

November (Updated)

2016

Sagesse High School

Block A Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
Hamburger with grilled lean meat +Grilled potato wedges +Coleslaw salad (mayo dressing) +seasonal fruit	Baked chicken and potatoes with coriander lemon and garlic sauce +Lettuce tomato and cucumber salad +seasonal fruit	Tuna Pasta Salad (lettuce, corn, carrots, tuna and pasta)-double portion +seasonal fruit	Artichoke stew with meat +rice +Lettuce & Bazle (watercress) & tomato salad (lemon oil dressing) + Custard	Moujadara +Cabbage and tomato salad and lemon oil dressing +Fruit salad
7	8	9	10	11
Kafta and potato baked in the oven +lettuce tomato and cucumber salad +seasonal fruit	Baked chicken strips +Baked potato wedges +coleslaw + seasonal fruit	Siyadiye +Cabbage and tomato salad + seasonal fruit	Cheikh el mehche with rice +Fattoush +Mhalabieh	Vegetarian green peas stew +rice + Mushroom Soup +Fruit salad
14	15	16	17	18
Riz za djej (chicken with met rice stew) +Cabbage salad +seasonal fruit	Kebbe bil sayniye +Laban Cucumbers and mint +seasonal fruit	Baked fish strips +Potato wedges grilled +Carrot soup	Stuffed Zucchini with rice and meat +Yogurt, cucumber and mint salad + seasonal fruit	Green Beans with meat and rice +Seasonal salad +Rice pudding
21	22	23	24	25
		Potato Soufflé with meat stuffing +Cabbage and tomato salad (lemon oil dressing) +seasonal fruit	Makhlouta +Whole wheat bread +Fattoush +Mhalabieh	Veggie Lasagna +Lettuce tomato cucumber and fresh mint +fruit salad
28	29	30		
Okra Stew with meat and rice + Lettuce cucumber and tomato +seasonal fruit	Chicken Noueille +Vegetable soup + seasonal fruit	Fish pie +Cabbage salad (lemon oil dressing) + seasonal fruit	Chich Barak And rice +Dlou3 selek with tahini +seasonal fruit	