

LUNCH MENU FOR THE MONTH OF OCTOBER 2018

Week 1	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Mon 01.10.18	Celery and Fuji Apple Soup	Beef Steak with Homemade Tomato Sauce	Grilled Vegetables	Pasta with Lentils	<u>Monday's Create your Own Pasta</u>	Chicken Makhanwala	Fish Ala Portuguese	Dauphinoise Potato	White Rice
			Aloo Beans Bhaji						Mexican Rice
			Anti Pasti Ragout						
Tue 02.10.18	Asparagus Soup	<u>Tuesday's Wrap Up</u>	Steamed Vegetables	Baked Macaroni Bolognese	Italian Meatballs in Tomato Sauce	Chicken Korma	Herb Crusted Fish Carrot Sauce	Potato Milanese	White Rice
			Beetroot Thoran						
			Gobi Manchurian						
Wed 03.10.18	Macaroni Chicken Soup	Grilled Chicken with Rosemary Sauce	Grilled Vegetables	Pasta Casserole with Turkey, Vegetable and Cheese	Beef Stew with Baby Corn and Mushroom	<u>Wednesday's Burger Time</u>	Fish Fajitas	Balsamic Roast Potato Wedges	White Rice
			Mushroom Ala King						Lemon Rice
			Vegetable Korma						
Thu 04.10.18	Sweetcorn Soup	<u>Thursday's Pizza Day</u>	Steamed Vegetables	Shell Pasta Alla Ortolano	Chinese Pepper Steak	Chicken Biryani (Boneless)	Kung Pao Fish Fillet	Harra Potato	White Rice
			Vegetable Ratatouille						
			Kaddu Channa						

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Week 2	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 07.10.18	Broccoli Soup		Steamed Vegetables	Lasagna Al Forno	Beef Stroganoff	Chicken Supreme	Fish Cajun with Tomato Sauce	Mashed Potato	White Rice
			Aloo Gobi Masala						
			American Chopsuey						
Mon 08.10.18	Pumpkin and New England Soup	Grilled Fish with Chives Sauce	Grilled Vegetables	Pasta in Pink Sauce with Asparagus and Artichoke	Beef in Hong Kong Style	Chicken Salona (Local Style)	<u>Monday's Create your Own Pasta</u>	Creole Roast Potato	White Rice
			Beans and Red Pumpkin Curry						Vermicelli Rice
			Italian Vegetable						
Tue 09.10.18	Indonesian Carrot Soup	<u>Tuesday's Wrap Up</u>	Steamed Vegetables	Rigatoni Primavera	Chili Con Carne	Chicken Tikka Masala	Fish Fillet Italian	Lyonnais Potato	White Rice
			Loubieh Bil Zeit						
			Paneer Jalfrezi						
Wed 10.10.18	Zucchini and Dill Soup	Grilled Fish Ala Greek	Grilled Vegetables	Mini Penne Pasta Bolognese	Healthy Beef Casserole	Mongolian Style Chicken	<u>Wednesday's Burger Time</u>	Greek Style Potato	White Rice
			Spring Vegetable with Eggplant Cacciatore						Vegetable Rice
			Aloo Karela						
Thu 11.10.18	Home Style Vegetable Beef Soup	<u>Thursday's Pizza Day</u>	Steamed Vegetables	Shell Pasta with Turkey and Napolitana Sauce	Kofta Kebab with Condiments	Chicken Tikka Biryani (Boneless)	Jamaican Brown Fish Stew	Parsley Potato	White Rice
			Aloo Mint Tikki Baked						
			Butter Beans Stew						

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Week 3	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 14.10.18	Roast Pumpkin Soup		Steamed Vegetables	Lasagna Al Forno	Lamb Tagine with Apricot	Chicken Teriyaki	Fish Biryani	Sautéed Potato with Onion and Garlic	White Rice
			Eggplant and Potato Curry						
			Vegetable Greek Style						
Mon 15.10.18	Potato, Onion and Leek Soup	Chicken Satay (Nut Free)	Grilled Vegetables	Mini Pasta Arabbiata with Turkey	Beef and Potato Curry	<u>Monday's Create your Own Pasta</u>	Fish Steak Layer with Eggplant, Tomato & Cinnamon Sauce	Mashed Apple and Potato	White Rice
			Vegetable Shepherd's Pie						Saffron Rice
			Shahi Korma						
Tue 16.10.18	Tomato Rasam Soup	Iranian Grilled Fish with Saffron Sauce	Steamed Vegetables	Pasta Shells with Grilled Chicken	Beef Irish Stew	Chicken Machboos	<u>Tuesday's Wrap Up</u>	Anna Potato	White Rice
			Fasoulliah Bil Zeit						
			Aloo Bhindi Masala						
Wed 17.10.18	Lentil with Spinach Soup	Grilled Fish with Creole Sauce	Grilled Vegetables	Pasta with Diced Turkey in Alfredo Sauce	Roast Beef with Home Made Gravy	Butter Chicken	<u>Wednesday's Burger Time</u>	Champ Potato	White Rice
			Grandma's Veg. Casserole						Mushroom Rice
			Aloo Rajma Masala						
Thu 18.10.18	Hot and Sour Chicken Soup	<u>Thursday's Pizza Day</u>	Steamed Vegetables	Pasta Moong Bolognese	Beef Bourguignon	Chicken Biryani (Boneless)	Mediterranean Baked Fish in Tomato Sauce	Baked Croquette Potato	White Rice
			Chinese Veggies Stir Fry						
			Cabbage and Potato Bhaji						

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Week 4	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 21.10.18	Parsnip Soup		Steamed Vegetables	Lasagna Al Forno	Ginger Beef Peking Style	Chicken Marengo	Samak Machboos	French Bistro Potato	White Rice
			Green Beans and Mushroom Medley						
			Chole Palak						
Mon 22.10.18	Thai Style Pumpkin Soup	Grilled Fish with Asparagus Sauce	Grilled Vegetables	Penne Al Fredo	Sheikh Al Mashi	Butter Chicken	<u>Monday's Create your Own Pasta</u>	Broccoli Potato	White Rice
			Aloo Kaddu Curry						Vermicelli Rice
			California Mixed Vegetables						
Tue 23.10.18	Provençal Soup	Grilled Fish Fillet with Dill Sauce	Steamed Vegetables	Chicken Lo Mein Linguine Pasta	American Meatballs with Red Sauce	Chicken Escalope	<u>Tuesday's Wrap Up</u>	Twice Baked Potato	White Rice
			Broccoli and Carrots with Mornay Sauce						
			Dahi Curry						
Wed 24.10.18	Egg Drop Soup	Grilled Fish Fillet with Capers Sauce	Grilled Vegetables	Bow Tie Pasta with Sundried Tomato and Turkey	Beef Steak with Puttanesca Sauce	Chicken Manchurian	<u>Wednesday's Burger Time</u>	Sumak Roasted Potato	White Rice
			Tendly Chana Bhaji						Garlic Rice
			Vegetable Fajita with Tofu						
Thu 25.10.18	Cauliflower Soup	<u>Thursday's Pizza Day</u>	Steamed Vegetables	Grilled Vegetable and Pasta Baked	Doud Basha	Chicken Tikka Biryani (Boneless)	Fish Mango Curry	Smiley Potato	White Rice
			Vegetable Do Pyaza						
			Anti Pasti Ragout						

