

# menu

07.10. – 08.10.2025

	Sunday	Monday	Tuesday	Wednesday	Thursday
breakfast	—	—	Melted cheese toast, fresh veggies, fresh juice	Omelet Sandwich, fresh veggies, milk	—
lunch	—	—	Vermicelli rice, green peas with carrots, minced meat	Chicken piccata white rice, sautéed veggies	—
snack	—	—	Date Biscuits	Popcorn	—





Saxony  
International  
School  
Cairo West

# menu

12.10. – 16.10.2025

Sunday

Monday

Tuesday

Wednesday

Thursday

## breakfast

Man'aish 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

## lunch

Pasta white  
sauce chicken  
cubes, sautéed  
carrots

White rice,  
green beans,  
minced meat

Fish fingers,  
potato wedges,  
sautéed broccoli,  
white rice

Chicken  
Crockett, Pasta,  
red sauce  
veggies

Vegetarian /  
margarita  
pizza carrots

## snack

Date Biscuits

Fresh fruit

Vanilla Muffin

Cheese crackers

Snack with  
fruits



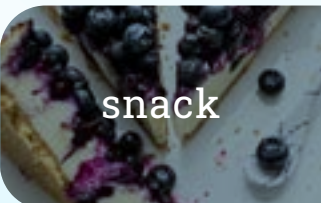




Saxony  
International  
School  
Cairo West

# menu

19.10. – 23.10.2025

	Sunday	Monday	Tuesday	Wednesday	Thursday
 breakfast	White cheese sandwich, cucumber, tomato, chocolate milk	Scrambled eggs, carrot sticks, fresh juice	Man'aish cheese, fresh veggies, milk	Bellia, milk, fresh 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	Chicken Crockett piccata, white rice, sautéed veggies	Margarita / vegetarian pizza
 snack	Fruit Salad	Popcorn	Baked sweet potato	Date biscuit	Rice pudding



# menu

26.10. – 30.10.2025

	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	Chicken croquette, pasta red sauce, sautéed veggies	White rice, meat balls zucchini	Vermicelli rice, green peas with carrots, minced meat	Pasta white sauce, chicken cubes, cucumber and carrots	Vegetarian / margarita pizza carrots
snack	Date Biscuits	Popcorn	Cheese cracker	Fresh fruit	English cake

