeal Package
- Milk
- Bottle of Juice
- Tea
- Roast Halal Chicken & Veggy Sandwich (hummus, cucumber etc) (Ciabatta bread or roll)