

December 2017



Sagesse High School

LUNCH



Monday

Tuesday

Wednesday

Thursday

Friday



1

St Barabara
Celebration

4

“Kafta” with baked potato
+Rice
Wheat pudding

5

“Nouille” + Salad
Cake

6

Stroganoff + Rice
Bananas

7

“Shish Barak” + Rice
Turkish Delight + Biscuit

8

“Makhlouta” + Salad
Pears

11

“Bemyi” with rice
Bananas

12

Baked potato and
Chicken + Salad
“Mhalabiyi”

13

Stuffed Cabbage
+ Yoghurt
Apples

14

“Laban Emo” +Rice
Cake

15

“Moujadra” + Salad
Fruit salad

18

Baked “kibbeh”
+ Yoghurt
Apples

19

Spaghetti Bolognaise
+ Salad
“Mighli”

20

Potato Stew + Rice
Pears

21

Pizza + Salad
Apples

22

Beans + Rice
Turkish Delight + Biscuit

25



26

27



28



29