



المدرسة الأمريكية الخليجية
AMERICAN GULF SCHOOL



CANTEEN MENU

January 2026



WEEK ONE

BREAKFAST



DAYS

Monday

- ▶ Falafel Sandwich + Tabbouleh
- ▶ Fajita Sandwich + Fruit Salad

Tuesday

- ▶ Haloumi Sandwich + Caesar Salad
- ▶ Cheese Manakish + Fattoush Salad

Wednesday

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

Thursday

- ▶ Francesco Sandwich + Veggie Box
- ▶ Croissant + Turkey + Cheese

WEEK ONE

LUNCH



DAYS

Monday

- ▶ Molokhia with Chicken ▶ Rice with Vermicelli
- ▶ Caesar Salad ▶ Vegetable Noodles

Tuesday

- ▶ Chicken Kabsa ▶ Caesar Salad ▶ Rice with Vermicelli
- ▶ Shish Taouk (Lemon Marinated Chicken Skewers)

Wednesday

- ▶ Chicken Maqluba ▶ Lentil Soup
- ▶ Fattoush Salad ▶ Béchamel Pasta

Thursday

- ▶ Creamy Chicken ▶ White Rice with Vermicelli
- ▶ Fatosh Salad ▶ Mixed Grill



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AMERICAN GULF SCHOOL



CANTEEN MENU

January 2026



WEEK TWO

BREAKFAST



DAYS

Monday

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

Tuesday

- ▶ Halloumi Sandwich + Caesar
- ▶ Croissant + Turkey + Cheese

Wednesday

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

Thursday

- ▶ Falafel Sandwich + Vegetable Can + Ayran
- ▶ Croissant with Thyme + Greek Salad

WEEK TWO

LUNCH



DAYS

Monday

- ▶ Chicken Madhbi with Rice ▶ Béchamel Pasta
- ▶ Caesar Salad ▶ Dawood Basha with White Rice

Tuesday

- ▶ Chicken Mandi with Rice ▶ Shish Taouk (Lemon Chicken) with White Rice ▶ Béchamel Pasta ▶ Caesar Salad

Wednesday

- ▶ Alfredo Pasta with Escalope ▶ Caesar Salad
- ▶ Stuffed Vegetables Mix ▶ Lentil Soup

Thursday

- ▶ Creamy Chicken Mushroom Soup ▶ Green Beans with Chicken ▶ White Rice ▶ Mixed Grilled Chicken ▶ Bukhari Rice
- ▶ Caesar Salad



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WEEK THREE

BREAKFAST



DAYS

Monday

- ▶ Falafel Sandwich + Tabbouleh
- ▶ Fajita Sandwich + Fruit Salad

Tuesday

- ▶ Haloumi Sandwich + Caesar Salad
- ▶ Cheese Manakish + Fattoush Salad

Wednesday

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

Thursday

- ▶ Francesco Sandwich + Veggie Box
- ▶ Labneh & Zatar Manakish + Greek Salad

WEEK THREE

LUNCH



DAYS

Monday

- ▶ Chicken Madhbi with Rice ▶ Béchamel Pasta
- ▶ Caesar Salad ▶ Dawood Basha with White Rice

Tuesday

- ▶ Alfredo Pasta with Escalope - Caesar Salad
- ▶ Stuffed Vegetables Mix ▶ Lentil Soup

Wednesday

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

Thursday

- ▶ Creamy Chicken ▶ White Rice with Vermicelli
- ▶ Fatosh Salad ▶ Mixed Grill



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CANTEEN MENU

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

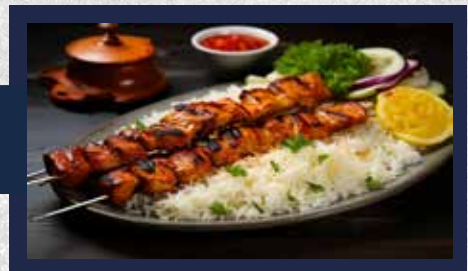
- ▶ Twister Sandwich + Green Salad
- ▶ Vegetable Pizza + Caesar Salad

Thursday

- ▶ Falafel Sandwich + Vegetable Can
- ▶ Croissant with Thyme + Greek Salad

WEEK FOUR

LUNCH



DAYS

Monday

- ▶ Chicken Pasta + Vegetable Can
- ▶ Koshary + Green Salad

Tuesday

- ▶ Chicken Mandi + Tabbouleh
- ▶ Vegetable Pasta + Fruit Salad

Wednesday

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

Thursday

- ▶ Arabic Shawarma + Fattoush Salad
- ▶ Chicken Pizza + Stuffed grape Leaves