



**JEDDAH PREP AND GRAMMAR SCHOOL**  
**Cafeteria - Modern Foods Catering Menu**  
 Sep-17

	Sunday	Monday	Tuesday	Wednesday	Thursday
Breakfast	Hot Sandwich	Hot Sadwitch	Hot Sandwith	Hot Sandwith	Hot Sandwith
	Pan Cake	Waffles	Pan Cake	Waffles	Pan cake
	Plain Oats	Oats with Nuts	Oats with Raisn	Cinamon Oats	Oats Brown suga
	Hash Brown Potat	Sausages	Hash Brown Potat	Sausage	Hash Brown Potat
	Beef Bacon	Sliced Turkey	Sliced Ckn	Beef Bacon	Biscuits & Gravy
	Bagles & Cc	Bagles & Cc	Bagles & Cc	Bagles & Cc	Biscuits & Gravy
Week3 - Lunch	Roasted Tomato s	Ministroni Soup	Potato Soup	Ckn Soup	Lentil Soup
	Chicken Lasagna	Rice	Fryed Rice	Beef Lasagna	White Rice
	Rice	Chicken Broast	Hot Dog	Brocoli	Ham Burger
	Butter Beans	Mixed Veg	Roasted Potato	Rice	French Frys
	Beef Steak	Grilled Fish	Grilled Ckn	Fryed Fish	Roasted Ckn
	Fryed Fish	Baked Potato	Sweet Corn	Mashed Potato	Sauted Vegetabl
	SEP. 10	SEP. 11	SEP. 12	SEP. 13	SEP. 14
Week 4 - Lunch	Mushroom Soup	Vegatable Soup	Tomato Beef Sp	Ministroni Soup	Chicken Noodle S
	Garlic Fryed Rice	Vegatable Rice	Plain Rice	Fryed Rice	white Rice
	Beef Lasagna	Shish Taouk	Hot Dog	Chilli Chicken	Ham Burger
	Butter Brocoli	Pepper Beef	French Frys	Roasted Veg	French Frys
	Ckn Red Curry	Sweet Corn	Butter Beans	Fryed Fish Fillet	Roasted Ckn
	Baked Potato	Mashed Potato	Grilled fish	Baked Potato	Sauted Vegetabl
	SEP. 17	SEP. 18	SEP. 19	SEP. 20	SEP. 21
Week5 - Lunch	Potato Soup	Lentil Soup	Mushroom Soup	Tomato Soup	Green Peas Soup
	Pasta Bechamel	Fryed Rice	Rice Pilaf	Ckn Pasta Tomato	Plain Rice
	With Ckn	Pepper Beef	Buffalow Wings	Grilled Fish	BBQ Ckn
	Plain Rice	Brocoli	Roasted Veg	Mixed Veg	Ham Burger
	Sweet Corn	Shish Taouk	Hot Dog	White rice	Brocoli
	Grilled Fish	Fish & Chips	Potato Wedges	Baked Potato	French Frys
	Mashed Potato				
SEP. 24	SEP. 25	SEP. 26	SEP. 27	SEP. 28	
Week 4 - Lunch					
Week 5 - Lunch					

Item Name	SAR
<b>BEVERAGES</b>	
Bottled Water	2
Fresh Juice Assorted	8
Almari Juice Assorted 200ml	2
Milk (all Flavor) 180ml	3
Milk (all Flavor) 360ml	4
Milkshake 360ml	5
<b>BREAKFAST</b>	
Falafel/Bagel/Eggs/Foul/Biscuit	8
Pancakes/Waffles/FT	6
Granola and fruit	12
Oatmeal	8
YogurtAnd Granola	12
Smoked Turkey	9
Beef Bacon	10
Sliced Chicken	8
<b>GRAB &amp; GO</b>	
Ciabatta Sandwich (Normal/Brown)	12
Triangle Sandwich	10
Wraps Sandwich	12
Croissant Sandwich	12
Fruit Salad	11
Garden Salad	8
Chefs Salad	13
Potato/Pasta Salad	9
Cesar Salad	10
Salmon Salad	13
Yogurt Drinks	5
Fruit-Whole	4
Muffin	7
Plain/Cheese Croissant	5
Pastries Assorted	5
<b>LUNCH</b>	
Soup	8
Starch Kids Portion	3
Starch Regular Portion	5
Veggies	5
Chicken Kids Posrtion	8
Chicken Large Portion	15
Meat Kids Portion	10
Meat Regular Portion	20
Seafood Kids Portion	13
Seafood Regular Portion	25
Hamburger	18
Hotdog	11
Frech Fries (130g)	6
Bread	2