

Lunch

4 Weeks Cycle Menu

صحتك أولاً
YOUR HEALTH FIRST



WEEK 1

Meal Pattern	Sunday 30-10-16	Monday 31-10-16	Tuesday 01-11-16	Wednesday 02-11-16	Thursday 03-11-16
Junior Lunch	<p>Milk, Yogurt, Laban (Low Fat) Salad</p> <p>Lettuce, Tomato, Cucumber Carrots, Tuna, Hummus Hot</p> <p>Option 1 Steamed Rice Irish Stew</p> <p>Option 2 Chicken Makhni Sautéed Mix Vegetable</p> <p>Option 3 Pasta Pesto sauce</p> <p>Dessert Fruit Salad</p>	<p>Milk, Yogurt, Laban (Low Fat) Salad</p> <p>Lettuce, Tomato, Cucumber Cabbage, Red Beans, Potato Salad Hot</p> <p>Option 1 Saffron Rice Chicken Tikka</p> <p>Option 2 Steamed Vegetable Beef Steak with Herb Sauce</p> <p>Option 3 Spaghetti Alforno</p> <p>Dessert Fruit Salad</p>	<p>Milk, Yogurt, Laban (Low Fat) Salad</p> <p>Lettuce, Tomato, Cucumber Carrot, Corn, Mutabel Hot</p> <p>Option 1 Pilaf Rice Chicken With Lemon Coriander</p> <p>Option 2 Tandoori Fish Hammour Roast Vegetable</p> <p>Option 3 Macaroni Three Cheese</p> <p>Dessert Fruit Salad</p>	<p>Milk, Yogurt, Laban (Low Fat) Salad</p> <p>Lettuce, Tomato, Cucumber Olives, Tuna, Greek Salad Hot</p> <p>Option 1 Roasted Root Vegetable Beef Stew</p> <p>Option 2 Steam rice Sweet & Sour Chicken</p> <p>Option 3 Pasta Arabiatta Sauce</p> <p>Dessert Fruit Salad</p>	<p>Milk, Yogurt, Laban (Low Fat) Salad</p> <p>Lettuce, Tomato, Cucumber Carrots, Beetroot, Cabbage Salad Hot</p> <p>Option 1 Steamed Rice Beef Kofta</p> <p>Option 2 Steamed Vegetable Chicken Biryani</p> <p>Option 3 Stir fry vegetables noodles</p> <p>Dessert Fruit Salad</p>
Senior Lunch	<p>Milk, Yogurt, Laban (Low Fat) Salad</p> <p>Lettuce, Tomato, Cucumber Carrots, Tuna, Hummus Hot</p> <p>Cream Vegetable Soup</p> <p>Option 1 Steamed Rice Irish Stew</p> <p>Option 2 Chicken Makhni Sautéed Mix Vegetable</p> <p>Option 3 Fish with lemon sauce Potato Paprika</p> <p>Option 4 Pasta Pesto sauce</p> <p>Dessert Fruit Salad</p>	<p>Milk, Yogurt, Laban (Low Fat) Salad</p> <p>Lettuce, Tomato, Cucumber Cabbage, Red Beans, Potato Salad Hot</p> <p>Goulash soup</p> <p>Option 1 Saffron Rice Chicken Tikka</p> <p>Option 2 Mashed Potato Beef Steak with Herb Sauce</p> <p>Option 3 Roast Herb Fish Steamed Vegetable</p> <p>Option 4 Spaghetti Alforno</p> <p>Dessert Fruit Salad</p>	<p>Milk, Yogurt, Laban (Low Fat) Salad</p> <p>Lettuce, Tomato, Cucumber Carrot, Corn, Mutabel Hot</p> <p>Corn soup</p> <p>Option 1 Pilaf Rice Chicken With Lemon Coriander</p> <p>Option 2 Tandoori Fish Hammour Roast Vegetable</p> <p>Option 3 White Beans Beef Stew Pilaf Rice</p> <p>Option 4 Macaroni Three Cheese</p> <p>Dessert Fruit Salad</p>	<p>Milk, Yogurt, Laban (Low Fat) Salad</p> <p>Lettuce, Tomato, Cucumber Olives, Tuna, Greek Salad Hot</p> <p>Potato & leek soup</p> <p>Option 1 Steam rice Beef Stew</p> <p>Option 2 Steam rice Sweet & Sour Chicken</p> <p>Option 3 Fish Curry Roasted Root Vegetable</p> <p>Option 4 Pasta Arabiatta Sauce</p> <p>Dessert Fruit Salad</p>	<p>Milk, Yogurt, Laban (Low Fat) Salad</p> <p>Lettuce, Tomato, Cucumber Carrots, Beetroot, Cabbage Salad Hot</p> <p> Lentil Soup</p> <p>Option 1 Steamed Rice Beef Kofta</p> <p>Option 2 Grilled Fish with Capper Sauce Steamed Vegetable</p> <p>Option 3 Chicken Biryani</p> <p>Option 4 Stir fry vegetables noodles</p> <p>Dessert Fruit Salad</p>



