

WEEK 1

Menu Week: (28/08 – 31/08; 18/09 – 21/09;
09/10 – 12/10)



	Monday	Tuesday	Wednesday	Thursday	Friday
Student Favorite	Fish Bites & Tartare Sauce ●●	Butter Chicken ●	Navy Spicy Beef & Potato ●	Spaghetti Bolognese ●●	
Option 2	Zata'ar Chicken	Beef Stroganoff ●	Sweet & Sour Chicken ●	Chicken Mac ●●	
Vegetarian Option	Koshari	Pasta Twists w/ Tomato, Basil and Mozzarella ●●	Farfalle Arrabiatta ●	Sweet Potato, lentils & crispy chickpeas	
Vegan Option	Koshari	Ranch Roast Cauliflower & Okra	Korean Vegan Bulgogi	Sweet Potato, lentils & crispy chickpeas	
Sides	Crispy Roast Potatoes	Steamed Rice	Fried Rice	Pilaf Rice	
Vegetable	Sautéed Corn & Green Beans	Ratatouille	Garden Greens	Zesty Corn & Carrots	
Dessert (optional)	Carrot Cake ●●●	Pineapple Upside Down Cake ●	Banana Crumble ●●	Crepe Caramel ●●	

Choice of One main course, served with Sides and Vegetables
Add Dessert for just AED 3/-

WEEK 2

Menu Week: (04/09 – 07/09; 25/09 – 28/09)



Monday

Tuesday

Wednesday

Thursday

Friday

Student Favorite

Chicken Biryani ●

Chicken Pesto Pasta ●●

Butter Chicken ●

Meatballs in Yogurt Sauce

Option 2

Hungarian Beef Goulash ●

Fishcakes (Thai) ●

Hashweh (Beef)

Italian Chicken & Risoni desktop ●●

Vegetarian Option

Mac N Cheese ●●

Cauliflower Cheese Lasagna ●●

Penne pasta w/ Marinara sauce ●

Grilled Broccoli, lentils and feta ●

Vegan Option

Vegetable Biryani

Braised Bean Irish Stew

Penne pasta w/ Marinara sauce ●

Roast okra & sweet potato

Sides

Pasta Twist

Herb Crusted Potatoes

Basmati Rice

Vermicelli Rice

Vegetable

Roast Zucchini and Broccoli

Edamame Beans, Corn & Peas

Sautee Vegetables

Honey Glazed Carrots & Peas

Dessert (optional)

Strawberry Trifle ●

Oatmeal Cookies ●●

Red Velvet slice ●●

Banana Bread ●●

Choice of One main course, served with Sides and Vegetables
Add Dessert for just AED 3/-

Gluten



Diary



Egg



Soy



Fish



WEEK 3

Menu Week: (11/09 – 14/09; 02/10 – 05/10)



Monday

Tuesday

Wednesday

Thursday

Friday

Student Favorite

Chicken Ala King ●

Beef Lasagna ●●

Spaghetti Bolognese ●●

Chicken Tikka Masala ●

Option 2

Arayes & Garlic Yogurt ●●

Chicken Margherita ●

Honey & Lime Chicken

Tikka Fish ●●

Vegetarian Option

Cheese & Onion Quiche ●●

Mac N Cheese ●●

Lentils with broccoli and feta ●●

Pasta Twists w/ Mozzarella & Basil ●●

Vegan Option

Ranch Carrot Fries

Turkish Vegetable Stew

Mushroom & Butter Bean Ragout

Cauliflower Tikka

Sides

Pilaf Rice

Lyonnaise Potatoes

Saffron Rice

Basmati Rice

Vegetable

Garden Greens

Roast Carrots and Broccoli

Herb & Tomato Zucchini

Roast Marrow & Beans

Dessert (optional)

Vanilla Cheesecake ●●●

Sticky Toffee Pudding ●●

Date Slice ●●

Cocoa Pudding ●

Choice of One main course, served with Sides and Vegetables
Add Dessert for just AED 3/-

Gluten



Diary



Egg



Soy



Fish

