

# German International School Doha for February 2019

## week 1

	Sunday, February 03, 2019	Monday, February 04, 2019	Tuesday, February 05, 2019	Wednesday, February 06, 2019	Thursday, February 07, 2019
<b>SALAD</b>	potato salad	white cabbage salad	beetroot Salad	pasta salad	Greek salad
<b>MEAL</b>	Chicken emince with sauce and Stem rice	Beef burger with tomato Ketchup and wedges potato	Sweet and sour chicken with white rice	Fish fingers with cocktail sauce and pasta	Vegetarian day
	chinese mixed vegetables	roasted vegetable	broccoli with cauliflower	Vegetable sau'teed	beetroot with parsley
<b>DESSERT</b>	Sweet	Fruit	Fruit	Fruit	fruit salad

## week 2

	Sunday, February 10, 2019	Monday, February 11, 2019	Tuesday, February 12, 2019	Wednesday, February 13, 2019	Thursday, February 14, 2019
<b>SALAD</b>	Oriental salad	Mixecan salad		Greek salad	Coleslaw salad
<b>MEAL</b>	Shish Taouk with tomato sauce and spaghetti	beef Zurich Style with white rice	No Lunch	chicken panne with white sauce and pasta	Grilled Fish with red sauce and brown rice
	Vegetable sau'teed	spinach sauteed		green peas with sweet corn	Mix Vegetable sau'teed
<b>DESSERT</b>	Sweet	Fruit		Fruit	fruit salad

## week 3

	Sunday, February 17, 2019	Monday, February 18, 2019	Tuesday, February 19, 2019	Wednesday, February 20, 2019	Thursday, February 21, 2019
<b>SALAD</b>	white cabbage salad	caperes salad	Tomato salad	Fatoush	Greek salad
<b>MEAL</b>	Beef Lasagna	Fried Fish with Sayadiya rice and Sayadiya sauce	German day chicken friccasse with white rice	beef roast with mushrom sauce and mash potato	Vegetarian day
	Vegetable ratatouille	carrots and green peas	Vegetable sau'teed	green peas with sweet corn	broccoli with cauliflower
<b>DESSERT</b>	Sweet	Fruit	Fruit	Fruit	fruit salad

## week 4

	Sunday, February 24, 2019	Monday, February 25, 2019	Tuesday, February 26, 2019	Wednesday, February 27, 2019	Thursday, February 28, 2019
<b>SALAD</b>	Greek salad	oriental salad	beetroot Salad	Greek salad	white cabbage salad
<b>MEAL</b>	Vegetarian day	Chicken shawerma with wedges potato and tahina sauce	Meat ball with tomato sauce and pasta	Shish Taouk with oriental rice and gravy sauce	Beef burger with tomato Ketchup and wedges potato
	mixed vegetable sau'teed	carrots and sweet corn	Vegetable sau'teed	Cauliflower with green beans	chinese mixed vegetables
<b>DESSERT</b>	Sweet	Fruit	Fruit	Fruit	fruit salad