



MENU WEEK 1

Menu Week: (05/01-09/01, 26/01-30/01, 16/02-20/02)

Student's Favorite

Option 2

Vegetarian Option

Vegan Option

Desserts

MONDAY

Beef Lasagna (206 Kcal) with Green Beans, Garlic Bread
Total Fat(3.5g), Sat Fat (1.5g), Sodium(mg), Sugar(2g), Added Sugar (1.5g), Fiber(1.5g), Salt (0.49g)

Grilled Zaatar Chicken (110 Kcal) with Sumac Potato, Garden Greens

Total Fat(3.5g), Sat Fat (1g), Sodium(410mg), Sugar(0g), Added Sugar (0g), Fiber(1g), Salt (0.8g)

Cheese & Leek Pasta Bake (180 Kcal), Garden Greens, Garlic Bread
Total Fat (3.5g), Sat Fat (1g), Sodium(328mg), Sugar(1g), Added Sugar (0g), Fiber(0.8g), Salt (0.8g)

Stir Fry Vegetables (96 Kcal) with Fried Rice, Garden Greens
Total Fat (2.5g), Sat Fat (0g), Sodium(730mg), Sugar(2g), Added Sugar (0g), Fiber(2g), Salt (0.8g)

Vanilla Cheesecake (215 Kcal)
Total Fat(14g), Sat Fat (8g), Sodium(170mg), Sugar(13g), Added Sugar (10g), Fiber(0.5g), Salt (0.43g)

TUESDAY

Chicken Biryani (164 Kcal) with Green Beans, Mini Yoghurt (Raita)
Total Fat(3.5g), Sat Fat (0.7g), Sodium(253mg), Sugar(2g), Added Sugar (0g), Fiber(2.1g), Salt (0.63g)

Pulled BBQ Beef (149 Kcal) With Roast Potato, Sautéed Corn & Green Beans

Total Fat(3.5g), Sat Fat (1.2g), Sodium(181mg), Sugar(2g), Added Sugar (0g), Fiber(1.9g), Salt (0.45g)

Vegetable Biryani (114 Kcal) With Sautéed Corn & Green Beans, Mint Yoghurt (Raita)
Total Fat(3.5g), Sat Fat (0g), Sodium(95mg), Sugar(1g), Added Sugar (0g), Fiber(1g), Salt (0.24g)

Vermicelli Pilaf (180 Kcal) Sautéed Cord & Green Beans
Total Fat (3.5g), Sat Fat (0g), Sodium(250mg), Sugar(0g), Added Sugar (0g), Fiber(2g), Salt (0.63g)

Carrot Cake (200 Kcal)
Total Fat(10g), Sat Fat (2g), Sodium(180mg), Sugar(18g), Added Sugar (14g), Fiber(1.5g), Salt (0.45g)

WEDNESDAY

Butter Chicken (107 Kcal) With Paratha, Steamed Rice, Roast Marrow & Beans
Total Fat(3.5g), Sat Fat (1.5g), Sodium(45mg), Sugar(2g), Added Sugar (0g), Fiber(1.2g), Salt (0.11g)

Fish Kebab in Tomato Sauce (130 Kcal) Basmati Rice, Roast Marrow & Beans
Total Fat(3.5g), Sat Fat (1g), Sodium(270mg), Sugar(2g), Added Sugar (0g), Fiber(1g), Salt (0.68g)

Caprese Pasta (168 Kcal) Roast Marrow & Beans
Total Fat(3.5g), Sat Fat (0g), Sodium(95mg), Sugar(1g), Added Sugar (0g), Fiber(2.1g), Salt (0.78g)

Vegetarian Korma (68 Kcal) With Basmati Rice, Roast Marrow & Beans
Total Fat (1.5g), Sat Fat (0g), Sodium(790mg), Sugar(0g), Added Sugar (0g), Fiber(3g), Salt (0.80g)

Apple & Rosemary Slice (155 Kcal)
Total Fat(5g), Sat Fat (1g), Sodium(95mg), Sugar(14g), Added Sugar (10g), Fiber(2g), Salt (0.24g)

