



Saxony
International
School
Cairo West

menu

02.11. – 06.11.2025

	Sunday	Monday	Tuesday	Wednesday	Thursday
 breakfast	White cheese sandwich cucumber tomato slices juice	purée fava beans with sliced cucumber and tomato, juice	Melted cheese toast, fresh veggies, fresh juice	Omelet, fresh veggies, milk	Falafel sandwich, fresh veggies, fresh juice
 lunch	Vermicelli rice, peas and carrots, minced meat	Pasta red sauce with chicken Croquette, sautéed veggies	White rice, sliced oven baked potatoes and cubed chicken	Fish fingers, potato wedges, sautéed broccoli, white rice	Margarita and Chicken pizza, Arugula and tomatoes
 snack	Fresh fruit	Rice pudding	Pop corn	Fresh fruit	Muffin

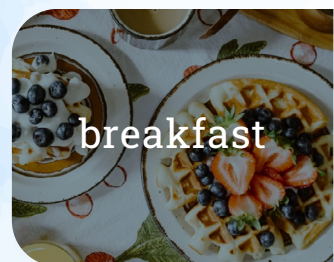




Saxony
International
School
Cairo West

menu

09.11. – 13.11.2025



breakfast

Man'aish zaatar
/ cheese, fresh
veggies, milk

White cheese
sandwich,
cucumbers,
tomato, juice

Falafel
sandwich, fresh
veggies, fresh
juice

Melted cheese
Sandwich
Tomato slices,
milk

Omelet,
fresh veggies,
milk



lunch

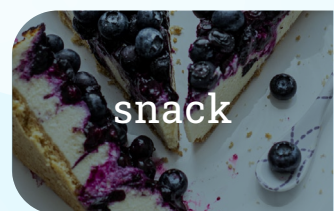
White rice,
Molokheya,
chicken

Pasta white
sauce chicken
cubes, sautéed
carrots

White rice,
green beans,
minced meat
(trial cauliflower
minced meat)

Chicken
vermicelli soup,
cheese samosas

Mini beef burger
sandwich,
wedges, tomato
slices



snack

Date biscuits

Fresh fruit

Vanilla Muffin

Cheese crackers

Waffles





Saxony
International
School
Cairo West

menu

16.11. – 20.11.2025

	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, fresh veggies	purée fava beans with sliced cucumber and tomato, juice
 lunch	Vermicelli rice, zucchini, minced meat (trial spinach minced meat)	Pasta white sauce with chicken cubes, Sautéed carrots broccoli	Orzo soup with chicken cubes and carrots, cheese samosa	Chicken piccata, white rice, sautéed veggies	Mini burger sandwich, wedges, tomato slices
 snack	Jelly	Popcorn	Baked sweet potato	Date biscuit	Rice pudding

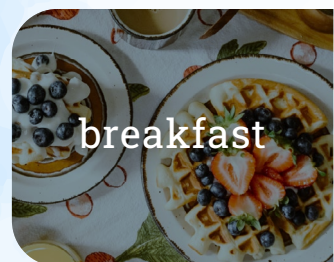




Saxony
International
School
Cairo West

menu

23.11. – 27.11.2025



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

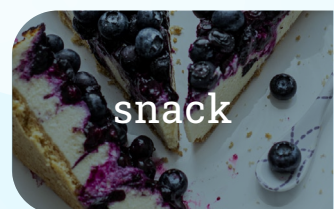
White Rice, green beans, minced meat (trial sampling taro in green sauce)

Pasta red sauce, chicken croquette, sautéed veggies

White rice, molokhyia, chicken cubes

Chicken vermicelli soup, cheese samosa, carrots

Chicken / Margarita pizza carrots



snack

Date Biscuits

Popcorn

Cheese cracker

English cake

Fresh fruits





Saxony
International
School
Cairo West

menu

30.11. – 04.12.2025

	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	Vermicelli rice, peas and carrots, minced meat	Pasta red sauce with chicken Croquette, sautéed veggies	White rice, sliced oven baked potatoes and cubed chicken	Fish fingers, potato wedges, sautéed broccoli, white rice	Tomato cream soup, crotons, minced meat Goulash
 snack	Date biscuits	Popcorn	Cheese crackers	English cake	Fresh fruit

