

October 2017



Sagesse High School

LUNCH



Monday

Tuesday

Wednesday

Thursday

Friday

2

Spaghetti Bolognaise
+ Salad
Apples

3

Baked "kibbeh"
+ Yoghurt
Cookies

4

"Sauce Supreme" + Salad
Cake

5

Hamburger
+ Salad + French fries
Bananas

6

"Moujadra" + Salad
Turkish Delight + Biscuit

9

Potato Stew + Rice
+ Salad
Apples

10

Stuffed Zucchini + Yoghurt
Cake

11

Green Peas Stew + Rice
+ Cabbage Salad
Fruit salad

12

Potato "Souffle" + Salad
Bananas

13

"Burgol" with tomato sauce
+ Yoghurt
Custard

16

Laban Emmo" + Rice
Cookies

17

Baked potato and
Chicken + Salad
Apples

18

Spinach + Rice
Fruit Salad

19

"Nouille" with Chicken
+ Salad
Pear

20

Beans Stew + Rice
Cake

23

Kafta with Batata + Rice
+ Salad
Bananas

24

Pizza + Salad
Fruit Salad

25

"Shish Barak" + Rice
Cake

26

Chicken with Rice
+ Yoghurt
Apples

27

Green Beans
+ Boiled potato
Turkish Delight + Biscuit

30

"Burgol bi dfin"
+ Yoghurt
Bananas

31

Stuffed Cabbage
+ Yoghurt
Cake

