

## LUNCH MENU FOR THE MONTH OF NOVEMBER 2018

Week 1	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
<b>Thu 01.11.18</b>	Sweetcorn Soup	<b><u>Thursday's Pizza Day</u></b>	Steamed Vegetables Dahi Curry Mushroom Ala King	Vegetable Lasagna	Bamya Bil Laham	Chicken Biryani (Boneless)	Fish Fajita Con Salsa	Rosemary Roast Potato	White Rice

## LUNCH MENU FOR THE MONTH OF NOVEMBER 2018

Week 2	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 04.11.18	Provencal Soup		Steamed Vegetables	Lasagna Al Forno	Stuffed Vine Leaves and Marrow	Chicken Kabsa	Sweet and Sour Fish	Roast Potato Wedges	White Rice
			Vegetable Do Pyaza						
			Broccoli and Carrots with Mornay Sauce						
Mon 05.11.18	Lentil and Spinach Soup	Grilled Chicken with Cardinal Sauce	Grilled Vegetables	Shell Pasta with Turkey and Napolitana Sauce	Beef and Vegetable Stew	<u>Monday's Create your Own Pasta</u>	Cajun Fish with Tomato Salsa	Broccoli Potato	White Rice
			Avial						Lemon Rice
			Vegetable Fajita with Tofu						
Tue 06.11.18	Italian Crock Pot Soup	<u>Tuesday's Wrap Up</u>	Steamed Vegetables	Vegan Fettuccini Pomodoro	Beef Stroganoff	Chicken Steak with Dried Fig Sauce	Local Style Grilled Fish with Biryani Rice	Chives Mashed Potato	White Rice
			Harra Chana Masala						
			California Mixed Vegetables						
Wed 07.11.18	Harira Soup	Arabic Mixed Grill	Grilled Vegetables	Pasta with Honey Basil Sauce	<u>Wednesday's Burger Time</u>	Chicken Teriyaki	Baked Fish Portuguese Style	Lyonnais Potato	White Rice
			Paneer Mushroom Kolapuri						Saffron Rice
			Vegetable Ratatouille						
Thu 08.11.18	Broccoli Soup	<u>Thursday's Pizza Day</u>	Steamed Vegetables	Pasta Moong Bolonese	Lamb Salona with Dried Apricot and Prunes	Chicken Tikka Biryani (Boneless)	Mediterranean Baked Fish in Tomato Sauce	Parsley Potato	White Rice
			Tendly Chana Masala						
			Vegetable Pad Thai						

## LUNCH MENU FOR THE MONTH OF NOVEMBER 2018

Week 3	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 11.11.18	Cream of Pea Soup	Grilled Fish Ala Greek	Steamed Vegetables	Lasagna Al Forno	Lamb and Potato Stew	Chicken Do Piazza		Coriander Roast Potato	White Rice
			Eggplant and Potato Curry						
			Vegetable Greek Style						
Mon 12.11.18	Yellow Lentil Soup	Chinese Pepper Steak	Grilled Vegetables	Bowtie Pasta with Sundried Tomato and Turkey	<u>Monday's Create your Own Pasta</u>	Hawaiian Barbeque Chicken Balls	Samak Harra	Savory Roast Potato	White Rice
			Spring Vegetable with Eggplant Cacciatore						Vermicelli Rice
			Aloo Karela						
Tue 13.11.18	Mediterranean Tomato Soup	<u>Tuesday's Wrap Up</u>	Steamed Vegetables	Homemade Macaroni Pasta with Chicken and Vegetables	Stir Fry Beef with Broccoli	Chicken Kabsa	Californian Fish Stew	Anna Potato	White Rice
			Aloo Mint Tikki Baked						
			Butter Beans Stew						
Wed 14.11.18	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	<u>Wednesday's Burger Time</u>	Balsamic Roast Potato Wedges	White Rice
			Grandma's Veg. Casserole						Tomato Rice
			Aloo Rajma Masala						
Thu 15.11.18	Indonesian Carrot Soup	<u>Thursday's Pizza Day</u>	Steamed Vegetables	Penne Pasta Ala Ratatouille	Kofta Kebab with Condiments	Chicken Biryani (Boneless)	Jamaican Brown Fish Stew	Twice Baked Potato	White Rice
			Chinese Veggies. Stir Fry						
			Cabbage and Potato Bhaji						