WEEK 2

Meal Pattern	Sunday 06-11-16	Monday 07-11-16	Tuesday 08-11-16	Wednesday 09-11-16	Thursday 10-11-16
Junior Lunch	<p>Milk, Yogurt, Laban (Low Fat) Salad Lettuce, Tomato, Cucumber Carrots, Tuna, Hummus</p> <p>Hot Option 1 Steamed Rice Roasted Vegetable Beef Hotpot</p> <p>Option 2 Grilled Fish with Dill sauce</p> <p>Option 3 Vegetable Lasagna</p> <p>Dessert Fruit Salad</p>	<p>Milk, Yogurt, Laban (Low Fat) Salad Lettuce, Tomato, Cucumber Cabbage, Red Beans, Potato Salad</p> <p>Hot Option 1 Steamed Rice Dawood Basha</p> <p>Option 2 Stir Fry Vegetable Chicken Afritada</p> <p>Option 3 Pasta Napolitano</p> <p>Dessert Fruit Salad</p>	<p>Milk, Yogurt, Laban (Low Fat) Salad Lettuce, Tomato, Cucumber Carrot, Corn, Mutabel</p> <p>Hot Option 1 Biryani Rice Chicken Makhanwala</p> <p>Option 2 Steamed Vegetable Grilled Herb Fish</p> <p>Option 3 Macaroni Tomato Basil Sauce</p> <p>Dessert Fruit Salad</p>	<p>Milk, Yogurt, Laban (Low Fat) Salad Lettuce, Tomato, Cucumber Olives, Tuna, Greek Salad</p> <p>Hot Option 1 Pilaf Rice Beef Stroganoff</p> <p>Option 2 Mix sautéed Vegetable Chicken Tawook</p> <p>Option 3 Pasta with Tomato basil sauce</p> <p>Dessert Fruit Salad</p>	<p>Milk, Yogurt, Laban (Low Fat) Salad Lettuce, Tomato, Cucumber Carrots, Beetroot, Cabbage Salad</p> <p>Hot Option 1 Steamed Rice Beef Tagine</p> <p>Option 2 Steamed Vegetable Chicken Majbous</p> <p>Option 3 Pasta Alfredo</p> <p>Dessert Fruit Salad,</p>
Senior Lunch	<p>Milk, Yogurt, Laban (Low Fat) Salad Lettuce, Tomato, Cucumber Carrots, Tuna, Hummus</p> <p>Hot Zucchini Soup</p> <p>Option 1 Steamed Rice Roasted Vegetable Beef Hotpot</p> <p>Option 2 Roast Herb Chicken</p> <p>Option 3 Grilled Fish with Dill sauce Roasted Vegetable</p> <p>Option 4 Vegetable Lasagna</p> <p>Dessert Fruit Salad</p>	<p>Milk, Yogurt, Laban (Low Fat) Salad Lettuce, Tomato, Cucumber Cabbage, Red Beans, Potato Salad</p> <p>Hot Tomato Soup</p> <p>Option 1 Steamed Rice Dawood Basha</p> <p>Option 2 Stir Fry Vegetable Chicken Afritada</p> <p>Option 3 Roasted Fish with Harra sauce Steamed Rice</p> <p>Option 4 Pasta Napolitano</p> <p>Dessert Fruit Salad</p>	<p>Milk, Yogurt, Laban (Low Fat) Salad Lettuce, Tomato, Cucumber Carrot, Corn, Mutabel</p> <p>Hot Corn chowder</p> <p>Option 1 Biryani Rice Chicken Makhanwala</p> <p>Option 2 Steamed Vegetable Grilled Herb Fish</p> <p>Option 3 Beef Shawarma</p> <p>Option 4 Macaroni Tomato Basil Sauce</p> <p>Dessert Fruit Salad</p>	<p>Milk, Yogurt, Laban (Low Fat) Salad Lettuce, Tomato, Cucumber Olives, Tuna, Greek Salad</p> <p>Hot Carrot Soup</p> <p>Option 1 Pilaf Rice Beef Stroganoff</p> <p>Option 2 Mix sautéed Vegetable Chicken Tawook</p> <p>Option 3 Fish tikka</p> <p>Option 4 Mix sautéed Vegetable</p> <p>Option 4 Pasta with Tomato basil sauce</p> <p>Dessert Fruit Salad</p>	<p>Milk, Yogurt, Laban (Low Fat) Salad Lettuce, Tomato, Cucumber Carrots, Beetroot, Cabbage Salad</p> <p>Hot Lentil Soup</p> <p>Option 1 Steamed Rice Beef Tagine</p> <p>Option 2 Steamed Vegetable Fish lemon Coriander</p> <p>Option 3 Chicken majbous Steamed Vegetable</p> <p>Option 4 Pasta Alfredo</p> <p>Dessert Fruit Salad</p>



