

WEEK 1

Menu Week:
(07/04-11/04, 28/04-02/05, 19/05-23/05, 09/06-13/06)



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

Student Favorite

Ranch Chicken Pasta Bake
With Roast Zucchini and Broccoli. (510 kCal)
Fat: 2 g Salt: 0.4 g
Sat Fat: 1 g Sugar: 2 g

Beef Lasagna
With Edamame Beans, Corn & Peas. (458 Kcal)
Fat: 2 g Salt: 0.6 g
Sat Fat: 1 g Sugar: 2 g

Butter Chicken
With Basmati Rice & Sautee Vegetables. (450 Kcal)
Fat: 2 g Salt: 1 g
Sat Fat: 1.2 g Sugar: 2 g

Spaghetti Bolognese
With Honey Glazed Carrots & Peas. (487 Kcal)
Fat: 2 g Salt: 1.2 g
Sat Fat: 1 g Sugar: 2 g

Option 2

Sweet & Sour Fish

With Fried Rice, Roast Zucchini and Broccoli (491 kCal)
Fat: 1.7 g Salt: 1 g
Sat Fat: 0.6 g Sugar: 2 g

Tuscan Chicken

With Brown Rice, Beans, Corn & Peas (173 kCal)
Fat: 2 g Salt: 1 g
Sat Fat: 1 g Sugar: 2 g

Braising Steak, Mushrooms, Gravy.

With Creamy Mash and Sautee Vegetables. (401 Kcal)
Fat: 2.3 g Salt: 0.7 g
Sat Fat: 0.8 g Sugar: 0.5 g

Chicken Fillet in BBQ sauce
With Garlic Roast Potatoes, Honey Glazed Carrots & Peas. (158.7 kCal)
Fat: 0.4 g Salt: 0.4 g
Sat Fat: 0.2 g Sugar: 2 g

Vegetarian Option

The Green Lasagna.
With Roast Zucchini and Broccoli (325 kCal)
Fat: 2 g Salt: 1 g
Sat Fat: 0.9 g Sugar: 2 g

Cauliflower Cheese Lasagna.
With Beans, Corn & Peas (312 kCal)
Fat: 0.1 g Salt: 0.7 g
Sat Fat: 0.1 g Sugar: 2 g

Vegetarian Korma.
With Basmati Rice, Sautee Vegetables (384 Kcal)
Fat: 0.5 g Salt: 0.9 g
Sat Fat: 0.2 g Sugar: 2 g

Fussili Al Forno.
With Honey Glazed Carrots and Peas. (499 Kcal)
Fat: 0.9 g Salt: 0.9 g
Sat Fat: 0.6 g Sugar: 2 g

Vegan Option

Sweet & Sour Vegetables
With Fried Rice, Roast Zucchini and Broccoli (511 kCal)
Fat: 0.6 g Salt: 1 g
Sat Fat: 0.5 g Sugar: 2 g

Spaghetti pasta with Napoli sauce.
With Beans, Corn & Peas. (498 Kcal)
Fat: 0.2 g Salt: 1.2 g
Sat Fat: 0.1 g Sugar: 2 g

Vegetarian Korma.
With Basmati Rice, Sautee Vegetables (384 Kcal)
Fat: 0.5 g Salt: 0.9 g
Sat Fat: 0.2 g Sugar: 2 g

Vegetarian Stew.
With Brown Rice, Honey Glazed Carrots & Peas. (410 Kcal)
Fat: 2 g Salt: 1.2 g
Sat Fat: 1 g Sugar: 2 g

Dessert (optional)

Vanilla Cheesecake
(120 kCal)
Fat: 2 g Salt: 0.8 g
Sat Fat: 1 g Sugar: 2 g

French Apple Cake
(105 kCal)
Fat: 2 g Salt: 0.9 g
Sat Fat: 1 g Sugar: 2 g

Date Slice (98 kCal)
Fat: 0.9 g Salt: 0.8 g
Sat Fat: 0.8 g Sugar: 2 g

Lemon Yoghurt Slice (95 kCal)
Fat: 1.8 g Salt: 0.8 g
Sat Fat: 0.9 g Sugar: 2 g

CHOICE OF ONE MAIN COURSE, SERVED WITH SIDES AND VEGETABLES. ADD A DESSERT FOR AED 3/- ONLY

NUTRITIONAL VALUES ARE PER 100 g



All our products are approved by ADPHC program - 'SEHHI'. 2000 calories a day, is used for General nutrition advice, but calorie needs vary.

