



## JEDDAH PREP AND GRAMMAR SCHOOL

### Cafeteria - Modern Foods Catering Menu

Oct-17

	Sunday	Monday	Tuesday	Wednesday	Thursday
Breakfast	Hash Brown potato Pancakes Omelete B/F Sausage	Bagel & CC Cheesy Scramble Waffles Omelete	Hot Sandwich French Toast (FT) Beef Bacon B/F Sausage	Cheesy Scramble Pancakes Omelete Smoked Turkey	Biscuits & Gravy Omelete Waffles Oatmeal
	Biscuits & Gravy	Beef Bacon	Slice Chicken	Hash Brown potato	Beef Bacon
Week 1 - Lunch)	Tomato soup Rice Pilaf Macaroni Bechmel Veg Saute GRILLED CHICKEN FRIED FISH 01-Oct	Chicken Rice Soup PLAIN RICE B.B.Q Chicken Fish & Chips Mixed veg Pepper Beef 02-Oct	Mushroom soup WHITE RICE CHICKEN wings Sweet Corn HOT DOG Grilled fish 03-Oct	Lentil Soup Fried Rice Buttter Beans Chicken Kabab Mashed Potato Teriyaki Beef 04-Oct	Potato Soup PLAIN RICE Butter Broccoli French Fries Roasted chicken Hamburger 05-Oct
	Green Peas Fried Rice Buffflow wings BROCOLLI Sweet corn MASHED POTATO Macaroni Bechmel 08-Oct	MUSHROOM SOUP PLAIN RICE Meat Balls ROASTED VEG. Chicken Nuggets Grilled Fish 09-Oct	LENTIL SOUP RICE PILAF MIXED VEG. HOT DOG French fries Grilled Chicken 10-Oct	CHICKEN RICE SOUP WHITE RICE Chilli Chicken Roasted POTATO GRILLED FISH Mixed Veg 11-Oct	Cream of Pea RICE Broccoli Hamburger French Fries CHICKEN WITH GRAVY 12-Oct
Week 3 - Lunch	Chicken Rice Soup plain Rice GRILLED CHICKEN MIXED VEG Macaroni Bechmel FRIED FISH 15-Oct	Veg Rice Soup FRIED RICE SHISH TAOUK Pepper Beef BROCOLLI MASHED POTATO 16-Oct	TOMATO SOUP RICE PILAF HOT DOG ROSTED VEG BEEF STEAK Potato Veg 17-Oct	Lentil Soup WHITE RICE Teriyaki Beef Chicken Roast Veg Saute GRILLED FISH 18-Oct	chicken cream soup brown fried rice spaghetti polonise hamburger cheese chicken grill sweet corn 19-Oct
	MUSHROOM SOUP Macaroni Bechmel Rice Pilaf BROCOLLI MASHED POTATO Butter chicken 22-Oct	Chicken Rice Soup FRIED RICE SHISH TAOUK CORN Pepper Beef Fried Fish 23-Oct	Veg Rice Soup WHITE RICE HOT DOG MIXED VEG. Grilled fish Baked potato 24-Oct	Green Peas Rice pilaf ROASTED VEG Shish Taouk POTATO VEG Beef SteaK 25-Oct	LENTIL SOUP PLAIN RICE BBQ Chicken HAMBURGER French Fries Broccoli 26-Oct
Week 5 - Lunch	BEEF STEW SOUP plain Rice Broccoli Macaroni Bechmel Fish & chips B.B.Q Chicken 29-Oct	Potato Onion Soup FRIED RICE PEPPER BEEF Sweet corn ROASTED Chicken MASHED POTATO 30-Oct	LENTIL SOUP RICE PILAF BUFFALO WINGS BROCOLI HOT DOG Baked potato 31-Oct		