

MEENUGA QADADA DUGSIGA SARE

Abril 2026

Isniin	Talaado	Arbaco	Khamiis	Jimce
		-1- NASASHADA/FASAXA GU'GA	-2- NASASHADA/FASAXA GU'GA	-3- NASASHADA/FASAXA GU'GA
-6- QURAAAC OO QADO AHAAN LOO QAATO: WG CANJEERO LAGU DARAY HILIBKA IYO MARAQA DIGAAGA AMA UKUN & FARMAAJO WG ROOTI MOOS KA SAMAYSAN IYO CASIIR 100% KHUDAAR AH SUBAG / YAANYO SHIIDAN KOOB CABITAAN AH MIRAHHA LIINTA SAAFIGA AH CAANO DOOKHAAGA AH	-7- HAANBEERKA JIISKA LEH OO YARYAR AH WG CUNTADA TWIN PACK AMA SANDHWIJ JIIS AH OO DUBAN WG AMA WG SANDHWIJ PB&J OO WEYN IYO DIGIR KHUDAAREED LA DUBAY CASIIR 100% KHUDAAR AH YAANYO KET-AAB/KASTAAD MOOS KOOB MUSHAKAL BEERI AH CAANO DOOKHAAGA AH	-8- +PIZZADA BARBAROONIGA IYO +HILIBKA CAD EE DIGAAGA WG JEEX AMA JEEX PIIZAHA JIISKA AH IYO DIGIR LA UUMIYAY BATAATI QAAB DHoola-CADDEYN AH LEH BASBAAS KOOB CABITAAN MIRO AH TUFAAXA DHAMAYSTIRAN EE SAAFIGA AH CAANO DOOKHAAGA AH	-9- DIGAAGA TERIYAKI AMA HILIB KHUDAAREED MARAQA BBQ IYO WG BARIIS MARUUN AH BOROKOOLI LA UUMIYAY KAROOTO YARYAR OO SAAFI AH WG JEEXYO ROOTI OO YAR SUBAG KOOB CAANA-NAAS AH TUFAAX SAAFI AH CAANO DOOKHAAGA AH	-10- JEEH HILIBKA DIGAAGA AH OO LA MACAANEYAY OO SAARAN ROOTI BADAR KA SAMAYSAN ANSALAATO JARJARAN/JEEXYO AH LA JARJARAY LA JARJARAY OO GAARNISH AH MAYOONEES / MARAQA BBQ AMA SANDHWIJ JIIS AH OO DUBAN WG IYO SALADHKA BEERTA EE ROMAINE YAANYADA JEEERIGA DHACAAN/SALADKA FARANSIISKA KOOB CABITAAN AH MIRAHHA LIINTA SAAFIGA AH CAANO DOOKHAAGA AH
-13- 4 ENCHILADAS LEH JIIS IYO MARAQ AMA QUESO QUESADILLAS OO GALAY YARYARIIS LAGA SAMEEYAY IYO DIGIRTA DIB LOO SHIILAY JIIS ULA KHUDAAR AH DULSAAR KHUDAAREED ANSALAATO LA JARJARAY KOOB SALSA AH /JALAATO DHANAAN KOOB CABITAANKA BIIJKA AH MIRAHHA LIINTA SAAFIGA AH CAANO DOOKHAAGA AH	-14- HILIBKA DIGAAGA ALFREDO leh BAASTO ROTINI AMA MAKAROONIDA WG IYO FARMAAJADA LEH IYO BOROKOOLI LA UUMIYAY KAROOTO YARYAR OO SAAFI AH DULSAAR KHUDAAREED WG ULAHA ROOTIGA YARYAR SUBAG MIRAHHA LIINTA SAAFIGA AH KOOB ISTARAWBEERI AH CAANO DOOKHAAGA AH	-15- HOTDHOOG HILIB LO'AAD AH OO SAARAN BAANKA HOTDHOOGGA AMA SANDHWIJ JIIS AH OO DUBAN WG AMA HILIB DIGAAG HALAL AH OO ROOTI LA GELIYAY OO SAARAN ROOTIGA HAMBEERGARKA MAYOONEES / MARAQA BBQ IYO SALADHKA BEERTA ROMAINE oo leh JEEXYO BASBAASKA GUDUUDAN AH YAANYADA JEEERIGA OO FIREESH AH DULSAAR KHUDAAR AMA ITAALIYAAN AH BASBAAS / DHACAAN KOOB CABITAANKA BIIJKA AH BULUUG RASBEERIGA 100% AH KOOB CUNTO FUDUD KU JIRTO CAANO DOOKHAAGA AH	-16- QURAAAC OO QADO AHAAN LOO QAATO: WG UL TOOSTI FARANSIIS AH HILIBKA IYO MARAQA DIGAAGA AMA OMLETKA JIISKA COLBY OO LEH WG MUUNFO WAYN OO BCADUUBEERI AH IYO BATAATIGA DELI OO LA DUBAY CASIIR 100% KHUDAAR AH KOOB CABITAAN AH MIRAHHA LIINTA SAAFIGA AH CAANO DOOKHAAGA AH	-17- DHEECAANKA BIISAH Wg MARAQA MARINARA AH AMA DIGAAGA BBQ OO LA JARJARAY SAXANKA HAMBEERGARKA Wg AMA WG SANDHWIJ PB&J OO WAYN IYO SALADHKA BEERTA EE ROMAINE oo leh KAROOTO LA JARJARAY GAARNISH YAANYADA JEEERIGA OO FIREESH AH DULSAAR KHUDAAREED KOOB CABITAANKA MIRAHHA PEAR-KA AH MOOS CAANO DOOKHAAGA AH

