

# SCHOOL WEEKLY MENU

Menu	Sunday	Monday	Tuesday	Wednesday	Thursday
SOUP	Vegetable Clear Soup		Chicken Corn Soup	Cream of Mushroom	Cream of Vegetable
ENTRÉE 1	Roasted Chicken	Chicken Or Beef Burger	Chicken Biryani	Chicken Carbonara	Bbq Chicken Pizza
ENTRÉE 2	Slow Roasted Veal With Gravy	Falafel Burger	Beef Biryani	Spaghetti Bolognese	Pepperoni Pizza
STARCH	Mashed Potato	French Fries	Potato Curry	Garlic Bread	Margarita Pizza
VEGETARIAN PASTA	Baked Macaroni Béchamel	Creamy Penne Pasta	Pasta With Pink Sauce	Vegetable Lasagna	Fasuli Pasta
VEGETARIAN	Vegetables Salona	Vegetable Spring Rolls With Sweet Chilli Sauce	Vegetable Biryani	Vegetable Noodles	Vegetarian Pizza
ENTRÉE 3	Chicken Nugets			Chicken Curry with Rice	Chicken Kabsa
SALAD 1	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad
SALAD 2	Corn Salad	Coleslaw	Rita	Moroccan Orange & Date	Russian Salad
VEGETABLE STICK	Crudités With Humus Dip	Crudités With Humus Dip	Crudités With Humus Dip	Crudités With Humus Dip	Crudités With Humus Dip
DESSERT 1	Cookies /Cup Cake	Chef Choice	Cookies /Cup Cake	Chef Choice	Cookies /Cup Cake
DESSERT 2	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	Chef Choice	Fresh Whole Fruit
BREAD 1	White & Brown Bread Rolls	White & Brown Bread Rolls	White & Brown Bread Rolls	White & Brown Bread Rolls	White & Brown Bread Rolls
BREAD 2	Arabick Bread	Arabic Bread	Arabic Bread	Arabic Bread	Arabic Bread
BEVERAGE	Milk/Juice	Milk/Juice	Milk/Juice	Milk/Juice	Milk/Juice



## Salad Bar at MS/HS

Week/Day	Price
Sunday-Thursday	17.25 SR VAT Inclusive Plus 5.00 SR protein addition

## School Sandwich Counter – Sunday & Wednesday at MS/HS

Bread	<ul style="list-style-type: none"><li>• Panini bread</li><li>• Corn tortilla bread</li></ul>
Types	<ul style="list-style-type: none"><li>• Chicken Chicken shawarma 17.25 SR VAT Inclusive Grilled chicken breast 17.25 SR VAT Inclusive</li><li>• Beef Beef steak 17.25 SR VAT Inclusive</li><li>• Vegetarian Grilled vegetable 17.25 SR VAT Inclusive Halloumi 17.25 SR VAT Inclusive</li></ul>
Condiments	<ul style="list-style-type: none"><li>• Romaine lettuce</li><li>• Sliced tomato</li><li>• Cucumber pickles</li><li>• Sliced cheese</li></ul>
Sauces	<ul style="list-style-type: none"><li>• Mayonnaise</li><li>• Garlic sauce</li><li>• Honey mustard</li><li>• Cocktail</li></ul>



## School Grab & Go Menu

<b>Panini And Wraps</b>	<ul style="list-style-type: none"><li>• Falafel with hummus wrap</li><li>• Buffalo chicken caeser wrap</li></ul>
<b>Assorted Cold Sandwiches</b>	<ul style="list-style-type: none"><li>• Chicken</li><li>• Tuna</li><li>• Cheese</li></ul>
<b>Salad</b>	<ul style="list-style-type: none"><li>• Organic mixed greens</li><li>• Chicken caesar salad</li></ul>
<b>Fruits</b>	<ul style="list-style-type: none"><li>• Fruits in cups</li><li>• Sweet melon cup</li><li>• Watermelon cup</li></ul>
<b>Dessert</b>	<ul style="list-style-type: none"><li>• Cheese cake</li><li>• Brownies</li></ul>
<b>Pastries</b>	<ul style="list-style-type: none"><li>• Croissant cheese</li><li>• Croissant zataar</li><li>• Croissant plain</li><li>• Cinnamon roll</li><li>• Assorted muffins regular (chocolate, banana, carrot)</li><li>• Sliced cake banana</li></ul>
<b>Beverages</b>	<ul style="list-style-type: none"><li>• Almarai juice</li><li>• Nada juice</li><li>• Fruit yogurt</li><li>• Plain yogurt</li><li>• Chilled juice</li></ul>
<b>Fresh Juices</b>	<ul style="list-style-type: none"><li>• Fresh orange juice</li><li>• Fresh carrot juice</li></ul>