

DATES: September
MONTHLY OPTION 3: Lunch (daily price AED 15.00)

Lunch Menu KG week 2

	SUNDAY -	MONDAY -	TUESDAY -	WEDNESDAY -	THURSDAY -
Salads	Vegetables Crudités Sliced cucumber	Vegetables Crudités Grated carrot	Vegetables Crudités Tomato wedges	Vegetables Crudités Corn salad	Vegetables Crudités Sliced tomatoes & corn
Hot Meal Combo 1 Chicken or Fish	Chicken Tajine	Butter chicken rice	Spaghetti Bolognese	Grilled fish Nicoise boiled potatoes	Fish cake
Hot Meal Combo 2 Vegetarian	Penne All'arrabiatta	Falafel with yoghurt	Vegetables stir fried with noddles	Vegetable tajine	Vegetables Lasagna
Hot Meal Combo 3 Sandwich or Wrap	Tuna wrap & yoghurt	Halloumi cheese wrap & yoghurt	Eggs Sandwich & yoghurt	Cheese sandwich & yoghurt	Cucumber and tomato sandwich & yoghurt
Fruit	Sliced fruit	Fruit salad	Sliced fruits	Fruit salad	Cream Caramel
Beverage	Water	Water	Water	Water	Water

Lunch Menu KG week 3

	SUNDAY -	MONDAY -	TUESDAY -	WEDNESDAY -	THURSDAY -
Salads	Vegetables Crudités Tomato wedges	Vegetables Crudités Grated carrot	Vegetables Crudités Sliced cucumber	Vegetables Crudités Corn salad	Vegetables Crudités Apple & cucumber salad
Hot Meal Combo 1 Chicken or Fish	Beef braised, carrot & peas,rice	Shish tawook	Spaghetti Bolognese	Grill fish on pink sauce & broccolis & rice	Beef Kabab
Hot Meal Combo 2 Vegetarian	Pumpkins & red rice gratin	Mashed carrot & potatoes	Ancharras & tomato sauce	Minestrone of vegetables & white rice	Vegetables Pizza
Hot Meal Combo 4 Sandwich or Wrap	Tuna sandwich & yoghurt	Chicken tikka wrap & yoghurt	Halloumi cheese wrap & yoghurt	Cheese sandwich & yoghurt	Cucumber & tomato sandwich & yoghurt
Fruit	Fruit salad	Sliced fruits	Fruit salad	Sliced fruits	Marble cake
Beverage	Water	Water	Water	Water	Water

Lunch Menu KG week 4

	SUNDAY -	MONDAY -	TUESDAY -	WEDNESDAY -	THURSDAY -
Salads	Vegetables Crudités Sliced cucumber	Vegetables Crudités Grated carrot	Vegetables Crudités Tomato wedges	Vegetables Crudités Corn salad	Vegetables Crudités Sliced tomatoes & corn
Hot Meal Combo 1 Chicken or Fish	Grill chicken Calabrese	Breaded fish, lemon-parsley butter	Chicken Provencale with fresh basil	grilled fish roast vegetable	Butter chicken & rice
Hot Meal Combo 2 Vegetarian	Macaroni ratatouille	BBQ vegetables burger, Roasted onion & potatoes	Aubergine lasagna	Vegetable Makhani & rice	Tofu spinach Stew with gravy tomato sauce
Hot Meal Combo 3 Sandwich or Wrap	Cucumber& cheese sandwich & yoghurt	Chicken tikka wrap & yoghurt	Halloumi cheese wrap & yoghurt	Cheese sandwich & yoghurt	Cucumber & tomato sandwich & yoghurt
Fruit	Sliced fruit	Fruit salad	Sliced fruits	Fruit salad	Chocolate cream pot
Beverage	Water	Water	Water	Water	Water