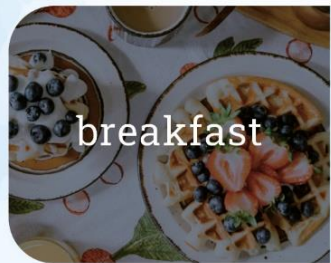




Saxony
International
School
Cairo West

menu

29.09 – 03.10.2024



breakfast

Melted Cheese
Sandwich,
Cucumber &
Carrot Sticks

Eggs, Bread Rolls
& Veggie Sticks

White Cheese
Sandwich,
Cucumber & Carrot
Sticks & Yoghurt
with Honey

Falafel, Baladi
Bread & Veggie
Sticks

—



lunch

Meatballs in
Tomato Sauce,
Rice & Sauteed
Veggie Fingers

Creamy Chicken,
Pasta & Roasted
Mix Veg

Koshary & Mixed
Green Salad

Beef Burger,
Roasted Potato
Wedges,
Cucumber &
Carrot Sticks

—



snack

Seasonal fruit

Date Biscuit

Seasonal fruit

Seasonal fruit

—



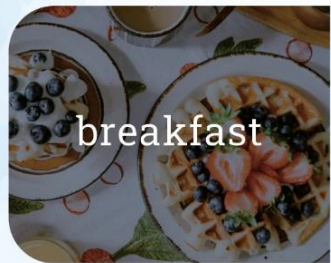


SIS

Saxony
International
School
Cairo West

menu

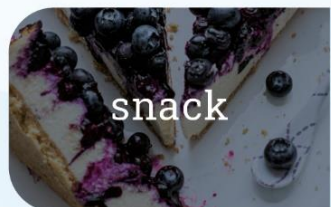
06.10 – 10.10.2024



breakfast



lunch



snack

	Sunday	Monday	Tuesday	Wednesday	Thursday
breakfast	—	—	—	Eggs, Bread Rolls, Cucumber & Carrot Sticks	White Cheese Sandwich & Veggie Sticks
lunch	—	—	—	Chicken Burger, Roasted Potato Wedges, Cucumber & Carrot Sticks	Beef Bolognese with Pasta & Grilled Veggie Fingers
snack	—	—	—	Seasonal Fruit	Popcorn

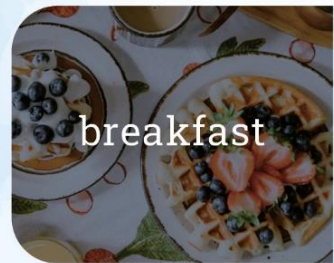




Saxony
International
School
Cairo West

menu

13.10 – 17.10.2024



breakfast



lunch



snack

	Sunday	Monday	Tuesday	Wednesday	Thursday
breakfast	Eggs, Bread Rolls & Veggie Sticks	White Cheese Sandwich & Veggie Sticks	Falafel, Baladi Bread, Cucumber, Carrot Sticks & Yoghurt with Honey	Melted Cheese Sandwich & Veggie Sticks	Cream Cheese, Bread Rolls, Cucumber & Carrot Sticks
lunch	Baked Chicken Fillet with Potato, Rice & Mixed Green Salad	Beef Kebab Halla, Pasta & Sliced Vegetable Salad	Koshary & Mixed Green Salad	Beef Burger, Roasted Potato Wedges, Cucumber & Carrot Sticks	Molokheya with chicken & Rice
snack	Seasonal Fruit	Pan Cake with Honey	Seasonal Fruit	Seasonal Fruit	Mehalabeya



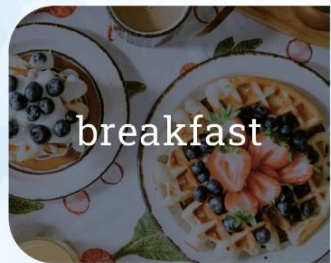


SIS

Saxony
International
School
Cairo West

menu

20.10 – 24.10.2024



breakfast



lunch



snack

	Sunday	Monday	Tuesday	Wednesday	Thursday
breakfast	Melted Cheese Sandwich & Veggie Sticks	Cream Cheese, Bread Rolls, Cucumber & Carrot Sticks	Eggs, Bread Rolls, Veggie Sticks & Yoghurt with Honey	White Cheese Sandwich, Cucumber & Carrot Sticks	Falafel & Baladi Bread & Veggie Sticks
lunch	Grilled Beef Kofta with Rice, Mix Veggie in Tomato Sauce & Sliced Vegetable Salad	Roasted Chicken Fillet with Rice, Mix Veggie in Tomato Sauce & Mixed Green Salad	Tomato Sauce, Creamy Sauce, Pasta & Mix Salad	Chicken Burger, Roasted Potato Wedges, Cucumber & Carrot Sticks	Beef Bolognese with Pasta & Roasted Veggie Fingers
snack	Seasonal Fruit	Mini Muffin	Seasonal Fruit	Seasonal Fruit	Custard

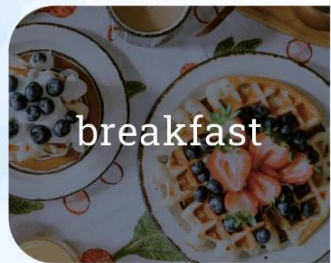




Saxony
International
School
Cairo West

menu

27.10 – 31.10.2024



breakfast

White Cheese
Sandwich,
Cucumber &
Carrot Sticks

Eggs, Bread Rolls
& Veggie Sticks

Melted Cheese
Sandwich,
Cucumber, Carrot
Sticks & Yoghurt
with Honey

Falafel & Baladi
Bread & Veggie
Sticks

Cream Cheese,
Bread Rolls,
Cucumber &
Carrot Sticks



lunch

Meatballs in
Tomato Sauce,
Rice & Sauteed
Veggie Fingers

Creamy Chicken,
Pasta & Roasted
Mix Veg

Koshary & Mixed
Green Salad

Beef Burger,
Roasted Potato
Wedges, Cucumber
& Carrot Sticks

Molokheya with
Chicken & Rice



snack

Seasonal Fruit

Popcorn

Seasonal Fruit

Seasonal Fruit

Jelly

