

Allergy Notice: May contain gluten, eggs, sesame, fish, nuts, wheat, soybeans, shellfish, dairy, mustard,.....

Date
09- 13th September

MENU



*Vegeterian Option Available Upon Request

MONDAY

Discovery - Grade 5

- *Caesar Salad
- *Spaghetti Pasta w/Bolognese Sauce & Cheese
- *Julienne Vegetables
- *Yogurt
- *Fruit

Grade 6 - Grade 12

- *Caesar Salad
- *Spaghetti Pasta w/Bolognese Sauce & Cheese
- *Julienne Vegetables
- *Yogurt
- *Fruit

VEGETERIAN OPTION

- *Spaghetti Pasta w/ Marinara Sauce & Pesto w/Vegetables
- Salad Option**
- *Caesar Salad

TUESDAY

Discovery - Grade 5

- *Mexican Salad
- *Chicken Grilled Kebob
- *Grilled Vegetables
- *Roasted Potatoes
- *Fruit

Grade 6 - Grade 12

- *Mexican Salad
- *Chicken Grilled Kebob
- *Grilled Vegetables
- *Roasted Potatoes
- *Fruit

VEGETERIAN OPTION

- *Cheese Quesadillas w/ Veggies
- Salad Option**
- *Mexican Salad

WEDNESDAY

Discovery - Grade 5

- *Zaalook Salad
- *Grilled Fish w/Salsa & Lemon (or)
- *Moroccan Meatball Tagine
- *Roasted Vegetables
- *Fruit

Grade 6 - Grade 12

- *Zaalouk Salad
- *Grilled Fish w/Salsa & Lemon (or)
- *Moroccan Meatball Tagine
- *Roasted Vegetables
- *Fruit

VEGETERIAN OPTION

- *Curried Sweet Potato & Lentil w/Rice
- Salad Option**
- *Arugula & Lentil Salad

THURSDAY

Discovery- Grade 5

- *Greek Salad
- *Chicken Cordon Bleu
- *Steamed Vegetables
- *Fruit

Grade 6 - Grade 12

- *Greek Salad
- *Chicken Cordon Bleu
- *Steamed Vegetables
- *Fruit

VEGETERIAN OPTION

- *Greek Salad Wrap
- Salad Option**
- *Cobb Salad

FRIDAY

Discovery- Grade 5

- *Tomato Cucumber Salad
- *Beef Couscous *7 Vegetables
- *Sweet Onions & Raisins
- *Carrot Cake
- *Fruit

Grade 6 - Grade 12

- *Tomato Cucumber Salad
- *Beef Couscous *7 Vegetables
- *Sweet Onions & Raisins
- *Carrot Cake
- *Fruit

VEGETERIAN OPTION

- *Vegetable Couscous
- Salad Option**
- *Chickpea Salad

NOTE

Food Service Manager: M'Hamed Rachad
mrachad@gwa.ac.ma 05 22 95 30 00 ext 451

Please feel free to contact me directly
with any questions or concerns, you may have.