

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

\*Vegeterian Option Available Upon Request

Date  
23rd- 27th September

# MENU



## MONDAY

### Discovery - Grade 5

- \*Caesar Salad
- \*Chicken Parmesan
- \*Poêlée de Legumes
- \*Yogurt
- \*Fruit

### Grade 6 - Grade 12

- \*Caesar Salad
- \*Chicken Parmesan
- \*Poêlée de Legumes
- \*Yogurt
- \*Fruit

### VEGETERIAN OPTION

- \*Avocado Cheese Melt
- Salad Option**
- \*Caesar Salad

## TUESDAY

### Discovery - Grade 5

- \*Grated Carrots
- Vinaigrette Salad
- \*Meat Lasagna
- \*Garlic Bread
- \*Steamed Vegetables
- \*Fruit

### Grade 6 - Grade 12

- \*Grated Carrots
- Vinaigrette Salad
- \*Meat Lasagna
- \*Garlic Bread
- \*Steamed Vegetables
- \*Fruit

### VEGETERIAN OPTION

- \*Vegetarian Lasagna
- Salad Option**
- \*Greek Salad

## WEDNESDAY

### Discovery - Grade 5

- \*Pasta Fagioli Soup
- \*Baked Fish
- \*Stir Fried Vegetables
- \*Fruit

### Grade 6 - Grade 12

- \*Pasta Fagioli Soup
- \*Baked Fish (or) Chicken Kebab
- \*Stir Fried Vegetables
- \*Fruit

### VEGETERIAN OPTION

- \*Spinach & Cheese Stuffed Peppers
- \*Salad Option**
- \*Asian Salad w/Sesame Dressing

## THURSDAY

### Discovery- Grade 5

- \*Cucumber Mint Salad
- \*Chicken Tenders w/Honey Mustard
- \*Sauteed Broccoli, Carrots, & Baby Potatoes
- \*Fruit

### Grade 6 - Grade 12

- \*Cucumber Mint Salad
- \*Chicken Tenders w/Honey Mustard
- \*Sauteed Broccoli, Carrots, & Baby Potatoes
- \*Fruit

### VEGETERIAN OPTION

- \*Quinoa w/Roasted Vegetables
- Salad Option**
- \*Spicy Ranch Chopped Chicken Lettuce Salad

## FRIDAY

### Discovery- Grade 5

- \*Waldorf Salad
- \*Beef Bourguignon w/Vegetables
- \*Brown Rice
- \*Carrot-Raisin Cupcake
- \*Fruit

### Grade 6 - Grade 12

- \*Waldorf Salad
- \*Beef Bourguignon w/Vegetables
- \*Brown Rice
- \*Carrot-Raisin Cupcake
- \*Fruit

### VEGETERIAN OPTION

- \*Chickpea Squash Curry
- Salad Option**
- \*Waldorf Salad w/Chicken

## NOTE

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