WEEK 3

Meal Pattern	Sunday 13-11-16	Monday 14-11-16	Tuesday 15-11-16	Wednesday 16-11-16	Thursday 17-11-16
Junior Lunch	Milk, Yogurt, Laban (Low Fat) Salad Lettuce, Tomato, Cucumber Carrots, Tuna, Hummus Hot Option 1 Steamed Rice Beef Green peas Saluna Option 2 Roasted Vegetable Chicken Tikka Option 3 Pasta With Tomato Sauce Dessert Fruit Salad	Milk, Yogurt, Laban (Low Fat) Salad Lettuce, Tomato, Cucumber Cabbage, Red Beans, Potato Salad. Hot Option 1 White Rice Chicken Curry Option 2 Pasta Bolognese Sauce Option 3 Vegetable Makhni White Rice Dessert Fruit Salad	Milk, Yogurt, Laban (Low Fat) Salad Lettuce, Tomato, Cucumber Carrot, Corn, Mutabel Hot Option 1 Vermicelli Rice Chicken Molokia Option 2 Mix sautéed Vegetable Pan Seared Fish Option 3 Macaroni Three Cheese Dessert Fruit Salad	Milk, Yogurt, Laban (Low Fat) Salad Lettuce, Tomato, Cucumber Olives, Tuna, Greek Salad Hot Option 1 Steamed Rice Beef Stew Option 2 Steamed Vegetable Roasted Herb Chicken Option 3 Pasta With mushroom Sauce Dessert Fruit Salad	Milk, Yogurt, Laban (Low Fat) Salad Lettuce, Tomato, Cucumber Carrots, Beetroot, Cabbage Salad Hot Option 1 Herb pilaf Rice Malaysian Beef pepper Option 2 Steamed Vegetable Fish with Saffron Sauce Option 3 Stir fry vegetables noodles Dessert Fruit Salad
Senior Lunch	Milk, Yogurt, Laban Salad Lettuce, Tomato, Cucumber Carrots, Tuna, Hummus Hot Vegetable soup Option 1 Steamed Rice Beef Green peas Saluna Option 2 Roasted Vegetable Chicken Tikka Option 3 Fish with lemon sauce Roasted Vegetable Option 4 Pasta With Tomato Sauce Dessert Fruit Salad	Milk, Yogurt, Laban Salad Lettuce, Tomato, Cucumber Cabbage, Red Beans, Potato Salad. Hot Carrot Ginger Soup Option 1 White Rice Chicken Curry Option 2 Pasta Bolognese Sauce Option 3 Vegetable Makhni White Rice Option 4 Roasted Hammour Dessert Fruit Salad	Milk, Yogurt, Laban Salad Lettuce, Tomato, Cucumber Carrot, Corn, Mutabel Hot Tomato Soup Option 1 Vermicelli Rice Chicken Molokia Option 2 Mix sautéed Vegetable Pan Seared Fish Option 3 Beef Fajita Mix sautéed Vegetable Option 4 Macaroni Three Cheese Dessert Fruit Salad	Milk, Yogurt, Laban Salad Lettuce, Tomato, Cucumber Olives, Tuna, Greek Salad Hot Pumpkin soup Option 1 Steamed Rice Beef Stew Option 2 Steamed Vegetable Roasted Herb Chicken Option 3 Fish with Tomato Coriander Steamed Rice Option 4 Pasta With mushroom Sauce Dessert Fruit Salad	Milk, Yogurt, Laban Salad Lettuce, Tomato, Cucumber Carrots, Beetroot, Cabbage Salad Hot Lentil Soup Option 1 Herb pilaf Rice Malaysian Beef pepper Option 2 Steamed Vegetable Fish with Saffron Sauce Option 3 Chicken Biryani Option 4 Stir fry vegetables noodles Dessert Fruit Salad



