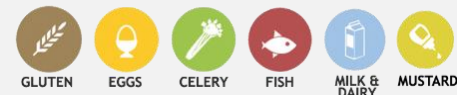


MENU WEEK 1:

(25/08-29/08, 15/09-19/09, 06/10-10/10)



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

Student Favorite

Italian Meatballs with Penne Pasta and Garden Greens (493 kcal)

Fat: 2g Salt: .7g Sat.Fat: 0.5g Sugar: .5g

Chicken Biryani with Roast Carrots and Broccoli (511 kcal)

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

Butter Chicken and Basmati Rice with Roast Marrow & Beans (450 kcal)

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

Spaghetti Bolognese with Herb & Tomato Zucchini (487 kcal)

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

Option 2

Sticky Honey, Chicken Bites with Fried Rice and Garden Greens (520 kcal)

Fat: 2.7g Salt: .8g Sat.Fat: 1g Sugar: 1.5g

Cajun Fish Bites Creamy Mash Potatoes and Roast Carrots and Broccoli (442 kcal)

Fat: 2.1g Salt: 1.1g Sat.Fat: .9g Sugar: 2g

Shepherd's Pie Roast Marrow & Beans (91.1 kcal)

Fat: 2.2g Salt: .3g Sat.Fat: .5g Sugar: .9g

Baked Chicken in Garlic Sauce with Roast Potato, Herb & Tomato Zucchini (510 kcal)

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

Vegetarian Option

Meatless 'Meatball' Pasta and Garden Greens (324 kcal)

Fat: 1g Salt: 1g Sat.Fat: .9g Sugar: 2g

Spinach & Feta Pie Roast Carrots and Broccoli (450 kcal)

Fat: .5g Salt: .4g Sat.Fat: 1g Sugar: 2g

Stuffed Peppers & 3 Bean Stew with Basmati Rice and Roast Marrow & Beans (312 kcal)

Fat: .1g Salt: .1g Sat.Fat: .7g Sugar: 2g

Pumpkin, Feta & Black Bean Enchiladas and Roast Carrots and Broccoli (107.2 kcal)

Fat: 1.8g Salt: .2g Sat.Fat: .9g Sugar: 1.6g

Vegan Option

Vegetarian Chow Mein with Fried Rice and Garden Greens (511 kcal)

Fat: .6g Salt: 1g Sat.Fat: .5g Sugar: 2g

Vegetable Biryani with Roast Carrots & Broccoli (400 kcal)

Fat: 1g Salt: 1g Sat.Fat: .9g Sugar: 2g

Stuffed Peppers & 3 Bean Stew with Basmati Rice and Roast Marrow & Beans (312 kcal)

Fat: .1g Salt: .1g Sat.Fat: .7g Sugar: 2g

Spaghetti with Napoli Sauce Herb & Tomato Zucchini (498 kcal)

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

Dessert (optional)

Apple Cake (161 kcal)

Fat: 2g Salt: .9g Sat.Fat: 1g Sugar: 2g

Sticky Toffee Pudding (120 kcal)

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

Carrot Cake & Custard (98 kcal)

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

Tiramisu (140 kcal)

Fat: 2g Salt: .9g Sat.Fat: 1g Sugar: 2g

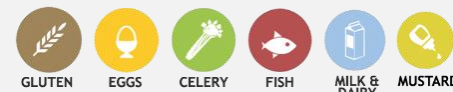
CHOICE OF ONE MAIN COURSE, SERVED WITH SIDES AND VEGETABLES. ADD A DESSERT FOR AED 3/- ONLY

NUTRITIONAL VALUES ARE PER 100 g



MENU WEEK 2:

(01/09-05/09, 22/09-22/26-09)



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

Student
Favorite

Fish Bites & Tartare Sauce (466 kcal)
Fat: 1g Salt: 2g Sat.Fat: .9g Sugar: 2g

Chicken Tikka Masala with Steamed Rice (498 kcal)
Fat: 2g Salt: 1g Sat.Fat: .5g Sugar: 2g

Cajun Chicken with Garden Greens (442 kcal)
Fat: 2.1g Salt: 1.1g Sat.Fat: .9g Sugar: 2g

Spaghetti Bolognese (487 kcal)
Fat: 2g Salt: 1.2g Sat.Fat: 1g Sugar: 2g

Option 2

Chicken Sorrentino with Baked Potato Wedges, Sautéed Corn & Green Beans (510 kcal)
Fat: 2g Salt: 1g Sat.Fat: 1g Sugar: 2g

Hungarian Beef Goulash with Steamed Rice. Ratatouille (81.3 kcal)
Fat: 2g Salt: .3g Sat.Fat: 1g Sugar: 1.3g

Korean BBQ Meatballs with Stir Fried Veggies, Wok Noodles Garden Greens (410 kcal)
Fat: 2g Salt: .9g Sat.Fat: .7g Sugar: 2g

Butter Chicken Lasagna with Zesty Corn & Carrots (450 kcal)
Fat: 2g Salt: 1g Sat.Fat: 1.2g Sugar: 2g

Vegetarian
Option

Quinoa Vegetarian Fried Rice, Sautéed Corn & Green Beans (360 kcal)
Fat: 1.5g Salt: .8g Sat.Fat: .7g Sugar: 2g

Cauliflower Cheese Lasagna Ratatouille (312 kcal)
Fat: .1g Salt: .7g Sat.Fat: .1g Sugar: 2g

