



المدرسة الأمريكية الخليجية  
AMERICAN GULF SCHOOL



## CANTEEN MENU

## Food and Cooking in Ancient Egypt



### WEEK ONE

#### BREAKFAST



#### DAYS

##### Monday

- ▶ Falafel Sandwich
- ▶ Cheese and Zatar Mankish ▶ Fruit Salad

##### Tuesday

- ▶ Cheese Sandwich ▶ Caesar Salad
- ▶ Labneh and Zatar Manakish ▶ Fattoush Salad

##### Wednesday

- ▶ Twister Sandwich ▶ Green Salad
- ▶ Vegetable Pizza ▶ Caesar Salad

##### Thursday

- ▶ Tawook Sandwich ▶ Vegetable Can
- ▶ Croissant with Zatar ▶ Greek Salad

### WEEK ONE

#### LUNCH



#### DAYS

##### Monday

- ▶ Bechamel Pasta ▶ Tomato Sauce
- ▶ Egyption Koshare ▶ Green Salad

##### Tuesday

- ▶ Egyption Mashawe ▶ Lentil soup
- ▶ Vegetable Pasta ▶ Arabian Salad

##### Wednesday

- ▶ Bamia with meat ▶ Stuffed grape Leaves
- ▶ Grilled Chicken ▶ Molokheia

##### Thursday

- ▶ Egyption Rice ▶ Green Salad
- ▶ Vegetable Pizza ▶ Mixed Vegi Yakhni





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## CANTEEN MENU

## Food and Cooking in Ancient Western



### WEEK TWO

#### BREAKFAST



#### DAYS

##### Monday

- ▶ BBQ Sandwich
- ▶ Cheese and Thyme Manakish ▶ Greek Salad

##### Tuesday

- ▶ Halloumi Sandwich ▶ Caesar Salad
- ▶ Croissant with Turkey & Cheese

##### Wednesday

- ▶ Twister Sandwich
- ▶ Vegetable Pizza ▶ Green Salad

##### Thursday

- ▶ Fajita Sandwich ▶ Vegetable Can
- ▶ Croissant with Thyme ▶ Greek Salad

### WEEK TWO

#### LUNCH



#### DAYS

##### Monday

- ▶ Spaghetti Pasta with Vegetables ▶ Lettuce Salad
- ▶ Grilled chicken skewers ▶ Greek Salona

##### Tuesday

- ▶ Mashawe Mixd ▶ Veggies
- ▶ Vegetable Pasta ▶ Fruit Salad

##### Wednesday

- ▶ Vegetable Noodles ▶ Stuffed grape Leaves
- ▶ Grilled Chicken ▶ Green beans Soup

##### Thursday

- ▶ Shawarma ▶ Cabbage Salad
- ▶ Chicken Pizza ▶ Broccoli Soup





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## CANTEEN MENU

## Food and Cooking in Ancient Oriental



### WEEK THREE

#### BREAKFAST



#### DAYS

##### Monday

- ▶ Kebab Sandwich ▶ Arabic Salad
- ▶ Fajita Sandwich ▶ Fruit Salad

##### Tuesday

- ▶ Haloumi Sandwich ▶ Green Salad
- ▶ Cheese Manakish ▶ Fattoush Salad

##### Wednesday

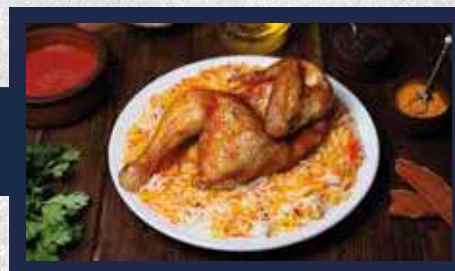
- ▶ Twister Sandwich ▶ Green Salad
- ▶ Vegetable Pizza ▶ Caesar Salad

##### Thursday

- ▶ Francisco Sandwich ▶ Veggie Box
- ▶ Labneh & Zatar Manakish ▶ Arabic Salad

### WEEK THREE

#### LUNCH



#### DAYS

##### Monday

- ▶ Chicken Potato yakhni ▶ Veggie Box
- ▶ Chicken Mandi ▶ Oriental Salad

##### Tuesday

- ▶ Makloba ▶ Green Salad
- ▶ Vegetable Pasta ▶ Mixed Vege Salona

##### Wednesday

- ▶ Vegetable Noodles ▶ Stuffed grape Leaves
- ▶ Mashawi Mix ▶ Tahina

##### Thursday

- ▶ Grilled Tawook ▶ Hummos
- ▶ Vegetable Pizza ▶ Caesar Salad





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## CANTEEN MENU

## Food and Cooking in Ancient India



### WEEK FOUR

#### BREAKFAST



#### DAYS

##### Monday

- ▶ BBQ Sandwich + Tabbouleh
- ▶ Cheese and Thyme Manakish + Fruit Salad

##### Tuesday

- ▶ Halloumi Sandwich + Caesar Salad
- ▶ Labneh and Thyme Manakish + Fattoush Salad

##### Wednesday

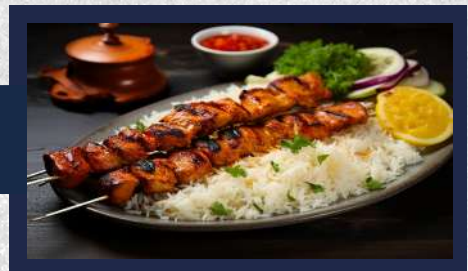
- ▶ Twister Sandwich + Green Salad
- ▶ Vegetable Pizza + Caesar Salad

##### Thursday

- ▶ Fajita Sandwich + Vegetable Can
- ▶ Croissant with Thyme ▶ Indian Salad

### WEEK FOUR

#### LUNCH



#### DAYS

##### Monday

- ▶ Chicken masala Pasta ▶ Mixed Vegetable Curry
- ▶ Biryani Chicken ▶ Green Salad

##### Tuesday

- ▶ Green Salad ▶ Chicken Mandi
- ▶ Vegetable Pasta ▶ Salona

##### Wednesday

- ▶ Vegetable Noodles ▶ Stuffed grape Leaves
- ▶ Mashawi Mix + Tahina ▶ Mixed Vege dish

##### Thursday

- ▶ Indian Kebab ▶ Rice
- ▶ Chicken Pizza ▶ Salona with Curry