

## LUNCH MENU FOR THE MONTH OF NOVEMBER 2017

Week 1	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Wed 01.11.17	Clear Vegetable Mint Soup	Grilled Steak with Pepper Sauce	Assorted Grilled Vegetables	Shell Pasta with Minced Meat in Bechamel Sauce		Arabic Chicken with Potato, Garlic and Lemon	Fish Ala Potueguese	Minted Potato	White Rice
			Tendly Channa Bhaji						
Thu 02.11.17	Home Style Vegetable Beef Soup	Grilled Fish with Green Peas Puree	Steamed Sweet Corn and Green Peas	Bow Tie Pasta with Sundried Tomato and Turkey	Beef with Baby Onion and Mushroom	Chinese Roast Chicken Stripes		Savoury Roast Potato	White Rice
			Fassoulliah Bil Zeit						

## LUNCH MENU FOR THE MONTH OF NOVEMBER 2017

Week 2	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 05.11.17	Roasted Pumpkin Soup		Steamed Vegetables	Lasagna Al Forno	Beef Stroganoff	Chicken Teriyaki	Fish Biryani	Mashed Apple and Potato	White Rice
			Harra Chana Masala						
Mon 06.11.17	Potato, Onion and Leek Soup	Chicken Satay (Nut Free)	Grilled Vegetables	Pasta Alfredo with Sundried Tomato and Veggies	Lamb Tagine with Apricot		Fish Steak Layer with Eggplant, Tomato & Cinnamon	Sautéed Potato with Onion and Garlic	White Rice
			Vegetable Do Pyaza						Vermicelli Rice
Tue 07.11.17	Tomato Rasam Soup	Iranian Grilled Fish with Saffron Sauce	Steamed Vegetables	Shell Pasta Primavera	Beef Irish Stew	Chicken Machboos	<u>Tuesday's Wrap Up</u> Chicken Fajita Wrap	Anna Potato	White Rice
			Avial						
Wed 08.11.17	Lentil and Spinach Soup	Grilled Fish with Creole Sauce	Grilled Vegetables	Sicilian Pasta	Roast Beef with Home Made Gravy	Butter Chicken		Champ Potato	White Rice
			Aloo Karela						Mushroom Rice
Thu 09.11.17	Broccoli Soup		Steamed Vegetables	Pasta Moong Bolonese	Beef Bourguignon	Chicken Biryani (Boneless)	Mediterranean Baked Fish in Tomato Sauce	Baked Croquette Potato	White Rice
			Gobi Manchurian						

## LUNCH MENU FOR THE MONTH OF NOVEMBER 2017

Week 3	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 12.11.17	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 13.11.17	Thai Style Pumpkin Soup	Grilled Fish with Asparagus Sauce	Grilled Vegetables	Penne Al Fredo	Sheikh Al Mashi	Butter Chicken		Lyonnais Potato	White Rice
			Dahi Pakoda						Vermicelli Rice
Tue 14.11.17	Provencal 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
			Eggplant and Potato Curry						
Wed 15.11.17	Egg Drop Soup	Grilled Fish Fillet with Capers Sauce	Steamed Vegetables	Penne Ala Mexican	Beef Steak with Puttanesca Sauce	Chicken Salona Local Style		Coriander Roast Potato	White Rice
			Aloo Rajma Masala						Vermicelli Rice
Thu 16.11.17	Cauliflower Soup		Steamed Vegetables	Grilled Vegetable and Pasta Baked	Doud Basha	Chicken Tikka Biryani (Boneless)	Fish Mango Curry	Smiley Potato	White Rice
			Shahi Korma						

## LUNCH MENU FOR THE MONTH OF NOVEMBER 2017

Week 4	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 19.11.17	Harira Soup		Steamed Vegetables	Lasagna Al Forno	Stuffed Vine Leaves and Marrow	Chicken Kabsa	Sweet and Sour Fish	Rosemary Roast Potato	White Rice
			Cauliflower Tomato Masala						
Mon 20.11.17	Celery and Fuji Apple Soup	Grilled Beef with Barbeque Sauce	Grilled Vegetables	Pasta Milanese		Chicken Makhanwala	Jamaican Brown Fish Stew	Coriander Roast Potato	White Rice
			Paneer Mushroom Kolapuri						Peas Pilaf Rice
Tue 21.11.17	Asparagus Soup	<u>Tuesday's Wrap Up</u> Grilled Chicken Wrap	Steamed Vegetables	Baked Macaroni Bolognese	Italian Meatballs in Tomato Sauce	Butter Chicken	Herb Crusted Fish Carrot Sauce	Potato Milanese	White Rice
			Aloo Beans Bhaji						
Wed 22.11.17	Macaroni Chicken Soup	Grilled Chicken with Rosemary Sauce	Grilled Vegetables	Pasta with Creamy Honey Basil Sauce	Beef Vindaloo		Kung Pao Fish Fillet	Balsamic Roast Potato Wedges	White Rice
			Dahi Curry						Lemon Rice
Thu 23.11.17	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						

## LUNCH MENU FOR THE MONTH OF NOVEMBER 2017

Week 5	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 26.11.17	Minestrone Soup	Grilled Fish Meuniere	Steamed Vegetables	Lasagna Al Forno	Lamb Biryani (Boneless)	Chicken Ala King		Oven Baked Potato Wedges	White Rice
			Vegetable Korma						
Mon 27.11.17	Chicken Cilantro Lime Soup	Grilled Fish with Chives Sauce	Grilled Vegetables	Chicken Lo Mein Linguine Pasta	Hong Kong Style Beef	Butter Chicken		Lyonnaise Potato	White Rice
			Tendly Chana Masala						Tomato Rice
Tue 28.11.17	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	Baked Fish with Parsley Sauce	Lemon and Parsley Potato	White Rice
			Fasouliah Bil Zeit						
Wed 29.11.17	Mexican Beans Soup		Grilled Vegetables	Shell Pasta Alla Ortolano	Lamb and Potato Stew	Chicken Biryani (Boneless)	Samak Harra	Twice Baked Potato	White Rice
			Paneer Jalfrezi						
Wed 30.11.17	<b>UAE Marty's Day</b>								