



Saxony  
International  
School  
Cairo West

# menu

31.08. – 03.09.2025

Sunday

Monday

Tuesday

Wednesday

Thursday

breakfast

—

Omelet  
Sandwich,  
fresh veggies,  
milk

Melted cheese  
toast, fresh  
veggies, fresh  
juice

Mini pancakes,  
honey, fresh  
juice

—

lunch

—

Chicken pane  
white rice,  
sautéed veggies

Vermicelli rice,  
green peas  
with carrots,  
minced meat

White rice,  
molokhyia,  
chicken cubes

—

snack

—

Pop corn

Date Biscuits



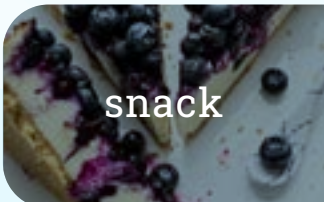
Fresh fruit

—



# menu

07.09. – 11.09.2025

	Sunday	Monday	Tuesday	Wednesday	Thursday
 <p>breakfast</p>	Man'aish zaatar / cheese, fresh veggies, milk	purée fava beans with sliced cucumber and tomato, juice	Falafel sandwich, fresh veggies, fresh juice	Pretzel, cheese dip, carrots, chocolate milk	Omelet, fresh veggies, milk
 <p>lunch</p>	Macaroni bechamel, sautéed carrots	White rice, zucchini, minced meat	Fish fingers, potato wedges, sautéed broccoli, white rice	Chicken piccata, mashed potatoes, sautéed veggies	Mini burger sandwich, wedges
 <p>snack</p>	Fruit jelly	Fresh fruit	Rice pudding	Cheese crackers	Waffles










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# menu

14.09. – 18.09.2025

	Sunday	Monday	Tuesday	Wednesday	Thursday
 breakfast	White cheese sandwich, cucumber, tomato, chocolate milk	Scrambled eggs, carrot sticks, fresh juice	Man'aish zaatar / cheese, fresh veggies, milk	Bellia, milk, fesh veggies	purée fava beans with sliced cucumber and tomato, juice
 lunch	White rice, molokhyia, chicken cubes	Vermicelli rice, over baked potato slices, meatballs	Tomato cream soup with croutons, minced meat goulash	Chickee pane, white rice, sautéed veggies	Pasta meatballs, sautéed carrots
 snack	Fruit Salad	Popcorn	Baked sweet potato	Date biscuit	Rice pudding








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# menu

21.09. – 25.09.2025



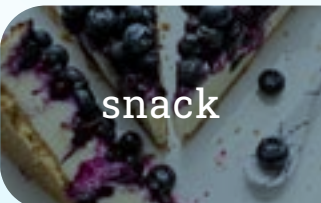
	Sunday	Monday	Tuesday	Wednesday	Thursday
 breakfast	White cheese sandwich, cucumber, tomato, chocolate milk	Omelet Sandwich, fresh veggies, milk	Melted cheese toast, fresh veggies, fresh juice	Mini pancakes, honey, fresh juice	Falafel sandwich, fresh veggies, fresh juice
 lunch	Pasta Bolognese, salad	Chicken pane white rice, sautéed veggies	Vermicelli rice, green peas with carrots, minced meat	White rice, molokhyia, chicken cubes	Macaroni bechamel, sautéed carrots
 snack	Mini pizza	Popcorn	Date Biscuits	Fresh fruit	English cake





# menu

28.09. – 02.10.2025

	Sunday	Monday	Tuesday	Wednesday	Thursday
 <p>breakfast</p>	Man'aish zaatar / cheese, fresh veggies, milk	purée fava beans with sliced cucumber and tomato, juice	Falafel sandwich, fresh veggies, fresh juice	Pretzel, cheese dip, carrots, chocolate milk	Omelet Sandwich, fresh veggies, milk
 <p>lunch</p>	Macaroni bechamel, sautéed carrots	White rice, zucchini, minced meat	Fish fingers, potato wedges, sautéed broccoli, white rice	Chicken piccata, mashed potatoes, sautéed veggies	Mini burger sandwich, wedges
 <p>snack</p>	Fruit jelly	Fresh fruit	Rice pudding	Cheese crackers	Waffles

