

LUNCH MENU FOR THE MONTH OF JANUARY 2018

Week 2	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 07.01.18	Cream of Pea Soup		Steamed Vegetables	Lasagna Al Forno	Lamb Mansaf	Chicken Do Piazza	Baked Fish with Parsley Sauce	Lemon and Parsley Potato	White Rice
			Aloo Karela						
Mon 08.01.18	Macaroni Chicken Soup	Roast Beef with Homemade Gravy	Grilled Vegetables	Mexican Meat Lasagna		Chicken Cacciatore	Kung Pao Fish Fillet	Creamy Mashed Potato	White Rice
			Dahi Curry						Mushroom Rice
Tue 09.01.18	Asparagus Soup	<u>Tuesday's Wrap Up</u> Grilled Chicken Wrap	Steamed Vegetables	Baked Macaroni Bolognese	Italian Meatballs in Tomato Sauce	Butter Chicken	Fish Steak Layer with Eggplant, Tomato & Cinnamon	Potato Milanese	White Rice
			Aloo Beans Bhaji						
Wed 10.01.18	Thai Style Pumpkin Soup	Grilled Fish with Asparagus Sauce	Grilled Vegetables	Grilled Vegetable and Pasta Baked	Sheikh Al Mashi	Sweet and Sour Chicken		Lyonnais Potato	White Rice
			Dahi Pakoda						Vermicelli Rice
Thu 11.01.18	Sweetcorn Soup		Steamed Vegetables	Baked Pasta with Roasted Pumpkin and Ricotta	Chinese Pepper Steak	Chicken Biryani (Boneless)	Kung Pao Fish Fillet	Harra Potato	White Rice
			Bhaingan Chole Masala						

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Week 3	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 14.01.18	Zucchini and Dill Soup		Steamed Vegetables	Lasagna Al Forno	Ginger Beef Peking Style	Chicken Supreme	Samak Machboos	Sautéed Potato with Onion and Garlic	White Rice
			Aloo Bhindi Masala						
Mon 15.01.18	Egg Drop Soup	Grilled Fish Ala Greek	Grilled Vegetables	Mini Penne Pasta Bolognese	Healthy Beef Casserole	Mongolian Style Chicken		Greek Style Potato	White Rice
			Panner Jalfrezi						Lemon Rice
Tue 16.01.18	Mediterranean Tomato Soup	<u>Tuesday's Wrap Up</u> Chicken Fajita Wrap	Steamed Vegetables	Homemade Macaroni Pasta with Chicken and Vegetables	Stir Fry Beef with Broccoli	Chicken Kabsa	Californian Fish Stew	Anna Potato	White Rice
			Eggplant and Potato Curry						
Wed 17.01.18	Yellow Lentil Soup	Hawaiian Barbeque Chicken Balls	Grilled Vegetables	Bowtie Pasta with Sundried Tomato and Turkey	Lamb and Potato Stew		Samak Harra	Savory Roast Potato	White Rice
			Loubieh Bil Zeit						Vermicelli Rice
Thu 18.01.18	Cauliflower Soup		Steamed Vegetables	Pasta Moong Bolognese	Doud Basha	Chicken Tikka Biryani (Boneless)	Fish Mango Curry	Smiley Potato	White Rice
			Shahi Korma						

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Week 4	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 21.01.18	Red Cabbage and Apple Soup		Steamed Vegetables	Lasagna Al Forno	Stuffed Vine Leaves and Marrow	Chicken Makhanwala	Fish Biryani	Coriander Roast Potato	White Rice
			Cauliflower Tomato Masala						
Mon 22.01.18	Carrot and Coriander Soup	Grilled Salisbury Steak with Brown Gravy	Grilled Vegetables	Chicken Lo Mein Linguine Pasta		Chicken Saagwala	Baked Fish with Tomato and Herb Sauce	Champ Potato	White Rice
			Beans and Cabbage Thoran						Mushroom Rice
Tue 23.01.18	Butternut Squash Soup	<u>Tuesday's Wrap Up</u> Chicken Tikka Wrap	Steamed Vegetables	Baked Macaroni Bolognese	Italian Meatballs in Tomato Sauce	Chicken Machbous	Herb Crusted Fish Carrot Sauce	Potato Milanese	White Rice
			Paneer Mushroom Kolapuri						
Wed 24.01.18	Chicken Cilantro Lime Soup	Grilled Fish with Chives Sauce	Grilled Vegetables	Pasta in Pink Sauce with Asparagus and Artichoke	Hong Kong Style Beef	Butter Chicken		Balsamic Roast Potato Wedges	White Rice
			Tendly Chana Masala						Tomato Rice
Thu 25.01.18	Indonesian Carrot Soup		Steamed Vegetables	Shell Pasta with Turkey and Napolitana Sauce	Kofta Kebab with Condiments	Chicken Biryani (Boneless)	Jamaican Brown Fish Stew	Twice Baked Potato	White Rice
			Aloo Gobi Masala						

