

LUNCH MENU FOR THE MONTH OF FEBRUARY 2019

Week 1	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 03.02.19	Broccoli Soup	Grilled Fish with Chives Sauce	Steamed Vegetables	Lasagna Al Forno	Lamb Makhloubeh with Yoghurt	Butter Chicken		Creole Roast Potato	White Rice
			Vegetable Ratatouille						
			Beetroot Thoran						
Mon 04.02.19	Macaroni Chicken Soup	Grilled Steak with Barbeque Sauce	Grilled Vegetables	Bowtie Pasta with Sundried Tomato and Turkey	<u>Monday's Create your Own Pasta</u>	Chicken Cacciatore	Kung Pao Fish Fillet	Harra Potato	White Rice
			Vegetable Ravioli						Garlic Rice
			Shahi Korma						
Tue 05.02.19	Provencal Soup	Grilled Fish Fillet with Dill	Steamed Vegetables	Spaghetti Bolognese	American Meatballs with Red Sauce	Chicken Escalope	<u>Tuesday's Wrap Up</u>	Greek Style Roast Potato	White Rice
			Butter Beans Stew						Saffron Rice
			Paneer Mushroom Kolapuri						
Wed 06.02.19	Chicken and Mushroom Soup	Grilled Chicken Strips with Lemon and Pepper Sauce	Grilled Vegetables	Mini Pasta Arabiatta with Turkey	Lamb Tagine with Apricot	<u>Wednesday's Burger Time</u>	Fish Fillet with Garlic Sauce	Broccoli Potato	White Rice
			Vegetable Manchurian						Vermicelli Rice
			Red Pumpkin with Black Eye Beans Masala						
Thu 07.02.19	Sweetcorn Soup	<u>Thursday's Pizza Day</u>	Steamed Vegetables	Baked Pasta with Roasted Pumpkin and Ricotta	Beef Stroganoff	Chicken Biryani (Boneless)	Baked Fish with Parsley Sauce	Mashed Potato	White Rice
			Vegetable Pad Thai						
			Navratan korma						

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Week 2	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 10.02.19	Red Cabbage and Apple Soup		Steamed Vegetables	Lasagna Al Forno	Stuffed Vine Leaves and Marrow	Chicken Makhanwala	Fish Tikka Biryani	Smiley Potato	White Rice
			Vegetable Chopsuey						
			Dahi Curry						
Mon 11.02.19	Minestrone Soup	Grilled Fish Meuniere	Grilled Vegetables	Vegetable Hakka	Swedish Meatballs with Brown Gravy	Sweet and Sour Chicken	<u>Monday's Create your Own Pasta</u>	Mashed Apple and Potato	White Rice
			Vegetable Moussaka						Garlic Rice
			Paneer Mushroom with Light Curry Sauce						
Tue 12.02.19	Mexican Beans Soup	<u>Tuesday's Wrap Up</u>	Steamed Vegetables	Pasta with Creamy Honey Basil Sauce	Shepherd's Pie	Chicken Kabsa	Mediterranean Baked Fish in Tomato Sauce	Anna Potato	White Rice
			Three Beans Casserole						
			Vegetable Makhani						
Wed 13.02.19	Zucchini and Dill Soup	Roast Beef with Homemade Gravy	Grilled Vegetables	Sicilian Pasta	<u>Wednesday's Burger Time</u>	Chicken Marengo	Baked Fish with Dill and Taragon Sauce	Savory Roast Potato	White Rice
			Vegetable Ala King						Peas Pilaf Rice
			Vegetable Do-Pyaza						
Thu 14.02.19	Parsnip Soup	<u>Thursday's Pizza Day</u>	Steamed Vegetables	Lasagna Verde	Bamya Bil Laham	Chicken Tikka Biryani (Boneless)	Arabic Style Fish Kebab	Baked Croquette Potato	White Rice
			Loubieh Bil Zeit						
			Dahi Pakoda						

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Week 3	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 17.02.19	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
			Vegetable Greek Style						
			Chole Palak						
Mon 18.02.19	Egg Drop Soup	Grilled Chicken with Cardinal Sauce	Grilled Vegetables	Mini Penne Pasta Bolognese	Healthy Beef Casserole	<u>Monday's Create your Own Pasta</u>	Cajun Fish with Tomato Salsa	Roast Potato Wedges	White Rice
			Vegetable Fajita with Tofu						Tomato Rice
			Ragu with Vegetables						
Tue 19.02.19	Butternut Squash Soup	<u>Tuesday's Wrap Up</u>	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
			Chinese Vegetable Stir Fry						Mushroom Rice
			Red Spinach and Potato Bhaji						
Wed 20.02.19	Mediterranean Tomato Soup	Grilled Fish Fillet with Basil Sauce	Grilled Vegetables	Homemade Macaroni Pasta with Chicken and Vegetables	Hong Kong Style Beef	Chicken Supreme	<u>Wednesday's Shawarma Day</u>	Garlic Potato	White Rice
			Vegetable Patties in Onion Gravy						Garlic Rice
			Harra Channa Masala						
Thu 21.02.19	Chicken Cilantro Lime 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
			Zucchini Au Gratin						
			Eggplant and Potato Curry						

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Week 4	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 24.02.19	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
			Mushroom Ala King						
			Kaddu Channa						
Mon 25.02.19	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>Monday's Create your Own Pasta</u>	Potato Milanese	White Rice
			Vegetable Shepherd's Pie						
			Aloo Karela						Nasi Goreng
Tue 26.02.19	Roasted Pumpkin Soup	<u>Tuesday's Wrap Up</u>	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
			Carrot and Peas Salona						
			Tendly Channa Bhaji						
Wed 27.02.19	Tomato and Basil Soup	Hawaiian Barbeque Chicken Balls	Grilled Vegetables	Mini Pasta Arabiatta	Hungarian Beef Goulash	<u>Wednesday's Burger Time</u>	Samakeh Harra	Coriander Roast Potato	White Rice
			Vegetable Ala King						
			Vegetable Do-Pyaza						Vegetable Rice
Thu 28.02.19	Indonesian Carrot Soup	<u>Thursday's Pizza Day</u>	Steamed Vegetables	Mini Pasta Alfredo	Chinese Pepper Steak	Chicken Tikka Biryani (Boneless)	Fish Ala Portuguese	Dauphinoise Potato	White Rice
			Aloo Mint Tikki Baked						
			Italian Vegetable						