



مدرسة السهوا
AI SAHWA SCHOOLS

Al Sahwa School Menu

WEEK 1 MENU

Sunday	Monday	Tuesday	Wednesday	Thursday
Macaroni Tomato Sauce	Wrap Chicken Sandwich	Cheese Pizza	Grilled Chicken With Baked Potato	(Pan Cake (K.g Only) Chicken Biryani
Cereals With Milk	Cereals With Milk	Cereals With Milk	Cereals With Milk	Cereals With Milk
Jam	Jam	Jam	Jam	Jam
Hummus	Yoghurt	Hummus	Yoghurt	Hummus
Assorted Bread	Assorted Bread	Assorted Bread	Assorted Bread	Assorted Bread
Green Salad	Green Salad	Green Salad	Green Salad	Green Salad
Fruit - Orange	Fruit - Apple	Fruit - Water Melon	Chocolate Cake	Fruit - Apple
Juice	Juice	Juice	Juice	Juice

WEEK 2 MENU

Sunday	Monday	Tuesday	Wednesday	Thursday
Cheese & Zather Fetera	Chicken Sandwich	Vegetable Lasagne	Tost Cheese Sandwich	(Pan Cake (K.g Only) Chicken Biryani
Cereals With Milk	Cereals With Milk	Cereals With Milk	Cereals With Milk	Cereals With Milk
Jam	Jam	Jam	Jam	Jam
Hummus	Yoghurt	Hummus	Yoghurt	Hummus
Assorted Bread	Assorted Bread	Assorted Bread	Assorted Bread	Assorted Bread
Green Salad	Green Salad	Green Salad	Green Salad	Green Salad
Fruit - Orange	Fruit - Apple	Fruit - Water Melon	Mini Donut	Fruit - Apple
Juice	Juice	Juice	Juice	Juice

WEEK 3 MENU

Sunday	Monday	Tuesday	Wednesday	Thursday
Pasta Bolognese	Egg Sandwich	Grilled Chicken With Baked Potato	Cheese Pizza	(Pan Cake (K.g Only) Mutton Biryani
Cereals With Milk	Cereals With Milk	Cereals With Milk	Cereals With Milk	Cereals With Milk
Jam	Jam	Jam	Jam	Jam
Hummus	Yoghurt	Hummus	Yoghurt	Hummus
Assorted Bread	Assorted Bread	Assorted Bread	Assorted Bread	Assorted Bread
Green Salad	Green Salad	Green Salad	Green Salad	Green Salad
Fruit - Pears	Fruit Orange	Fruit - Sweet Melon	Sago Pudding	Fruit - Apple
Juice	Juice	Juice	Juice	Juice

WEEK 4 MENU

Sunday	Monday	Tuesday	Wednesday	Thursday
Falafel & Mashed Potato	Chicken With Mandi Rice	Cheese Pizza	(Pasta Tomato Sauce Kg Only) Meat Lasagne	(Pan Cake (K.g Only) Chicken Biryani
Cereals With Milk	Cereals With Milk	Cereals With Milk	Cereals With Milk	Cereals With Milk
Jam	Jam	Jam	Jam	Jam
Hummus	Yoghurt	Hummus	Yoghurt	Hummus
Assorted Bread	Assorted Bread	Assorted Bread	Assorted Bread	Assorted Bread
Green Salad	Green Salad	Green Salad	Green Salad	Green Salad
Fruit - Watermelon	Bassbusa	Fruit - Orange	Mini Donut	Fruit - Apple
Juice	Juice	Juice	Juice	Juice