

			02-JAN-23	03-JAN-23	04-JAN-23	05-JAN-23	06-JAN-23
	COMBO OPTION	MENU DESCRIPTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	BREAKFAST		PANCAKE WITH MAPLE SYRUP & JUICE	OATS MUFFIN & FLAVORED MILK	FRENCH TOAST & JUICE	CHEESE & TOMATO SANDWICHWITH POTATO WEDGES & JUICE	BLUEBERRY MUFFIN & FLAVORED MILK
		PROTEIN	ROAST CAJUN CHICKEN WITH MEXICAN SALSA	GARLIC ROSEMARY CHICKEN WITH HERB SAUCE	STIR FRY CHICKEN	CHICKEN FLORNTINE WITH CHEESE SAUCE	SHISH TAOUK & GARLIC SAUCE
		(INGREDIENTS)	CHICKEN, SOY SAUCE, KETCHUP, HONEY, GARLIC, BASIL	CHICKEN, WATER, TOMATOES, ONION, CREAM, HONEY, GROUND CORIANDER, OLIVE OIL, TURMERIC, GINGER, GARLIC, SALT, FENUGREEK LEAVES, CHILLI POWDER, GROUND CUMIN, CARDOMON	OIL, CHICKEN, BROCCOLI, BELL PEPPER,CARROTS, GARLIC, SOY SAUCE	CHICKEN CUBES, CREAM,MOZERALLA CHEESE, YOGURT, LEMON JUICE, OIL, FLOUR, SEASONING	CHICKEN BREAST, LEMON JUICE, YOGURT, GARLIC, TOMATO PASTE, OREGANO, LABNEH, CINNAMON, CARDAMOM, ONION, PARSLEY, SEASONING
		KCAL/100G	175	180	155	185	167
		PROTEIN	BEEF STICK WITH MUSHROOM SAUCE	SWEET SOUR FISH	MEAT LASAGNA	DAWOOD BASHA	MEAT BALLS WITH GARLIC SAUCE
4	COMBO 1 NON-VEG	PROTEIN (INGREDIENTS)	BEEF STICK WITH MUSHROOM SAUCE BEEF, WATER, WORCESTERSHIRE SAUCE, WHOLEMEAL WHEAT FLOUR, BUTTER, MUSHROOM, MUSTARD, SALT, BLACK PEPPER, ROSEMARY	SWEET SOUR FISH FISH STRIPS, BREAD CRUMBS, EGG, FLOUR, OIL, SEASONING	MEAT LASAGNA PASTA SHEET, GARLIC, OREGANO, GROUND BEEF, CHEESE, EGG TOMATO SAUCE SALT & PEPPER	DAWOOD BASHA DICED LAMB, ONION, YOGURT, SPICES, OIL, SEASONING	MEAT BALLS WITH GARLIC SAUCE BEEF, ONION, EGG, BREAD CRUMBS, SALT, PEPPER, ONION, MUSHROOM, FLOUR, WATER
		KCAL/100G	108	152	149	160	223
		CARBOHYDRATES	MEXICAN RICE /SOFT ROLL	HERBS RICE / DINNER ROLL	SOYA GARLIC RICE/ GARLICE BREAD	POTATO WEDGES / KABSA RICE	MANDI RICE
		(INGREDIENTS)	WATER, RICE, SALT. MIX CAPCICUM PAPRIKA	WATER, RICE, SALT	GARLIC, WATER, RICE, SALT	POTATO, GARLIC, OLIVE OIL, OREGANO, BLACK PEPPER, SALT	GARLIC, WATER, RICE, SALT
		KCAL/100G	70	145	145	99	100
		VEGETABLES	BUTTERED VEG	BRAISED WINTER VEG	SWEET & SOUR VEG	BASIL SCENTED VEGGIES	MANDI SAUCE



COMBO OPTION	MENU DESCRIPTION	02-JAN-23	03-JAN-23	04-JAN-23	05-JAN-23	06-JAN-23
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	PROTEIN	BLUSHING PENNE PASTA	VEG HAKKA NOODLE	VEG MOUSSAKA	PASTA ARABIATTA	PASTA ALFREDO
	INGREDIENTS	PENNE PASTA, BUTTER, ONION, THYME, BASIL, SALT, CHEESE, CREAM, TOMATO PASTE, FLOUR.	NOODLE , CARROTS, ONION, GREEN BEANS, YELLOW BELLPEPPER, TOMATO PASTE, OIL, FENUGREEK LEAVES, SESONING.	MIXED VEGETABLE, SALT, PEPPER, TOMATO PASTE, ONION, GARLIC	PASTA, WATER, TOMATOES, ONION, TOMATOE PASTE, PARMESAN CHEESE OLIVES, GARLIC, OLIVE OIL, SALT, PARSLEY	PANNE PASTA , GARLIC, ONION, PARMESAN CHEESE , BUTTER,FLOUR,MILK
	KCAL/100G	135	93	115	150	165
COMBO 2 VEG	CARBOHYDRATES	GARLIC BREAD	SWEET CHILLI SAUCE	FLAVORED RICE	GARLIC BREAD	GARLIC BREAD
	INGREDIENTS	FLOUR, GARLIC, WATER, SALT	GARLIC, OLIVE OIL, OREGANO, BLACK PEPPER, SALT.	WATER, RICE, SALT.	FLOUR, GARLIC, WATER, SALT	FLOUR, GARLIC, WATER, SALT
	KCAL/100G	70	145	145	99	100
	VEGETABLES	PESTO BREAD	VEG BALLS WITH GARLIC SAUCE	GRILLED VEG	POTATO WEDGES	BAKED POTATO