THURSDAY

Spaghetti Bolognese (157 Kcal) Herb & Tomato Zucchini
Total Fat(3.5g), Sat Fat (1.5g), Sodium(250mg), Sugar(2g), Added Sugar (0g), Fiber(2g), Salt (0.62g)

Sticky Honey & Chicken Bites (250 Kcal) With Fried Rice, Zesty Corn & Carrots
Total Fat(3.5g), Sat Fat (1g), Sodium(210mg), Sugar(2g), Added Sugar (0g), Fiber(1g), Salt (0.52g)

The Green Lasagna (194 Kcal) with Zesty Corn & Carrots
Total Fat(3.5g), Sat Fat (1.5g), Sodium(120mg), Sugar(1g), Added Sugar (0g), Fiber(2g), Salt (0.31g)

Pasta Primavera (201 Kcal) With Zesty Corn & Carrots
Total Fat (3.5g), Sat Fat (1g), Sodium(260mg), Sugar(2g), Added Sugar (0g), Fiber(2g), Salt (0.65g)

Red Velvet Slice (220 Kcal)
Total Fat(11g), Sat Fat (4g), Sodium(190mg), Sugar(20g), Added Sugar (16g), Fiber(0.8g), Salt (0.48g)

NUTRITIONAL VALUES ARE PER 100 g



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

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MENU WEEK 2

Menu Week: (12/01-16/01, 02/02-06/02)

MONDAY

Fish Bites & Tartare Sauce
(260 Kcal) With Baked
Potato Wedges, Sautéed Corn &
Green Beans

Total Fat(3.5g), Sat Fat (1.3g),
Sodium(340mg), Sugar(1g),
Fiber(2g), Salt (0.8g)

Grilled Chicken in Mushroom

Gravy (112 Kcal)

With Baked Potato Wedges,
Sautéed Corn & Green Beans

Total Fat(3.2g), Sat Fat (1.5g),
Sodium(328mg), Sugar(1g),
Fiber(2g), Salt (0.8g)

Harissa Spaghetti

(170 Kcal) With
Sautéed Corn & Green Beans

Total Fat(3.5g), Sat Fat (0.8g),
Sodium(330mg), Sugar(2g),
Fiber(2.4g), Salt (0.8g)

**Veg Con Carne (190 Kcal),
Steamed Rice & Sautéed Corn
& Green Beans**

Total Fat(3.5g), Sat Fat (1.3g),
Sodium(340mg), Sugar(1g),
Fiber(2g), Salt (0.8g)

Sticky Toffee Pudding

(210 Kcal)

Total Fat(6.8g), Sat Fat (3.2g),
Sodium(95mg), Sugar(22g),
Added Sugar (18g), Fiber(1.2g), Salt (0.24g)

TUESDAY

Italian Meatballs with Penne pasta
(131 Kcal)

Roast Carrot & Broccoli

Total Fat(3.5g), Sat Fat (1.3g),
Sodium(630mg), Sugar(2g),
Fiber(3g), Salt (0.8g)

Sweet & Sour Chicken
(112 Kcal) with Fried Rice,
Roast Carrot & Broccoli

Total Fat(3.2g), Sat Fat (1.5g),
Sodium(380mg), Sugar(1g),
Fiber(1g), Salt (0.8g)

Quinoa Vegetarian Fried Rice
(111 Kcal) with Roast Carrot &
Broccoli

Total Fat(2g), Sat Fat (0g),
Sodium(160mg), Sugar(1g),
Fiber(2g), Salt (0.41g)

Quinoa Vegetarian Fried Rice
(111 Kcal) with Roast Carrot &
Broccoli

Total Fat(2g), Sat Fat (0g),
Sodium(160mg), Sugar(1g),
Fiber(2g), Salt (0.41g)

Candied Orange Slice

(185 Kcal)

Total Fat(0.2g), Sat Fat (0g),
Sodium(5mg), Sugar(38g),
Added Sugar (30g), Fiber(1.6g), Salt (0.01g)

WEDNESDAY

Chicken Tikka Masala
(129 Kcal)