We are thrilled to share that as a result of our commitment made during the Sustainable School Food Summit hosted by TASS at COP28, we have introduced low-carbon school meals! Look out for this logo!



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WEEK 2

Menu Week:
(14/04-18/04, 05/05-09/05, 26/05-30/05, 16/06-20/06)



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

Student Favorite

Fish Bites & Tartare Sauce

With Baked Potato Wedges, Sautéed Corn & Green Beans (466 kCal)

Fat: 2 g Salt: 0.9 g
Sat Fat: 0.9 g Sugar: 2 g

Pasta Twists with Chicken, Mozzarella & Basil

Sautéed Corn & Green Beans (499 kCal)

Fat: 2 g Salt: 2 g
Sat Fat: 0.5 g Sugar: 0.9 g

Quinoa Vegetarian Fried Rice

With Sautéed Corn & Green Beans (360 kCal)

Fat: 1.5 g Salt: 0.8 g
Sat Fat: 0.7 g Sugar: 2 g

Quinoa Vegetarian Fried Rice

With Sautéed Corn & Green Beans (360 kCal)

Fat: 1.5 g Salt: 0.8 g
Sat Fat: 0.7 g Sugar: 2 g

Berry Pudding (89 kCal)

Fat: 1.9 g Salt: 0.3 g
Sat Fat: 0.9 g Sugar: 2 g

Chicken Tikka Masala

With Steamed Rice & Ratatouille (498 kCal)

Fat: 2 g Salt: 1 g
Sat Fat: 0.5 g Sugar: 2 g

Thai Drip Pulled Beef

With Steamed Rice, Ratatouille (117.4 kCal)

Fat: 2 g Salt: 1 g
Sat Fat: 1 g Sugar: 2 g

Roast Vegetables Lasagna

With Ratatouille (63.5 kCal)

Fat: 1.2 g Salt: 0.4 g
Sat Fat: 1 g Sugar: 2gum g

Aloo Palak (Potato & Spinach)

With Steamed Rice & Ratatouille. (450 kCal)

Fat: 0.5 g Salt: 1 g
Sat Fat: 0.4 g Sugar: 2 g

Oatmeal Cookies (69 kCal)

Fat: 1.2 g Salt: 0.4 g
Sat Fat: 0.9 g Sugar: 2 g

Chicken Pesto Pasta

Garden Greens (502 kCal)

Fat: 2 g Salt: 1 g
Sat Fat: 1 g Sugar: 2 g

Hungarian Beef Goulash

With Steamed Rice, Garden Greens (81.3 kCal)

Fat: 2 g Salt: 0.3 g
Sat Fat: 1 g Sugar: 1.3 g

Moroccan Chickpea Tagine.

With Steamed Rice, Garden Greens (410 kCal)

Fat: 2 g Salt: 0.9 g
Sat Fat: 0.7 g Sugar: 2 g

Moroccan Chickpea Tagine.

With Steamed Rice, Garden Greens (410 kCal)

Fat: 2 g Salt: 0.9 g
Sat Fat: 0.7 g Sugar: 2 g

Red Velvet slice (101 kCal)

Fat: 1.9 g Salt: 0.9 g
Sat Fat: 1 g Sugar: 2 g

Spaghetti Bolognese

With Zesty Corn & Carrots (487 kCal)

Fat: 2 g Salt: 1.2 g
Sat Fat: 1 g Sugar: 2 g

Chicken Katsu bites with curry sauce

With Steamed Rice, Zesty Corn & Carrots (518 kCal)

Fat: 0.1 g Salt: 0.5 g
Sat Fat: 0.1 g Sugar: 0.6 g

Mac N Cheese

With Zesty Corn & Carrots (253.7 Kcal)

Fat: 2 g Salt: 0.4 g
Sat Fat: 0.9 g Sugar: 2 g

Vegetarian Con Carne

With Steamed Rice & Zesty Corn & Carrots (403 kCal)

