



# AMMAN ACADEMY

## Cafeteria Menu

*Eat right, live right!*

Dear Parents,

We are excited to inform you that we will be offering a new and improved school cafeteria menu. To encourage healthy eating habits in our dear students, all cooked items will be baked; fried foods will not be offered. Please have a look at the new menu below, which includes all items and prices.

Best regards,

Faten Muqattash  
AA Principal

الأهالي الأعزاء،

يسرنا إعلامكم بأننا سنقوم بتعديل قائمة الأطعمة المقدمة في كافيتيريا المدرسة، بحيث لا تشمل القائمة الجديدة أية أطعمة مقلية، وذلك لتشجيع طلبتنا الأعزاء على تناول الأغذية الصحية. تجدون القائمة الجديدة والأسعار أدناه.

واقبلوا الاحترام.

فاتن مقطش  
مديرة المدرسة

*At AA, all sandwiches and pastries are baked or grilled  
Healthier choices for a healthier you!*



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## Cafeteria Menu

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### Daily

**Cheese Sandwich JD 0.75**

**Turkey Sandwich JD 0.75**

**Turkey & Cheese Sandwich JD 1**

**Labaneh Sandwich JD 0.50**

**Falafel Sandwich JD 0.50 - JD .75**

**Cheese Croissant JD 1**

**Za'atar Manaqeesh JD 0.50**

**Cheese Manaqeesh JD 0.50**

**Cheese + Za'atar Manaqeesh JD 0.50**

### Sandwich Specials (offered for grades 4-12)

|                  |                         |
|------------------|-------------------------|
| <b>Sunday</b>    | <b>Chicken</b>          |
| <b>Monday</b>    | <b>Breaded Chicken</b>  |
| <b>Tuesday</b>   | <b>Chicken Fajita</b>   |
| <b>Wednesday</b> | <b>Chicken Shawerma</b> |
| <b>Thursday</b>  | <b>Breaded Chicken</b>  |

**JD 1**

### Healthy Delights (served daily)

**Cookies**

**Muffins**

*(blueberry, carrot, chocolate)*

**Brownies**

**Fresh Whole Fruit**

**Chocolate Croissant**

**Cereal Cup**

**Vegetable Sticks**

**Cereal bar**

**JD 0.50 - JD 1**

### Seasonal Soups (served all winter for grades 5-12)

**Cream of Mushroom**

**Lentil**

**Potato & Leek**

**Vegetable**

**Carrot & Ginger**

**Soup of the Day**

**JD 0.50**

### Healthy Choices (served daily)

**Pasta Salad**

**Greek Salad**

**House Salad**

**Caesar Salad**

**Seasonal Fruit Salad**

**Fresh Orange Juice**

*(seasonal JD 0.50)*

**JD 0.75**

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