

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 1 Hot Food - COMBO															
Protein 1	Butter Chicken & white rice	Aed 15.00	250 gm	Fish Meniere, spring vegetables , lemon-parsley butter	Aed 15.00	250 gm	Shredded beef Mustard sauce	Aed 15.00	250 gm	Chicken breast BBQ	Aed 15.00	250 gm	Beef patties gravy & roast vegetable	Aed 15.00	250 gm
Protein 2	Grilled fish Saadyiat	Aed 15.00	250 gm	Spaghettis Bolognese	Aed 15.00	250 gm	Chicken roast with garlic sauce	Aed 15.00	250 gm	Mutton cube Cajun style & white rice	Aed 15.00	250 gm	Chicken patties, gravy & roast vegetables	Aed 15.00	250 gm
Starch	yellow potatoes	Aed 10.00	250 gm	White rice	Aed 10.00	250 gm	Roasted potatoes	Aed 10.00	250 gm	Buttered penne pasta	Aed 10.00	250 gm	wedges potatoes	Aed 10.00	250 gm
Vegetarian	Vegetables Gratin	Aed 10.00	200 gm	Mediterranean Moussaka	Aed 10.00	200 gm	Spaghettis Primavera	Aed 10.00	200 gm	Vegetable Mexican& white rice	Aed 10.00	200 gm	Spaghettis Nap[olitan	Aed 10.00	200 gm

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY							
WEEK 2 Hot Food - COMBO															
Protein 1	Beef Teriyaki onion & ginger	Aed 15.00	250 gm	Chicken Couscous	Aed 15.00	250 gm	Hatches Parmentier	Aed 15.00	250 gm	Chicken "Grand Mother" way	Aed 15.00	250 gm	Butter chicken & rice	Aed 15.00	250 gm
Protein 2	fry fish & white rice, tartar sauce	Aed 15.00	250 gm	Baked Fish & tomato	Aed 15.00	250 gm	Chicken Biryani	Aed 15.00	250 gm	Grilled fish Nicoise Dressing & vegetables stew	Aed 15.00	250 gm	Chicken Shawarma shredded	Aed 15.00	250 gm
Starch	Noodles and vegetables	Aed 10.00	250 gm	white rice	Aed 10.00	250 gm		Aed 10.00	250 gm	Mashed Potatoes	Aed 10.00	250 gm	Rosti potatoes	Aed 10.00	250 gm
Vegetarian	Vegetable Salona with white rice	Aed 10.00	200 gm	vegetable biryani	Aed 10.00	200 gm	Vegetable tajine with couscous	Aed 10.00	200 gm	Tofu spinach Stew with white rice	Aed 10.00	200 gm	Vegetables Lasagna	Aed 10.00	200 gm

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY							
WEEK 3 Hot Food - COMBO															
Protein 1	Chicken & Cantonese rice	Aed 15.00	250 gm	Chili con carne & red rice	Aed 15.00	250 gm	White beans Mutton stew & boiled potatoes	Aed 15.00	250 gm	Grill fish on pink sauce	Aed 15.00	250 gm	Meat ball on tomato gravy	Aed 15.00	250 gm
Protein 2	Spaghetti Bolognese	Aed 15.00	250 gm	Chicken Provençale with fresh tomato & basil	Aed 15.00	250 gm	Grilled Aioli fish	Aed 15.00	250 gm	Roasted Chicken, wedges potatoes & vegetables	Aed 15.00	250 gm	Grilled chicken breast Cowboy	Aed 15.00	250 gm
Starch		Aed 10.00	250 gm	Garlic mashed potatoes	Aed 10.00	250 gm	boiled potatoes	Aed 10.00	250 gm	Steam rice	Aed 10.00	250 gm	Wedges potatoes	Aed 10.00	250 gm
Vegetarian	Marrow gratins	Aed 10.00	200 gm	Vegetables curry & steam rice	Aed 10.00	200 gm	Sweet potatoes gratin with gravy onions, Honey Parsnips	Aed 10.00	200 gm	Eggplant and chickpea stew	Aed 10.00	200 gm	vegetarian Tajine	Aed 10.00	200 gm

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY							
WEEK 4 Hot Food - COMBO															
Protein 1	Greek beef with olive, oregano & lemon sauce	Aed 15.00	250 gm	Chicken Wok & Vegetables Noodles	Aed 15.00	250 gm	Meat Lasagna	Aed 15.00	250 gm	Chicken Biryani	Aed 15.00	250 gm	Shish tawook & Grilled vegetables	Aed 15.00	250 gm
Protein 2	Grill fish Basquaise	Aed 15.00	250 gm	Asian stir fried fish & calamari	Aed 15.00	250 gm	Sautéed chicken grand mere, carrots & boiled potatoes	Aed 15.00	250 gm	Beef Goulash, vegetables	Aed 15.00	250 gm	Butter chicken	Aed 15.00	250 gm
Starch	Garlic potatoes	Aed 10.00	250 gm	Steam rice	Aed 10.00	250 gm	boiled potatoes	Aed 10.00	250 gm	mashed potatoes	Aed 10.00	250 gm	white rice	Aed 10.00	250 gm
Vegetarian	Vegetarian pita with feta cheese, served with roasted eggplant Moussaka	Aed 10.00	200 gm	Thai red curry with tofu, vegetables and steamed rice	Aed 10.00	200 gm	Aubergines lasagna	Aed 10.00	200 gm	Vegetarian pita with feta cheese	Aed 10.00	200 gm	Vegetables Salona & white rice	Aed 10.00	200 gm

Desserts															
	Fruit & vegetable Crudities	AED. 5.00	80 gm	Fruit & vegetable Crudities	AED. 5.00	80 gm	Fruit & vegetable Crudities	AED. 5.00	80 gm	Fruit & vegetable Crudities	AED. 5.00	80 gm	Fruit & vegetable Crudities	AED. 5.00	80 gm
Sweet	Frutti cake	AED. 5.00	80 gm	Frutti cake	AED. 5.00	80 gm	Frutti cake	AED. 5.00	80 gm	Frutti cake	AED. 5.00	80 gm	Frutti cake	AED. 5.00	80 gm