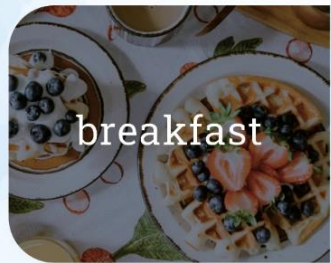




Saxony
International
School
Cairo West

menu

03.11 – 07.11.2024



breakfast



lunch



snack

Sunday	Monday	Tuesday	Wednesday	Thursday
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	Cream Cheese, Bread Rolls, Cucumber & Carrot Sticks
Baked Chicken Fillet with Potato, Rice & Mixed Green Salad	Creamy Chicken, Pasta & Roasted Mix Veg	Pizza Margarita / Pasta Marinara	Hot Dog Sandwich, Roasted Potato Wedges, Cucumber & Carrot Sticks	Molokheya with chicken & Rice
Seasonal fruit	Sweet Potato	Seasonal fruit	Seasonal fruit	Date Biscuit

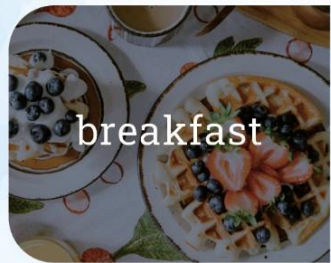




Saxony
International
School
Cairo West

menu

10.11 – 14.11.2024



breakfast

White Cheese
Sandwich &
Veggie Sticks

Falafel, Baladi
Bread, Cucumbe
& Carrot Sticks

Cream Cheese,
Bread Rolls,
Veggie Sticks &
Yoghurt with
Honey

Eggs, Bread
Rolls, Cucumber
& Carrot Sticks

—



lunch

Meatballs in
Tomato Sauce,
Rice & Sauteed
Veggie Fingers

Roasted Chicken,
Vegetable Noodles,
& Carrot Salad

Koshary & Mixed
Salad

Mini Hawawshi,
Roasted Potato
Wedges &
Veggie Sticks

—



snack

Seasonal Fruit

Popcorn

Seasonal Fruit

Seasonal Fruit

—

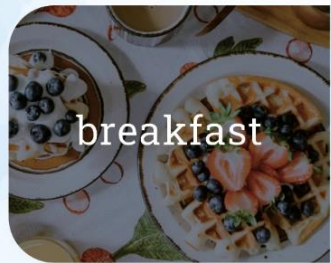




Saxony
International
School
Cairo West

menu

17.11 – 21.11.2024



breakfast

Eggs, Bread
Rolls, Cucumber
& Carrot 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

Fish Fingers, Rice
Roasted Potato
Wedges & Grilled
Veggie Fingers

Beef Kebab Halla,
Pasta & Sliced
Vegetable Salad

Pizza Margarita /
Pasta Marinara

Beef Burger,
Roasted Potato
Wedges, Cucumber
& Carrot Sticks

Beef Bolognese
with Pasta &
Grilled Veggie
Fingers



snack

Seasonal Fruit

Mini Muffin

Seasonal Fruit

Seasonal Fruit

Sweet Potato

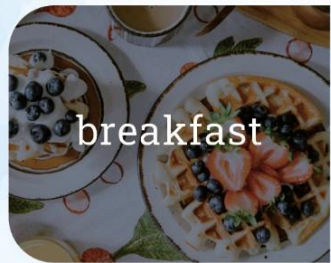




Saxony
International
School
Cairo West

menu

24.11 – 28.11.2024



breakfast



lunch



snack

Sunday	Monday	Tuesday	Wednesday	Thursday
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
Grilled Beef Kofta with Rice, Mix Veggie in Tomato Sauce & Sliced Vegetable Salad	Roasted Chicken Fillet with Rice, Onion Gravy Sauce & Mixed Green Salad	Koshary & Mix Salad	Chicken Burger, Roasted Potato Wedges & Veggie Sticks	Molokheya with Chicken & Rice
Seasonal Fruit	Popcorn	Seasonal Fruit	Seasonal Fruit	Custard

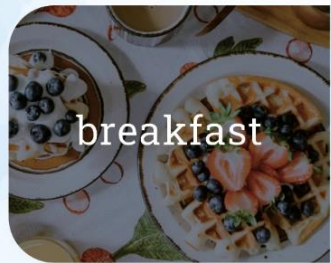




Saxony
International
School
Cairo West

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

