



Saxony
International
School
Cairo West

menu

19.05. – 23.05.2024



breakfast

falafel
sandwich &
juice

melted
cheese toast,
fresh veggies,
fresh juice

pretzel, carrot
sticks, fresh
chocolate milk

white cheese
sandwich, fruits
& chocolate milk

pan cakes
minis with
honey, fresh
juice



lunch

green beans &
Mined meat
with white rice

chicken
fricassee
& rice

fish fingers,
potato wedges
& steamed
broccoli

vermicelli soup
with chicken
cubes & cheese
sambousa

pasta
Bolognese



snack

jelly

cheese
crackers

popcorn

baked sweet
potato

rice pudding





Saxony
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menu

26.05. – 30.05.2024



breakfast

falafel sandwich,
fresh veggies,
fresh juice

white cheese sandwich,
cucumber &
chocolate milk

omelets sandwich,
fresh veggies &
milk

man'aish zaatar and cheese,
fresh veggies,
milk

melted cheese sandwich,
cucumber &
fresh juice



lunch

zucchini with minced meat
white rice and
carrots

mini burger Sandwich
(lettuce,
tomatoes)
baked wedges

Sliced potatoes and tomato in
oven with
white rice and
chicken cubes

white rice,
molokheya and
chicken

margarita/
vegetarian
pizza & fresh
veggies



snack

fresh fruits

fruit jelly

milk pudding

dates biscuits

popcorn





Saxony
International
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menu

02.06. – 06.06.2024



breakfast

falafel sandwich, fresh veggies, fresh juice

melted cheese sandwich, cucumber & fresh juice

pretzel, carrot sticks, fresh chocolate milk

omelet sandwich, fruits & chocolate milk

Pancakes minis with honey, fresh juice



lunch

creamy white sauce chicken pasta & steamed carrots

white rice green beans, minced meat and juice

pasta bolognese and salad

vermicelli rice potatoes + carrots & grilled chicken

margarita/vegetarian pizza & fresh veggies



snack

fruits

dates biscuits

Waffles with honey

cheese crackers

popcorn





Saxony
International
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menu

09.06. – 13.06.2024



breakfast



lunch



snack

	Sunday	Monday	Tuesday	Wednesday	Thursday
breakfast	falafel sandwich, sliced tomatoes & fresh juice	white cheese sandwich cucumber & chocolate milk	scrambled egg's sandwich cucumber sticks, fresh juice	pretzel, carrot sticks, fresh chocolate milk	pancakes with honey
lunch	chicken piccata white rice, steamed carrots and broccoli	fish fingers oven baked potato wedges & steamed broccoli	white rice, molokheya, and chicken	vermicelli rice, green peas in tomato sauce and meat cubes	mini burger Sandwich (lettuce, tomatoes) baked wedges
snack	waffles with honey	cheese crackers	rice pudding	fruit salad	dates biscuits





Saxony
International
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menu

23.06 – 27.06.2024

	Sunday	Monday	Tuesday	Wednesday	Thursday
 breakfast	omelet sandwich, fruits, fresh chocolate milk	falafel sandwich, sliced tomatoes & fresh juice	man'aish zaatar and cheese, fresh veggies, milk	melted cheese toast, fruits & banana milk	pancakes with honey with milk
 lunch	chicken pane white rice, sautéed veggies	pasta meatballs, steamed carrots	zucchini with minced meat white rice and carrots	koshari & veggies	mini burger Sandwich (lettuce, tomatoes) baked wedges
 snack	cookies	popcorn	english cake	fruit salad	rice pudding