With Steamed Rice & Ratatouille

Total Fat(3.5g), Sat Fat (1.3g),
Sodium(250mg), Sugar(2g),
Fiber(1g), Salt (0.61g)

Pulled BBQ Beef Creamy Mash
(129 Kcal) with
Garden Greens

Total Fat(3.5g), Sat Fat (1.2g),
Sodium(181mg), Sugar(2g),
Fiber(1.9g), Salt (0.45g)

Cauliflower Cheese Lasagna
(185 Kcal) with
Ratatouille

Total Fat(0g), Sat Fat (1.5g),
Sodium(129mg), Sugar(1g),
Fiber(1.5g), Salt (0.32g)

Lebanese Vegan
Mujadara (119 Kcal)
With Ratatouille

Total Fat(3.5g), Sat Fat (1g),
Sodium(240mg), Sugar(2g),
Fiber(2g), Salt (0.57g)

Banana Bread (205 Kcal)

Total Fat(7g), Sat Fat (2.6g),
Sodium(160mg), Sugar(17g),
Added Sugar (10g), Fiber(2.1g), Salt (0.40g)

THURSDAY

Spaghetti Bolognese
(157 Kcal) with
Herb, Tomato & Zucchini

Total Fat(3.5g), Sat Fat (1.5g),
Sodium(250mg), Sugar(2g),
Fiber(2g), Salt (0.62g)

Chicken & Green Olive Tagine
with Cous-Cous (345 Kcal)
Herb, Tomato & Zucchini

Total Fat(3.5g), Sat Fat (1.2g),
Sodium(420mg), Sugar(2g),
Fiber(5.2g), Salt (0.45g)

Cauliflower & Chickpea Tagine
(345 Kcal) with Cous-Cous
Herb, Tomato & Zucchini

Total Fat(3.5g), Sat Fat (1.5g),
Sodium(308mg), Sugar(2g),
Fiber(1.6g), Salt (0.77g)

Cauliflower & Chickpea Tagine
(345 Kcal) with Cous-Cous
Herb, Tomato & Zucchini

Total Fat(3.5g), Sat Fat (1.5g),
Sodium(308mg), Sugar(2g),
Fiber(1.6g), Salt (0.77g)

Tiramisu (215 Kcal)

Total Fat(9.5g), Sat Fat (5.5g),
Sodium(85mg), Sugar(18g),
Added Sugar (12g), Fiber(0.8g), Salt (0.21g)

**Student's
Favorite**

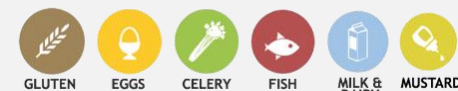
Option 2

**Vegetarian
Option**

Vegan Option

Desserts

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MENU WEEK 3

Menu Week: (19/01-23/01, 09/02-13/02)

**Student's
Favorite**

Option 2

**Vegetarian
Option**

Vegan Option

Desserts

MONDAY

Pesto Chicken Pasta

(145 Kcal) with
Roast Carrot & Beans
Total Fat(3.5g), Sat Fat (0.8g),
Sodium(170mg), Sugar(1.7g),
Fiber(2.1g), Salt (0.43g)

Cajun Fish Bites

(109 Kcal) with Baked
potato & Garden Greens
Total Fat(3.5g), Sat Fat (0.7g),
Sodium(344mg), Sugar(1g),
Added Sugar (0g), Fiber(0.61g), Salt (0.8g)

Meatless 'Meatball'

Pasta (173 Kcal)
Roast Carrots & Beans
Total Fat(2g), Sat Fat (0g),
Sodium(540mg), Sugar(1g),
Fiber(3g), Salt (0.8g)

Chinese Chow Mein

(190 Kcal) with
Roast Carrots & Beans
Total Fat(3.5g), Sat Fat (1.5g),
Sodium(330mg), Sugar(2g),
Fiber(2g), Salt (0.8g)

Mango Cardamom Slice

(210 Kcal)
Total Fat(6g), Sat Fat (2.8g),
Sodium(85mg), Sugar(18.5g),
Added Sugar (8g), Fiber(1.9g), Salt (0.21g)