WEEK 4

Meal Pattern	Sunday 20-11-16	Monday 21-11-16	Tuesday 22-11-16	Wednesday 23-11-16	Thursday 24-11-16
Junior Lunch	<p>Milk, Yogurt, Laban (Low Fat) Salad Lettuce, Tomato, Cucumber Carrots, Tuna, Hummus Hot Option 1 Steamed Rice Beef Rogan Josh Option 2 Vegetable Gratin Chicken & Potato Option 3 Pasta Tomato Basil Sauce Dessert Fruit Salad</p>	<p>Milk, Yogurt, Laban (Low Fat) Salad Lettuce, Tomato, Cucumber Cabbage, Red Beans, Potato Salad. Hot Option 1 Steamed Rice Beef Stew Option 2 Steamed Vegetable BBQ chicken Option 3 Macaroni & cheese Dessert Fruit Salad</p>	<p>Milk, Yogurt, Laban (Low Fat) Salad Lettuce, Tomato, Cucumber Carrot, Corn, Mutabel Hot Option 1 Vegetable Biryani Rice Chicken Makhanwala Option 2 Mix sautéed Vegetable Grilled Fish Option 3 Penne Arabiata Dessert Fruit Salad</p>	<p>Milk, Yogurt, Laban (Low Fat) Salad Lettuce, Tomato, Cucumber Olives, Tuna, Greek Salad Hot Option 1 Steamed Rice Beef Stroganoff Option 2 Steamed Vegetable Chicken Sweet & Sour Option 3 Farfalle Alforno Dessert Fruit Salad</p>	<p>Milk, Yogurt, Laban (Low Fat) Salad Lettuce, Tomato, Cucumber Carrots, Beetroot, Cabbage Salad Hot Option 1 Vermicelli Rice Beef Spinach Stew Option 2 Roasted Root Vegetable Fish Provencal Option 3 Vegetable Lasagna Dessert Fruit Salad</p>
Senior Lunch	<p>Milk, Yogurt, Laban (Low Fat) Salad Lettuce, Tomato, Cucumber Carrots, Tuna, Hummus Hot Spinach Cream Soup Option 1 Steamed Rice Beef Rogan Josh Option 2 Vegetable Gratin Chicken & Potato Option 3 Grilled Fish Vegetable Gratin Option 4 Pasta Tomato Basil Sauce Dessert Fruit Salad</p>	<p>Milk, Yogurt, Laban (Low Fat) Salad Lettuce, Tomato, Cucumber Cabbage, Red Beans, Potato Salad. Hot Mexican Red Bean Soup Option 1 Steamed Rice Beef Stew Option 2 Steamed Vegetable BBQ chicken Option 3 Roasted Herb Fish Steamed Vegetable Option 4 Macaroni & cheese Dessert Fruit Salad</p>	<p>Milk, Yogurt, Laban (Low Fat) Salad Lettuce, Tomato, Cucumber Carrot, Corn, Mutabel Hot Chicken Corn soup Option 1 Vegetable Biryani Rice Chicken Makhanwala Option 2 Mix sautéed Vegetable Grilled Fish Option 3 Beef Fajita Mix sautéed Vegetable Option 4 Penne Arabiata Dessert Fruit Salad</p>	<p>Milk, Yogurt, Laban (Low Fat) Salad Lettuce, Tomato, Cucumber Olives, Tuna, Greek Salad Hot Vegetable soup Option 1 Steamed Rice Beef Stroganoff Option 2 Steamed Vegetable Chicken Sweet & Sour Option 3 Fish Sayadiya Steamed Vegetable Option 4 Farfalle Alforno Dessert Fruit Salad</p>	<p>Milk, Yogurt, Laban (Low Fat) Salad Lettuce, Tomato, Cucumber Carrots, Beetroot, Cabbage Salad. Hot Lentil soup Option 1 Vermicelli Rice Beef Spinach Stew Option 2 Roasted Root Vegetable Fish Provencal Option 3 Chicken Shawarma Roasted Root Vegetable Option 4 Vegetable Lasagna Dessert Fruit Salad</p>

