

**Week 1 (fasting/sleepover)**

**Tuesday**

**Wednesday**

**Thursday (outing - Boite a lunch)**

**Friday**

**Morning snack**

Fresh fruits

Croissant with confiture

Bagel

Fetir malak

**Lunch**

Fish with salad and rice/BBQ (food TBD)

Koshari

Tuna, jus and chips

Ola2s with rice

**Afternoon snack**

Cake

Toasted bread with hummus dip with salad

Jell-o

Watermelon

**Week 2 (fasting)**

**Tuesday**

**Wednesday**

**Thursday (outing - Boite a lunch)**

**Friday**

**Morning snack**

Fresh fruits

Fetir malak

Croissant

Bagel

**Lunch**

peas with rice

Molokheya with rice

Shawerm, Jus and chips

Seyami pizza and fries

**Afternoon snack**

Banana bread

Rice Krispies//chips

Banana and apples

Watermelon

**Week 3 (fasting/sleepover)**

**Monday**

**Tuesday**

**Wednesday**

**Thursday (outing - Boite a lunch)**

**Friday**

**Morning snack**

Croissant and chokolatine

Fruit salad

Fetir malak

Fresh fruits

Apple pie

**Lunch**

Fried fish with salad and rice

Seyami pizza and sides//BBQ (food TBD)

Koshari

Tuna, jus and chips

Macaroni with tomato sauce

**Afternoon snack**

Chips

Crackers with dip

Banana bread

Cake

Watermelon

**Week 4**

**Monday**

**Tuesday**

**Wednesday**

**Thursday (outing - Boite a lunch)**

**Friday**

**Morning snack**

Fresh fruits

Yogourt

Fruit salad

sandwich with cheese and ham

Pancake

**Lunch**

Pâté chinois

Chicken with cesar salad

Macaroni with tomato sauce

Chicken burger with cookies

Pizza and fries

**Afternoon snack**

Cinnamon cake

Crackers with cheese

Jell-o

Chips

Watermelon

**Week 5 (sleepover)**

**Monday**

**Tuesday**

**Wednesday**

**Thursday (outing - Boite a lunch)**

**Friday**

**Morning snack**

Muffins

Fetir malak

Fresh fruits

Cereal with milk

Jelly sandwich

**Lunch**

Macarona beshamel

Hawawshi sandwich//BBQ (food TBD)

Green peas

Kofta sandwich

Koshari

**Afternoon snack**

Crackers with cheese

Chocolate chips cookies

Cinnamon cake

Watermelon

Pudding

**Week 6**

<u>Monday</u>	<u>Morning snack</u>	<u>Lunch</u>	<u>Afternoon snack</u>
<u>Tuesday</u>	Cereal with milk	Pâté chinois	chips
<u>Wednesday</u>	Muffins	Macarona beshamel	Watermelon
<u>Thursday (outing - Boite a lunch)</u>	Fresh fruits	Molokheia with rice	Fruit salad
<u>Friday</u>	toast with chocolate sauce	Chicken burger with cookies	Pudding
	Fruit salad	pizza siami and fries	Banana and apples

**Week 7 (fasting Wed to Fr/sleepover)**

<u>Monday</u>	<u>Morning snack</u>	<u>Lunch</u>	<u>Afternoon snack</u>
<u>Tuesday</u>	Muffins	Pâté chinois	Fruit salad
<u>Wednesday</u>	Cereal with milk	pizza and fries //BBQ (food TBD)	Jell-o
<u>Thursday (outing - Boite a lunch)</u>	Apple pie	Macaroni with tomato sauce	Banana bread
<u>Friday</u>	Croissant and chocolatine	sandwich tuna chips and jus	Watermelon
	Jelly sandwich	peas with sides	Cinnamon cake

**Week 8 (fasting)**

<u>Monday</u>	<u>Morning snack</u>	<u>Lunch</u>	<u>Afternoon snack</u>
<u>Tuesday</u>	Fetir malak	Vegeburger with sides	bananas
<u>Wednesday</u>	Apple pie	fish with sides	Jelly sandwich
<u>Thursday (outing - Boite a lunch)</u>	Fresh fruits	Molokheia with rice	Corn
<u>Friday</u>	Croissant with confiture	shawerma	apples
	Fetir malak	Pizza siami and fries	Jell-o

**Week 9 (fasting Mon, Tu, Wed)/sleepover**

<u>Monday</u>	<u>Morning snack</u>	<u>Lunch</u>	<u>Afternoon snack</u>
<u>Tuesday</u>	Jelly sandwich	Tuna jus and fries	Watermelon
<u>Wednesday</u>	Fetir malak	shawerma//BBQ (food TBD)	Corn
<u>Thursday (outing - Boite a lunch)</u>	Apple pie	Green peas	Rice Krispies
<u>Friday</u>	Bagel	Chicken burger with cookies	Cinnamon cake
	Chocolatine and croissant	Vegeburger with sides	Jell-o

**Total: 43 days of camp**