

GEMS American Academy LLC

Menu Meal Prices

Individual Hot Meal:- Vegetarian AED 13.00.

Individual Hot Meal:- Non Vegetarian AED 13.00.

Combo Meal :- Salad , Hot Meal, Chilled Juice or Water at AED 15.00

FRESH & CHILLED JUICES - ASSORTED JUICES AVAILABLE IN THE CANTEEN

BREAKFAST, SALADS, SANDWICHES & DESSERTS - AVAILABLE IN THE CANTEEN AS PER CHEF'S MENU

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY							
WEEK 2 10 to 14 APRIL Hot Food - COMBO															
Protein 1	BBQ Chicken & roast vegetables	Aed 15.00	250 gm	Fish Madrilaine (olives, zucchini, capers, olive oil)	Aed 15.00	250 gm	Sauteed Chicken Grand Mere	Aed 15.00	250 gm	Meat Lasagna	Aed 15.00	250 gm	Baked Fish & Chips	Aed 15.00	250 gm
Protein 2	Spaghetti bolognese	Aed 15.00	250 gm	Butter chicken	Aed 15.00	250 gm	Grilled Fish Greek style	Aed 15.00	250 gm	French roast chicken with herbs jus	Aed 15.00	250 gm	Burger patties with gravy tomato, gratinbed with mozzarella	Aed 15.00	250 gm
Starch	Wedges potatoes		250 gm	Basmati rice		250 gm	Buttered spaghettis	Aed 10.00	250 gm	Mashed potatoes		250 gm	Wedges potatoes		250 gm
Vegetarian	Stir fried vegetables & Noodles	Aed 10.00	200 gm	Vegetables Makhani	Aed 10.00	200 gm	Vegetable Mousaka	Aed 10.00	200 gm	Green peas & carrot	Aed 10.00	200 gm	Spaghettis Florentine (spinach green sauce)	Aed 10.00	200 gm

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY							
WEEK 3 17 to 21 APRIL Hot Food - COMBO															
Protein 1	Beef steak, Cowboy sauce	Aed 15.00	250 gm	Taj Mahal Chicken & Flavor rice	Aed 15.00	250 gm	Grilled chicken breast with fresh grilled Pineapple	Aed 15.00	250 gm	Fish Makkbous	Aed 15.00	250 gm	Mechoui chicken with carrot & orange	Aed 15.00	250 gm
Protein 2	Chicken cube Arrabiata	Aed 15.00	250 gm	Grilled fish fillet with parsley-lemon butter sauce	Aed 15.00	250 gm	Quinoa couscous with calamari & fish	Aed 15.00	250 gm	Beef Cube with cajun spice & capsicum	Aed 15.00	250 gm	Fish Pies & Eggplant	Aed 15.00	250 gm
Starch	Penne Pasta with pesto (NO NUTS)	Aed 10.00	250 gm	Stir fried Noodles		250 gm	Basmati rice		250 gm	Potatoes sauteed with garlic		250 gm	Penne Alf arrabiatta	Aed 10.00	250 gm
Vegetarian	BBQ tofu Wraps	Aed 10.00	200 gm	Pad Tai vegetable (with omelet julienne)	Aed 10.00	200 gm	Corn on the cobb	Aed 10.00	200 gm	Cauliflower Gratin	Aed 10.00	200 gm	Couscous vegetables & dry grapes	Aed 10.00	200 gm

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY							
WEEK 4 24 to 28 APRIL Hot Food - COMBO															
Protein 1	Chickens Biryani	Aed 15.00	250 gm	Dawood basha & arabic rice	Aed 15.00	250 gm	Beef steak, Thyme stockpot potatoes & roast carrots	Aed 15.00	250 gm	Louisiana Chicken, corn of cob & baked potatoes	Aed 15.00	250 gm	Mexican grilled chicken, red beans	Aed 15.00	250 gm
Protein 2	Beef braised, onion sauce	Aed 15.00	250 gm	Beef Stroganoff & buttered pasta	Aed 15.00	250 gm	Butter chicken	Aed 15.00	250 gm	Coconut curry fish	Aed 15.00	250 gm	Thai sweet calamari & vegetables rice	Aed 15.00	250 gm
Starch	Smashed celeriac & potatoes		250 gm			250 gm	White rice		250 gm	Steam rice		250 gm	Wedges potatoes		250 gm
Vegetarian	Marrow & cheese gratin	Aed 10.00	200 gm	Creamy Honey carrots & pumpkin	Aed 10.00	200 gm	Roll Vegetables Wellington	Aed 10.00	200 gm	Vegetables biryani	Aed 10.00	200 gm	Vegetables Mao Li	Aed 10.00	200 gm
Desserts															
	Fruit & vegetable Cradities	AED. 5.00	80 gm	Fruit & vegetable Cradities	AED. 5.00	80 gm	Fruit & vegetable Cradities	AED. 5.00	80 gm	Fruit & vegetable Cradities	AED. 5.00	80 gm	Fruit & vegetable Cradities	AED. 5.00	80 gm
Special	Fruiti cake	AED. 5.00	80 gm	Fruiti cake	AED. 5.00	80 gm	Fruiti cake	AED. 5.00	80 gm	Fruiti cake	AED. 5.00	80 gm	Fruiti cake	AED. 5.00	80 gm