Fat: 0 g Salt: 0 g
Sat Fat: 0 g Sugar: 0 g

Banana Bread (80 kCal)

Fat: 1.3 g Salt: 1 g
Sat Fat: 0.9 g Sugar: 2 g

Option 2

Vegetarian Option

Vegan Option

Dessert (optional)

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WEEK 3

Menu Week:
(21/04-25/04, 12/05-16/05, 02/06-06/06, 23/06-27/06)



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

Student Favorite

Italian Meatballs with Penne pasta

With Garden Greens (493 kCal)

Fat: 2 g Salt: 0.7 g
Sat Fat: 0.5 g Sugar: 2 g

Stir Fry Orange Chicken, Hakka Noodles

Option 2

With Garden Greens (257 kCal)

Fat: 1.2 g Salt: 0.3 g
Sat Fat: 0.3 g Sugar: 2 g

Vegetarian Option

Meatless 'Meatball' Pasta

With Garden Greens (324 kCal)

Fat: 1 g Salt: 1 g
Sat Fat: 0.9 g Sugar: 2 g

Vegetarian Chow Mein, Hakka Noodles

Vegan Option

With Garden Greens (511 kCal)

Fat: 0.6 g Salt: 1 g
Sat Fat: 0.5 g Sugar: 2 g

Dessert (optional)

Carrot Cake (98 kCal)

Fat: 1.8 g Salt: 1 g
Sat Fat: 1 g Sugar: 2 g

Chicken Biryani

With Roast Carrots and Broccoli (511 kCal)

Fat: 2 g Salt: 1.6 g
Sat Fat: 1 g Sugar: 2 g

Baked Lemon & Herb Fish

With Creamy Mash Potatoes, Roast Carrots and Broccoli (183.6 kCal)

Fat: 2 g Salt: 1 g
Sat Fat: 1 g Sugar: 2 g

Pumpkin, Feta & Black Bean Enchilladas

With Roast Carrots and Broccoli (107.2 kCal)

Fat: 1.8 g Salt: 0.2 g
Sat Fat: 0.9 g Sugar: 1.6 g

Vegetable Biryani

With Roast Carrots and Broccoli (400 kCal)

Fat: 1 g Salt: 1 g
Sat Fat: 0.9 g Sugar: 2 g

Sticky Toffee Pudding (120 kCal)

Fat: 2 g Salt: 1 g
Sat Fat: 1 g Sugar: 2 g

Butter Chicken

With Basmati Rice, Roast Marrow & Beans (450 kCal)

Fat: 2 g Salt: 1 g
Sat Fat: 1.2 g Sugar: 2 g

Shepherd's Pie.

With Roast Marrow & Beans (91.1 kCal)

Fat: 2.2 g Salt: 0.3 g
Sat Fat: 0.8 g Sugar: 2 g

Pasta Twists with Mozzarella & Basil

With Roast Marrow & Beans (499 kCal)

Fat: 2 g Salt: 2 g
Sat Fat: 0.5 g Sugar: 0.9 g

Cauliflower Tikka

With Basmati Rice, Roast Marrow & Beans (312 kCal)

Fat: 0.1 g Salt: 0.7 g
Sat Fat: 0.1 g Sugar: 2 g

Apple Crumble (161 kCal)

Fat: 2 g Salt: 0.9 g
Sat Fat: 1 g Sugar: 2 g

Spaghetti Bolognaise

With Herb & Tomato Zucchini (487 kCal)

Fat: 2 g Salt: 1.2 g
Sat Fat: 1 g Sugar: 2 g

Pulled Chicken Fajita

Mexican Rice, Herb & Tomato Zucchini (106.7 kCal)

Fat: 1.5 g Salt: 0.8 g
Sat Fat: 0.6 g Sugar: 2 g

Vegetarian Fajita

With Mexican Rice, Herb & Tomato Zucchini (79.4 kCal)

Fat: 1.7 g Salt: 1 g
Sat Fat: 0.7 g Sugar: 2 g

Penne pasta with Napoli sauce

With Herb & Tomato Zucchini (510 kCal)

Fat: 2 g Salt: 1 g
Sat Fat: 1 g Sugar: 2 g

Tiramisu (140 kCal)

Fat: 2 g Salt: 0.9 g
Sat Fat: 1 g Sugar: 2 g

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