



## LUNCH MENU FOR THE MONTH OF FEBRUARY 2018

Week 2	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 04.02.18	Broccoli Soup	Grilled Dory Fish with Creamy Chives Sauce	Steamed Vegetables	Lasagna Al Forno	Lamb Makhloubeh with Yoghurt	Butter Chicken		Creole Roast Potato	White Rice
			Chole Palak						
Mon 05.02.18	Macaroni Chicken Soup	Grilled Steak with Barbeque Sauce	Grilled Vegetables	Bowtie Pasta with Sundried Tomato and Turkey		Chicken Cacciatore	Kung Pao Fish Fillet	Harra Potato	White Rice
			Dahi Curry						Mushroom Rice
Tue 06.02.18	Provençal Soup	Grilled Fish Fillet with Dill	Steamed Vegetables	Spaghetti Bolognese	American Meatballs with Red Sauce	Chicken Escalope	<u>Tuesday's Wrap Up</u> Chicken Tikka Wrap	Greek Style Roast Potato	White Rice
			Shahi Korma						
Wed 07.02.18	Chicken and Mushroom Soup	Grilled Chicken Strips with Lemon and Pepper Sauce	Grilled Vegetables	Mini Pasta Arabiatta with Turkey	Lamb Tagine with Apricot		Fish Fillet with Garlic Sauce	Broccoli Potato	White Rice
			Beans and Red Pumpkin Curry						Vermicelli Rice
Thu 08.02.18	Sweetcorn Soup		Steamed Vegetables	Baked Pasta with Roasted Pumpkin and Ricotta	Beef Stroganoff	Chicken Biryani (Boneless)	Baked Fish with Parsley Sauce	Mashed Potato	White Rice
			Bhaingan Chole Masala						

## LUNCH MENU FOR THE MONTH OF FEBRUARY 2018

Week 3	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 11.02.18	Leek and Potato Soup	Iranian Grilled Fish with Saffron Sauce	Steamed Vegetables	Lasagna Al Forno	Lamb Biryani	Chicken Ala King		Balsamic Roast Potato Wedges	White Rice
			Aloo Gobi Masala						
Mon 12.02.18	Egg Drop Soup	Grilled Chicken with Cardinal Sauce	Grilled Vegetables	Mini Penne Pasta Bolognese	Healthy Beef Casserole		Cajun Fish with Tomato Salsa	Roast Potato Wedges	White Rice
			Panner Jalfrezi						Lemon Rice
Tue 13.02.18	Butternut Squash Soup	<u>Tuesday's Wrap Up</u> Grilled Shawarma Wrap	Steamed Vegetables	Pasta in Pink Sauce with Asparagus and Artichoke	Stir Fry Beef with Broccoli	Chicken Florentine	Fish Steak Layer with Eggplant, Tomato & Cinnamon	Lemon and Parsley Potato	White Rice
		Eggplant and Potato Curry							
Wed 14.02.18	<b>MID-TERM Break</b>								
Thu 15.02.18	<b>MID-TERM Break</b>								

## LUNCH MENU FOR THE MONTH OF FEBRUARY 2018

Week 4	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 18.02.18	Celery and Fuji Apple Soup		Steamed Vegetables	Lasagna Al Forno	Ginger Beef Peking Style	Butter Chicken	Samak Machboos	Sautéed Potato with Onion and Garlic	White Rice
			Cauliflower Tomato Masala						
Mon 19.02.18	Lentil and Spinach Soup	Grilled Fish Ala Greek	Grilled Vegetables	Shell Pasta with Turkey and Napolitana Sauce	Beef and Vegetable Stew	Mongolian Style Chicken		Potato Milanese	White Rice
			Paneer Mushroom Kolapuri						Mushroom Rice
Tue 20.02.18	Roasted Pumpkin Soup	<u>Tuesday's Wrap Up</u> Grilled Chicken Wrap	Steamed Vegetables	Vegan Fettuccini Pomodoro	Beef Irish Stew	Chicken Steak with Dried Fig Sauce	Local Style Grilled Fish with Biryani Rice	Chives Mashed Potato	White Rice
			Tendly Chana Masala						
Wed 21.02.18	Tomato and Basil Soup	Hawaiian Barbeque Chicken Balls	Grilled Vegetables	Penne Arabiatta	Hungarian Beef Goulash		Samakeh Harra	Coriander Roast Potato	White Rice
			Vegetable Salona						Vermicelli Rice
Thu 22.02.18	Indonesian Carrot Soup		Steamed Vegetables	Penne Pasta Ala Ratatouille	Kofta Kebab with Condiments	Chicken Tikka Biryani (Boneless)	Jamaican Brown Fish Stew	Twice Baked Potato	White Rice
			Aloo Rajma Masala						

