

March

2017

Sagesse High School

Block A Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Fish strips +Potato wedges +Coleslaw salad +Fruit salad	2 Koussa mehche +laban +Lettuce tomato and cucumber +Banana	3 Fassolia bil zeit +Rice +Lettuce tomato and cucumber +mouhalabieh
6 Spaghetti with milk topped with bread crumbs +Lettuce tomato and cucumber + 1 Banana	7 Mexican chicken with rice +Lettuce tomato and cucumber +Rice pudding	8 Siyadiye +Cabbage +tomato salad +Fruit Salad	9 Spinach with meat + Rice + Kiwi	10 Makhlouta +Lettuce tomato and cucumber +Apple
13 Mloukhieh with chicken +Rice +Custard	14 Chicken Nouaille +Carrots soup +Kiwi	15 Tuna Sandwich + Lettuce and tomato salad + Fruit salad	16 Grilled Meat Burger +Baked potato wedges +Coleslaw +1 apple	17 Moujadara +Cabbage and tomato salad +2 mandarins
20 Burghul with meat and chickpeas +Laban +1 kiwi	21 Bemye bil zeit +Rice +meghle (coconut on top)	22 Fish Fillet in creamy sauce +Basmati rice +grilled sliced zucchini +Fruit salad	23 Potato and chicken in the oven +Lettuce tomato and cucumber +1 banana	24 Green beans stew +Rice + Mandarins
27 Chicken soup with vegetables +Mashed potato sandwich +1 Kiwi +1 apple	28 Kebbe bil sayniye +Laban +Lettuce tomato and cucumber	29 Fish strips +Potato wedges +Coleslaw salad +Fruit salad	30 Mehche malfouf +Laban +1 Kiwi	31 Mousakaza batenjen +Rice +Mouhalabieh