Korean BBQ 'Vegan' Meatballs with Stir Fried Veggies with Wok Noodles Garden Greens (410 kcal)
Fat: 2g Salt: .9g Sat.Fat: .7g Sugar: 2g

Mac N Cheese and Zesty Corn & Carrots (253.7 kcal)
Fat: 2g Salt: .4g Sat.Fat: .9g Sugar: 2g

Vegan
Option

Quinoa Vegetarian Fried Rice, Sautéed Corn & Green Beans (360 kcal)
Fat: 1.5g Salt: .8g Sat.Fat: .7g Sugar: 2g

Sweet Potato, Spinach & Lentil with Steamed Rice Ratatouille (511 kcal)
Fat: .6g Salt: 1g Sat.Fat: .5g Sugar: 2g

Penne Pasta in Tomato & Basil Sauce and Garden Greens (510 kcal)
Fat: 2g Salt: 1g Sat.Fat: 1g Sugar: 2g

Vegetarian Con Carne with Steamed Rice and Zesty Corn & Carrots (403 kcal)
Fat: 2g Salt: 1g Sat.Fat: .7g Sugar: 2g

Dessert
(optional)

Dusted Berry Sponge (89 kcal)
Fat: 1.9g Salt: .3g Sat.Fat: .9g Sugar: 2g

Oaty Shortbread (69 kcal)
Fat: 1.2g Salt: .4g Sat.Fat: 1g Sugar: 2g

Red Velvet Slice (101 kcal)
Fat: 1.9g Salt: .9g Sat.Fat: 1g Sugar: 2g

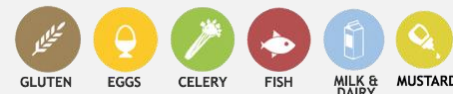
Banana Bread (80 kcal)
Fat: 1.3g Salt: 1g Sat.Fat: .9g Sugar: 2g

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

NUTRITIONAL VALUES ARE PER 100 g



MENU WEEK 3: (08/09-12/09, 29/09-03/10)



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

**Student
Favorite**

**Pesto Chicken Pasta with
Roast Zucchini and Broccoli
(487 kcal)**

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

**Beef Lasagna and
Green Beans, Corn & Peas
(458 kcal)**

Fat: 2g Salt: .6g Sat.Fat: 1g Sugar: 2g

**Butter Chicken with
Basmati Rice Sautee
Vegetables (450 kcal)**

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

**Spaghetti Bolognese
Honey Glazed Carrots & Peas
(487 kcal)**

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

Option 2

**Fish Florentine with Roast
Potatoes, Roast Zucchini and
Broccoli (491 kcal)**

Fat: 1.7g Salt: 1g Sat.Fat: .6g Sugar: 2g

**Sweet & Sour Chicken
with Fried Rice and Green
Beans, Corn & Peas (511 kcal)**

Fat: .6g Salt: 1g Sat.Fat: .5g Sugar: 2g

**Pulled BBQ Beef with
Creamy Mash and Sautee
Vegetables (117.4 kcal)**

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

**Chicken & Leek Mushroom Pie
with Steamed Rice and Honey
Glazed Carrots & Peas (412 kcal)**

Fat: 2g Salt: .9g Sat.Fat: .9g Sugar: 2g

**Vegetarian
Option**

**The Green Lasagna
Roast Zucchini and Broccoli
(491 kcal)**

Fat: 2g Salt: 1g Sat.Fat: .9g Sugar: 2g

**Shepherds 'Vegetarian' Pie
Green Beans, Corn &
Peas (91.1 kcal)**

Fat: 2.2g Salt: .3g Sat.Fat: .8g Sugar: 2g

**Pasta Twists with Mozzarella
& Basil and Honey
Glazed Carrots & Peas
(499 kcal)**

Fat: 2g Salt: 2g Sat.Fat: .5g Sugar: .9g

**Mushroom & 3 Bean Ragout with
Steamed Rice Honey Glazed
Carrots & Peas (312 kcal)**

Fat: .1g Salt: .1g Sat.Fat: .7g Sugar: 2g

**Vegan
Option**

**Fussili Pasta with Marinara
Sauce, Roast Zucchini and
Broccoli (511 kcal)**

Fat: .6g Salt: 1g Sat.Fat: .5g Sugar: 2g

**Sweet & Sour Veg with Fried
Rice and Green Beans, Corn
& Peas (511 kcal)**

Fat: .6g Salt: 1g Sat.Fat: .5g Sugar: 2g

**Vegetarian Korma with
Basmati Rice and Sautee
Vegetables (384 kcal)**

Fat: .5g Salt: .9g Sat.Fat: .2g Sugar: 2g

**Mushroom & 3 Bean Ragout with
Steamed Rice and Honey Glazed
Carrots & Peas (312 kcal)**

Fat: .1g Salt: .1g Sat.Fat: .7g Sugar: 2g

**Dessert
(optional)**

**Vanilla Cheesecake
(120 kcal)**

Fat: 2g Salt: .8g Sat.Fat: 1g Sugar: 2g

**French Apple Cake
(105 kcal)**

Fat: 2g Salt: .9g Sat.Fat: 1g Sugar: 2g

**Cocoa Orange Slice
(105 kcal)**

Fat: 2g Salt: .9g Sat.Fat: 1g Sugar: 2g

Banana Custard (80 kcal)

Fat: 1.3g Salt: 1g Sat.Fat: .9g Sugar: 2g

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

NUTRITIONAL VALUES ARE PER 100 g

