



Saxony
International
School
Cairo West

menu

11.01. – 15.01.2026

Sunday

Monday

Tuesday

Wednesday

Thursday



breakfast

Melted cheese
sandwich,
cucumber,
carrots, juice

Falafel
sandwich, fresh
veggies, milk

Vermicelli
Milk

Pan cakes,
honey,
juice

Omelet
sandwich,
tomato,
cucumber, juice



lunch

White rice,
molokhaya,
chicken

Pasta white
sauce, chicken
cubes, cucumber

Rice, green
beans, minced
meat

Mini beef
burger wedges,
tomato slices

Pasta red sauce,
chicken strips,
steamed carrots
and Broccoli



snack

Fresh fruit

Date biscuit

Popcorn

Fresh fruit

Jelly





Saxony
International
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Cairo West

menu

18.01. – 22.01.2026

Sunday

Monday

Tuesday

Wednesday

Thursday



breakfast

Falafel,
tomato,
fresh juice

White cheese
sandwich,
cucumber,
tomato slices,
milk

Omelet
sandwich,
cucumbers,
milk

Pan cakes,
honey,
milk

Beleila
milk



lunch

Vermicelli rice,
zucchini,
meat balls

Tomato Soup,
croton, minced
meat Goulash

Chicken piccata,
white rice,
green beans

Pasta Red sauce,
meat balls,
veggies

Pizza Margarita
/ chicken,
Veggies



snack

Fresh fruit

Popcorn

Date biscuit

Fresh fruit

Jelly





Saxony
International
School
Cairo West

menu

26.01. – 29.01.2026

Sunday

Monday

Tuesday

Wednesday

Thursday



breakfast

Balady bread
cheese
tomatoes-juice

Omelet
sandwich,
cucumbers,
milk

Fava beans,
tomato,
cucumbers,
milk

Pan cakes,
honey,
milk



lunch

White rice,
Molokheya,
chicken

Vermicelli
chicken soup,
cheese
samosas

Vermicelli rice,
peas and carrots,
minced meat

Mini beef burger
wedges tomato
slices



snack

Fresh fruit

Date biscuit

Rice pudding

Cheese
crackers