## LUNCH MENU FOR THE MONTH OF NOVEMBER 2018

Week 4	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 18.11.18	Roasted Pumpkin Soup	Beef Steak with Puttanesca Sauce	Steamed Vegetables	Lasagna Al Forno		Chicken Supreme	Fish Biryani	Mashed Apple and Potato	White Rice
			Aloo Gobi Masala						
			American Chopsuey						
Mon 19.11.18	Chicken and Mushroom Soup	Grilled Chicken Strips with Lemon and Pepper Sauce	Grilled Vegetables	Mini Pasta Arabiatta with Turkey	Healthy Beef Casserole	<u>Monday's Create your Own Pasta</u>	Fish Fillet with Garlic Sauce	Broccoli Potato	White Rice
			Beans and Red Pumpkin Curry						Tomato Rice
			Italian Vegetable						
Tue 20.11.18	Tomato and Basil Soup	<u>Tuesday's Wrap Up</u>	Steamed Vegetables	Spaghetti Bolognese	American Meatballs with Red Sauce	Chicken Mackloubeh	Baked Fish with Dill and Taragon Sauce	Smiley Potato	White Rice
			Loubieh Bil Zeit						
			Paneer Jalfrezi						
Wed 21.11.18	Mushroom and Tofu Broth Soup	Grilled Fish with Asparagus Sauce	Grilled Vegetables	Penne Al Fredo	Sheikh Al Mashi	Butter Chicken	<u>Wednesday's Burger Time</u>	Lyonnais Potato	White Rice
			Spring Vegetable with Eggplant Cacciatore						Vermicelli Rice
			Aloo Karela						
Thu 22.11.18	Parsnip Soup	<u>Thursday's Pizza Day</u>	Steamed Vegetables	Lasagna Verde	Stir Fry Beef with Vegetables	Chicken Tikka Biryani (Boneless)	Arabic Style Fish Kebab	Coriander Roast Potato	White Rice
			Aloo Mint Tikki Baked						
			Butter Beans Stew						

## LUNCH MENU FOR THE MONTH OF NOVEMBER 2018

Week 5	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 25.11.18	Leek and Potato Soup	Iranian Grilled Fish with Saffron Sauce	Steamed Vegetables	Lasagna Al Forno	Lamb Biryani	Chicken Ala King		Baked Potato	White Rice
			Beans and Cabbage Thoran						
			Carrot and Peas Salona						
Mon 26.11.18	Mexican Beans Soup	<u>Monday's Create your Own Pasta</u>	Grilled Vegetables	Chicken Lo Mein Linguine Pasta	Hungarian Beef Goulash	Chicken Escalope	Sweet and Sour Fish	Anna Potato	White Rice
			Cauliflower Tomato Masala						Brown Rice
			Vegetable Moussaka						
Tue 27.11.18	Butternut Squash Soup	Beef Paprika with Roasted Pepper	Steamed Vegetables	Mini Penne Pasta Bolognese	<u>Tuesday's Wrap Up</u>	Chicken Mandy with Tomato Sauce	Fish Steak Layer with Eggplant, Tomato & Cinnamon	Baked Croquette Potato	White Rice
			Shahi Korma						
			Green Beans and Mushroom Medley						
Wed 28.11.18	Macaroni Chicken Soup	Grilled Chicken with Rosemary Sauce	Grilled Vegetables	Mini Pasta Arabiatta with Turkey	Italian Meatballs in Tomato Sauce	<u>Wednesday's Burger Time</u>	Kung Pao Fish Fillet	Harra Potato	White Rice
			Aloo Bhindi Masala						Mushroom Rice
			Anti Pasti Ragout						
Thu 30.11.18	Sweetcorn Soup	Grilled Fish Fillet with Basil Sauce	Steamed Vegetables	Baked Pasta with Roasted Pumpkin and Ricotta	Beef and Mushroom Pie	Chicken Biryani (Boneless)	<u>Thursday's Pizza Day</u>	Greek Style Roast Potato	White Rice
			Dahi Pakoda						
			Vegetable Ravioli						