TUESDAY

Butter Chicken (107 Kcal) with Basmati Rice & Sauté Vegetables

Total Fat(3.5g), Sat Fat (1.5g),
Sodium(45mg), Sugar(2g),
Added Sugar (0g), Fiber(1.2g), Salt (0.11g)

Hungarian Beef Goulash (109 Kcal) With Steamed Rice, Sauté Vegetables

Total Fat(3g), Sat Fat (1.5g),
Sodium(115mg), Sugar(1g),
Added Sugar (0g), Fiber(2g), Salt (0.29g)

Mac N Cheese (260 Kcal) With Sauté Vegetables

Total Fat(14g), Sat Fat (7g),
Sodium(580mg), Sugar(1g),
Added Sugar (0g), Fiber(1g), Salt (1.5g)

Sweet Potato & Lentil Stew (115 Kcal) with Basmati Rice & Sauté Vegetables

Total Fat(3.5g), Sat Fat (0g),
Sodium(300mg), Sugar(2g),
Added Sugar (0g), Fiber(3g), Salt (0.31g)

French Apple Cake Slice (195 Kcal)

Total Fat(5.8g), Sat Fat (2.6g),
Sodium(90mg), Sugar(17g),
Added Sugar (7g), Fiber(2g), Salt (0.23g)

WEDNESDAY

Breadless Chicken Parmigiana (184 Kcal) With Baked potato & Garden Greens

Total Fat(3.5g), Sat Fat (1.5g),
Sodium(210mg), Sugar(2g),
Added Sugar (0g), Fiber(1g), Salt (0.78g)

Shepard's Pie (104 Kcal) With Garden Greens

Total Fat(3.5g), Sat Fat (1.5g),
Sodium(125mg), Sugar(2g),
Added Sugar (0g), Fiber(3g), Salt (0.31g)

Lentil Shepard's Pie, Garlic Mash

Potato (104 Kcal) with
Garden Greens
Total Fat(3.5g), Sat Fat (1.5g),
Sodium(125mg), Sugar(2g),
Added Sugar (0g), Fiber(3g), Salt (0.31g)

Penne Pasta with Napoli sauce (167 Kcal) And Garden Greens

Total Fat(3g), Sat Fat (0.5g),
Sodium(39mg), Sugar(2g),
Added Sugar (0g), Fiber(2g), Salt (0.08g)

ABC Slice
(185 Kcal)
Total Fat(5.2g), Sat Fat (2.3g),
Sodium(80mg), Sugar(16g),
Added Sugar (6g), Fiber(2.4g), Salt (0.20g)

THURSDAY

Spaghetti Bolognese (157 Kcal) with Roast Zucchini & Broccoli

Total Fat(3.5g), Sat Fat (1.5g),
Sodium(250mg), Sugar(2g),
Added Sugar (1g), Fiber(2g), Salt (0.62g)

Thai Chicken Red Curry

(157 Kcal) with Jasmin Rice,
Roast Zucchini & Broccoli
Total Fat(3.5g), Sat Fat (1.5g),
Sodium(231mg), Sugar(1g),
Added Sugar (0g), Fiber(0.7g), Salt (0.58g)

Thai Chicken Red Curry

(157 Kcal) with Jasmin Rice,
Roast Zucchini & Broccoli
Total Fat(3.5g), Sat Fat (1.5g),
Sodium(231mg), Sugar(1g),
Added Sugar (0g), Fiber(0.7g), Salt (0.58g)

Vegetarian Biryani (114 Kcal) with Roast Zucchini & Broccoli

Total Fat(3.5g), Sat Fat (0g),
Sodium(95mg), Sugar(1g),
Added Sugar (0g), Fiber(1g), Salt (0.24g)

Dusted Berry Sponge Slice (190 Kcal)

Total Fat(4.8g), Sat Fat (2.1g),
Sodium(85mg), Sugar(17.5g),
Added Sugar (7.5g), Fiber(2g), Salt (0.21g)



GLUTEN



EGGS



CELERY



FISH



MILK & DAIRY



MUSTARD

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