

January

2017

Sagesse High School

Block A Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
9 Kebbe bil sayniye + Yogurt & cucumber +1 apple	10 Spinach with minced meat +Rice + Red lentils soup +1 Kiwi	11 Fish Cakes +Cabbage salad +Fruit salad	12 Nouvelle +Carrot soup +Banana	13 Moujadara +Cabbage and tomato salad +Custard
16 Bemye bil zeit +Rice +Lettuce tomato and cucumber + 1 Banana	17 Daoud basha + Rice +Lettuce, rocca and tomato +1 Apple	18 Fish Pie +Cabbage salad + Fruit salad	19 Djej w batata +Vegetables soup + 1 Kiwi	20 Lentils chard soup +Mashed potato sandwiches +Rice pudding
23 Kafta w batata +Tomato soup +1 apple	24 Mloukchieh with chicken and rice +1 Banana	25 Siyadiye +Cabbage +tomato salad +Fruit Salad	26 Chicken soup with vegetables +Mashed potato sandwich +1 Kiwi	27 Red beans +Rice +Lettuce tomato and cucumber +Chocolate custard
30 Lean meat burger +Potato wedges +Coleslaw +1 Apple	31 Cheikh el mehche +Rice +Lettuce tomato and cucumber + 1 Banana	Fish strips +Potato wedges +Coleslaw salad +Fruit salad	Riz za djej +Cabbage salad +1 Kiwi	Green beans stew +Rice +Meat ball soup +Mouhalabieh