QORAALKA-NAFAQADA: *=Doofaar +=Digaag. Dhammaan cuntooyinka waxaa ku jira 1/2 pint oo caano ah. Ardeydu waxay dooran karaan caanaha Iskiimka ah ama 1% Caano Cad ah xilliga Quraacda, iyo Caanaha Iskiimka ah, 1% Caano Cad ah ama Caanaha aan Shukulaatada Lahayn xilliga Qadada IYO Cashada. Dhammaan Dalabyadda iyo foomamka Baahiyaha Cuntooyinka Gaarka ah waxaa lagu heli karaa 7 luqadood oo kala duwan, waxaa laga heli karaa websaydka Waaxda Adeegyada Nafaqada ee MPS: mpsmke.com/Dalabka_nafaqada_yaa_isbeddeli_karaa.
"Machadkan waa bixiyaha fursad loo siman yahay."

MEENUGA QADADA DUGSIGA HOOSE EE PRE PACK EE ABRIL

<p>-20- HAMBEEGAR ISAGOO DHAN HILIB LO' AH OO SAARAN SAXANKA HAMBEEGARKA WG YAANYO / ANSALAATO LA JARJARAY YAANYO MEDLEY AMA SANDHWIJ JIIS AH OO LA DUBAY</p> <p>IYO JEEXYO BATAATI DHANAAN OO LA DUBAY CASIR 100% KHUDAAR AH BASBAAS / DHACAAAN KOOB CABITAANKA MIRAHA PEAR-KA AH TUFAAX SAAFI AH JALAATADA "XAAFADA" CAANO DOOKHAAGA AH</p>	<p>-21- TACO TUESDAY-DA DOOKHA: +HILIBKA DIGAAGA TACO AMA HILIB KA SAMEEYSAN DHIR OO BEDEL AH AMA WG JEEX JIISKA QUESADILA AH OO YARYAR</p> <p>IYO DIGIRTA DIB LOO SHIILAY JIIS ULA KHUDAAR AH DULSAAR KHUDAAREED FRITOS ASAL AH ANSALAATO LA JARJARAY & NYAANYO LA MACAANEYAY KOOB SALSA AH /JALAATO DHANAAN KOOB CABITAAN MIRO AH JEEXYO TUFAAX AH CAANO DOOKHAAGA AH</p>	<p>-22- ROOTI LA SAARAY HILIB DIGAAG WG NUGGETS AMA WG HILIB KHUDAAREED AMA WG HILIBKA JILICSAN</p> <p>IYO BATAATIGA SIDEWINDER KAROOTO YARYAR OO SAAFI AH WG JEEXYO ROOTI OO YARYAR SUBAG DHACAAAN / MARAQA BBQ DULSAAR KHUDAAREED KOOB CABITAAN AH JEEXYO MIRAHA ORANJIGA AH CAANO DOOKHAAGA AH</p>	<p>-23- WG BAASTO ROTINI LA DUBAY & MARAQ leh HILIB DIGAAG WAX YARYAR OO BURBUURAN LAGA DHIGAY AMA MAKAROONIDA WG IYO FARMAAJADA LEH</p> <p>IYO SALADHKA BEERTA ROMAINE oo leh YAANYADA JEERIGA DULSAAR KHUDAAR AMA ITAALIYAAN AH QAJAAR JARJARAN DUUDUUBKA BAAN & SUBAG KOOB CABITAANKA BIIJKA AH RASBEERIGA BULUUG AH 100% OO LA QALAJIYAY KOOB CUNTO FUDUD KU JIRTO CAANO DOOKHAAGA AH</p>	<p>-24- DIGAAGA TERIYAKI AMA HILIB KHUDAAREED MARAQA BBQ</p> <p>IYO WG BARIIS MARUUN AH BOROKOOLI LA UUMIYAY KAROOTO YARYAR OO SAAFI AH WG JEEXYO ROOTI OO YAR SUBAG TUFAAX SAAFI AH KOOB CAANA-NAAS AH CAANO DOOKHAAGA AH</p>
<p>-27- ROOTI LA SAARAY HILIB DIGAAG WG NUGGETS DUUDUUBKA BAANKA DUFANKA / MARAQA BBQ AMA OMLETKA JIISKA COLBY OO LEH WG MUUNFO WAYN OO BCADUUBEERI AH IYO BATAATIGA MACAAN EE LA DUBAY QAJAAR JARJARAN OO SAAFI AH DULSAAR KHUDAAREED BASBAAS TUFAAX SAAFI AH KOOB CAANA-NAAS AH CAANO DOOKHAAGA AH</p>	<p>-28- +WG PEPPERONI HILIB DIGAAG LAGA SAMEEYAY WEDGE EE YARYAR AMA JEEX PIIZAHA JIISKA AH</p> <p>IYO DIGIRTA JILICSAN EE MACAAN BATAATI QAAB DHOOLA-CADDEYN AH LEH BASBAAS KOOB CABITAAN MIRO AH BAAQULI MIRO SAAFI AH JALAATADA "XAAFADA" CAANO DOOKHAAGA AH</p>	<p>-29- ROOTI YAR OO GALAY IYO DIGAAG KA SAMAYSAN AMA SANDHWIJ JIIS AH OO DUBAN WG</p> <p>IYO SALADHKA BEERTA ROMAINE oo leh KAROOTO JARJARAN YAANYADA JEERIGA MARAQ/DULSAAR KHUDAAREED BASBAAS / DHACAAAN MIRAHA LIINTA SAAFIGA AH KOOB CABITAANKA MIRAHA PEAR-KA AH CAANO DOOKHAAGA AH</p>	<p>-30- MAALINTA HORUMARKA CAALAMIGA AH (Arday masoo xaadiraayo dugsig)</p>	

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MPS: mpsmke.com/Dalabka_nafaqada_ayaa_isbeddeli_karaa.

"Machadkan waa bixiyaha fursad loo siman yahay."