

LUNCH MENU FOR THE MONTH OF JUNE 2018

Week 1	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 03.06.18	Roasted Pumpkin Soup		Steamed Vegetables	Lasagna Al Forno	Lamb Tagine with Apricot	Chicken Teriyaki	Fish Fillet with Garlic Sauce	Roasted Potato Wedges	White Rice
			Harra Chana Masala						
Mon 04.06.18	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 05.06.18	Mediterranean Tomato Soup		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 06.06.18	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 07.06.18	Cauliflower Soup		Steamed Vegetables	Pasta Moong Bolognese	Doud Basha	Chicken Biryani (Boneless)	Fish Mango Curry	Smiley Potato	White Rice
			Shahi Korma						

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Week 2	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 10.06.18	Red Cabbage and Apple Soup		Steamed Vegetables	Lasagna Al Forno	Stuffed Vine Leaves and Marrow	Chicken Makhanwala	Fish Tikka Biryani	Twice Baked Potato	White Rice
			Loubieh Bil Zeit						
Mon 11.06.18	Potato, Onion and Leek Soup	Grilled Chicken Tandoori	Grilled Vegetables	Pasta Alfredo with Sundried Tomato and Veggies	Chili Con Carne		Fisherman's Pie	Sautéed Potato with Onion and Garlic	White Rice
			Vegetable Do Pyaza						Lemon Rice
Tue 12.06.18	Mexican Beans Soup		Steamed Vegetables	Pasta with Creamy Honey Basil Sauce	Shepherd's Pie	Chicken Marengo	Mediterranean Baked Fish in Tomato Sauce	Coriander Roast Potato	White Rice
			Navratan Korma						
Wed 13.06.18	Zucchini and Dill Soup	Roast Beef with Homemade Gravy	Grilled Vegetables	Sicilian Pasta		Chicken Tikka Biryani (Boneless)	Baked Fish with Dill and Taragon Sauce	Chives Mashed Potato	White Rice
			Aloo Rajma Masala						
Thu 14.06.18	EID AL FITR								

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Week 3	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 17.06.18	EID AL FITR								
Mon 18.06.18	Celery and Fuji Apple Soup		Grilled Vegetables	Lasagna Al Forno	Ginger Beef Peking Style	Butter Chicken	Samak Machboos	Sautéed Potato with Onion and Garlic	White Rice
			Cauliflower Tomato Masala						
Tue 19.06.18	Lentil and Spinach Soup	Grilled Fish Ala Greek	Grilled Vegetables	Shell Pasta with Turkey and Napolitana Sauce	Beef and Vegetable Stew	Mongolian Style Chicken	<u>Tuesday's Wrap Up</u> Grilled Chicken Wrap	Potato Milanese	White Rice
			Paneer Mushroom Kolapuri						Vegetable Rice
Wed 20.06.18	Egg Drop Soup	Beef Steak with Puttanesca Sauce	Steamed Vegetables	Penne Ala Mexican		Chicken Salona Local Style	Herb Crusted Fish Carrot Sauce	Mashed Apple and Potato	White Rice
			Aloo Karela						Vermicelli Rice
Thu 21.06.18	Sweetcorn Soup		Steamed Vegetables	Baked Pasta with Roasted Pumpkin and Ricotta	Italian Meatballs in Tomato Sauce	Chicken Biryani (Boneless)	Kung Pao Fish Fillet	Harra Potato	White Rice
			Bhaingan Chole Masala						

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Week 4	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 24.06.18	Indonesian Carrot Soup	Grilled Chicken with Rosemary Sauce	Steamed Vegetables	Lasagna Al Forno	Bamya Bil Laham		Fish Mango Curry	Lyonnaise Potato	White Rice
			Dahi Pakoda						
Mon 25.06.18	Italian Crock Pot Soup		Grilled Vegetables	Vegan Fettuccini Pomodoro	Beef Stroganoff	Chicken Steak with Dried Fig Sauce	Local Style Grilled Fish with Biryani Rice	Mashed Potato	White Rice
			Avial						
Tue 26.06.18	Pumpkin and New England Soup	<u>Tuesday's Wrap Up</u> Chicken Fajita Wrap	Steamed Vegetables	Rigatoni Primavera	Healthy Beef Casserole	Chicken Korma	Fish Steak Layer with Eggplant, Tomato & Cinnamon	Oven Baked Potato Wedges	White Rice
			Moghul Style Mix Vegetable						
Wed 27.06.18	Chicken and Mushroom Soup	Grilled Chicken Strips with Lemon and Pepper Sauce	Grilled Vegetables	Mini Pasta Arabiatta with Turkey	Beef Irish Stew		Fish Fillet with Garlic Sauce	Broccoli Potato	White Rice
			Beans and Red Pumpkin Curry						Mushroom Rice
Thu 28.06.18	Parsnip Soup		Steamed Vegetables	Lasagna Verde	Beef Bourguignon	Chicken Tikka Biryani (Boneless)	Arabic Style Fish Kebab	Baked Croquette Potato	White Rice
			Panner Jalfrezi						