

LUNCH MENU FOR THE MONTH OF MARCH 2017

Week 1	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun									
Mon									
Tue									
Wed 01.03.17 United Kingdom Theme Day	Louisiana Vegetable Soup	Lemon & Thyme Butter Roast Chicken w/ Gravy	Steamed Vegetable	Three Colour Pasta w/ Nut- free Pesto & Roasted Vegetable	Roast Beef w/ Natural Jus		Baked Fish Fingerlings with Tomato Ketchup	Roast Potato Wedges	White Rice
			Kaddu Chana Curry						Sweet Potato & Fennel Rice Pilaf
Thu 02.03.17	Caribbean Papaya & Orange Soup		Roasted Vegetables	Pasta Formaggio	Peri-Peri African Kebab	Chicken Biryani	Batter Baked Fish w/ Light Tartar Sauce	Delmonico Potato	White Rice
			Subzi Vindaloo						

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Week 2	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 05.03.17	Parsnip & Apple Soup w/ Thyme	Grilled Fish Ala Grecque	Grilled Vegetables	Beef Lasagne	Kousa Bil Ablama w/ Tomato Sauce	Chicken w/ Tarragon & Mushroom Sauce		Potato Gratin	White Rice
			Beetroot Thoran						
Mon 06.03.17	Corn & Bell Pepper Chowder		Sautéed Vegetables	Pasta w/ Roasted Eggplant & Feta Marinara	Swedish Meatballs w/ Brown Gravy	Chicken & Tomatillo Chimichangas	Chermoula Grilled Fish	Whole Baked Potato	White Rice
			Gobi Tomato Masala						Brown Rice
Tue 07.03.17	Carrot – Lime Beans Soup	Grilled Chicken w/ Tostadas Sauce	Baked Vegetables	Shell Pasta w/ Chickpeas, Leek & Rose Sauce	Beef w/ Baby Onion & Mushroom	<u>Tuesday's Wrap Up</u> Chicken Shawarma Wrap	Tortilla Crust Baked Fish	Anna Potato	White Rice
			Aloo Methi Mutter						
Wed 08.03.17 Mauritius Theme Day	Lemony Lentil & Spinach Soup		Steamed Vegetables	Tex-mex Pasta with Tomato Salsa	Mauritian Beef Stew	Poulet Au Champignons (Chicken with Mushrooms)	Cari Poisson (Fish Curry)	Farm House Potato	White Rice
			Moghul Style Mix Vegetables						Pilau Rice
Thu 09.03.17	Oriental Broccoli Cheddar Soup	Grilled Fish Tagine	Roasted Vegetables	Pasta w/ Mushroom, Asparagus & Herbs Sauce	Cajun Roast Beef w/ Homemade Gravy	Chicken Tikka Biryani		Oven Baked Potato Wedges	White Rice
			Aloo Kerala						

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Week 3	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 12.03.17	Asparagus & Leek Soup	Nut-free Pesto Grilled Fish w/ Roasted Vegetable	Grilled Vegetables	Beef Lasagne	Kousa Warak	Chicken Chettinand		Cajun Roast Potato	White Rice
			Chole Bhaingan						
Mon 13.03.17	French – Canadian Vegetable Soup		Roasted Vegetables	Stir-fry Garlic Noodles with Vegetables	Steak w/ Pepper Sauce	Avocado Caprese Skillet Chicken	Crispy Fish Manchurian	Mashed Potato	White Rice
			Chandni Vegetable Korma						Chapatti
Tue 14.03.17	Carrot & Orange Soup	<u>Tuesday's Wrap Up</u> Chicken Fajitas Wrap	Sautéed Vegetables	Penne Putanesca	Mexican Beef Supreme	Italian Roast Chicken w/ Provençal Sauce	Baked Fish Nicosia	Cowboy Potato	White Rice
			Harra Channa Masala						
Wed 15.03.17 Hungarian Theme Day	Lentil Soup		Baked Vegetables	Penne Pasta w/ Creamy Honey Basil Sauce	Hungarian Beef Goulash	Hungarian Chicken Paprikash	Fish Fillet Hungarian Style	Minted Roasted Potato	White Rice
			Vegetable Kolhapuri						Hungarian Rice Pilaf
Thu 16.03.17	Mexican Beans Soup	Grilled Fish w/ Greek Tomato, Red Onion & Feta	Steamed Vegetables	Baked Macaroni w/ Vegetable & Cheese	Beef Emence with Dijon Mustard Sauce	Chicken Biryani		Harra Potato	White Rice
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Week 4	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 19.03.17	Chicken Freekeh Soup	Lemon Pepper Grilled Fish w/ Mustard Light Cream Sauce	Grilled Vegetables	Beef Lasagne	Laban Immo (Lamb)	Chicken w/ Pizzaiola Sauce		Savoury Roast Potato	White Rice
			Kurmuri Bhindi						
Mon 20.03.17	Cream of Mushroom Soup	Grilled Fish w/ Asparagus & Basil Sauce	Roasted Vegetable	Spaghetti w/ Garlic and Vegetables	Slow Braised Rump Rosemary Jus	Traditional Chicken Divan		Dauphinoise Potato	White Rice
			Beans Thoran						Brown Rice
Tue 21.03.17	Chicken Cilantro Lime Soup	Grilled Steak w/ Strawberry Balsamic Sauce	Sautéed Vegetables	Penne w/ Mushroom Green Peas & Zucchini in Tarragon Cream Sauce		Roast Chicken w/ Oriental Rice	<u>Tuesday's Wrap Up</u> Chicken Tikka Wrap	Lyonnais Potato	White Rice
Subze Lajawab									
Wed 22.03.17 Argentinian Theme Day	Middle Eastern Style Sweet Corn Soup		Baked Vegetables	Fusilli w/ Pumpkin & Green Beans in Tomato Sauce	Steak Gaucho Style w/ Argentinian Chimichurri Sauce	Argentinian Chicken	Argentine-Style Fish w/ Caponata & Chimichurri Sauce	Argentine Roasted Potato	White Rice
			Tendly Bhaji						Argentinian Rice
Thu 23.03.17	Roasted Tomato Barley Soup		Steamed Vegetables	Linguine w/ Artichoke in Nut-free Pesto Cream Sauce	Thai Style Jerky Beef Steak	Chicken Biryani	Fish Tikka Masala	Cajun Potato Wedges	White Rice
			Aloo Palak						