	COMBO OPTION	MENU DESCRIPTION	09-JAN-23	10-JAN-23	11-JAN-23	12-JAN-23	13-JAN-23
	COMBO OF HON	WENG BESCHI TION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	BREAK	FAST	FRUIT OATMEAL MUFFIN WITH CUT FRUITS & JUICE	CHEESE PUFF & JUICE	BLUEBERRY PANCAKE & JUICE	CHEESE ROLL & FLAVORED MILK	FRENCH TOAST & JUICE
		PROTEIN	GRILLED FISH WITH HERB VALUTE SAUCE	CRISPY CHICKEN WITH VEGETABLES	CHICKEN LASANGA	OVEN BAKED FISH	CRUNCHY CHICKEN FINGERS
		INGREDIENTS	FISH WORCESTERSHIRE SAUCE, WHOLEMEAL WHEAT FLOUR, BUTTER , MUSTARD, SALT, BLACK PEPPER, ROSEMARY.	CHICKEN, SOYA SAUCE, PEPPER, CORN FLOUR, SALT, ONION, GARLIC, BELL PEPPER, SPRING ONION.	PASTA SHEET, GARLIC, OREGANO, GROUND BEEF, CHEESE, EGG TOMATO SAUCE SALT & PEPPER.	FISH, SALT, PEPPER, FLOUR, GARLIC, ONION, TOMATO, WATER, RICE VINEGAR	CHICKEN, BREADCRUMBS, SALT, PEPPER, EGG, COOKING OIL.
-		KCAL/100G	108	139	189	105	115
		PROTEIN	MEAT LASAGNA	PAGHETTI BOLOGNESE	BEEF & OKRA STEW	BUTTERED CHICKEN	MEAT LASAGNA
1	COMBO 1 NON-VEG	INGREDIENTS	PASTA SHEET, GARLIC, OREGANO, GROUND BEEF, CHEESE, EGG TOMATO SAUCE SALT & PEPPER.	BOLOGNESE: MINCED MEAT, ONION, GARLIC, GRATED CARROT, TOMATO SAUCE, OLIVE OIL, SALT, PEPPER. SERVED WITH PARMESAN CHEESE	BEEF, OKRA, VEGETABLE OIL, ONION, GARLIC, CORIANDER, CUMIN, PEPPER, TOMATOES, GINGER, SALT.	CHICKEN, WATER, TOMATOES, ONION, CREAM, HONEY, GROUND CORIANDER, OLIVE OIL, TURMERIC, GINGER, GARLIC, SALT, FENUGREEK LEAVES, CHILLI POWDER, GROUND CUMIN, CARDOMON.	PASTA SHEET, GARLIC, OREGANO, GROUND BEEF, CHEESE, EGG TOMATO SAUCE SALT & PEPPER.
		KCAL/100G	125	165	167	80	125
		CARBOHYDRATES	CREAMY MASHED POTATO	ONION FRY RICE/ GARLICE BREAD	HERB RICE / GARLICE BREAD	POTATO GARTIN / BRIYANI RICE	POTATO WEDGES
		INGREDIENTS	POTATO, WATER, MILK, BUTTER, SALT, PEPPER.	WATER, RICE, SALT.OIL, ONION	WATER, RICE, HERB, OIL SALT.	POTATO, GARLIC, OLIVE OIL,OREGANO, BLACK PEPPER,SALT.OR RICE, WATTER, OIL, SALT	POTATO, GARLIC, OLIVE OIL, OREGANO, BLACK PEPPER, SALT.
		KCAL/100G	63	100	145	99	100
		VEGETABLES	STEAMED GREENS	HONEYD CARROTS AND CORN	BRAISED ROOTS	GRILLED VEG	GLAZED VEGGIES



COMPO ODTION	MENUL DESCRIPTION	09-JAN-23	10-JAN-23	11-JAN-23	12-JAN-23	13-JAN-23
COMBO OPTION	IVIENO DESCRIPTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	PROTEIN	PASTA WITH PESTO SAUCE	PASTA ARABIATTA	STIRFRIED TOFU WITH VEGETABLES	MEXICAN VEG ENCHILADAS	RATATOUILLE
COMPO 2 VEC	INGREDIENTS	PASTA, OLIVE OIL, SALT, GARLIC, ONION, TOMATO, BELL PEPPERS, OREGANO	PASTA, WATER, TOMATOES, ONION, MUSHROOMS, TOMATO PASTE, PARMESAN CHEESE OLIVES, GARLIC, OLIVE OIL, SALT, PARSLEY	TOFU, GREEN BEANS, CARROTS, PEPPER, SOY SAUCE, GINGER, OIL,SEASONINGS	TORTILLA BREAD, VEGGIES, SEASONING, CHEESE.	TOMATOES, POTATO, CARROTS, EGGPLANT, SQUASH, MARROW, GREEN PEPPERS, TOMATOE PASTE, ONION, GARLIC, BASIL, OLIVE OIL, SALT, GROUND CORIANDER, FENNEL SEEDS, BLACK PEPPER.
COMBO 2 VEG	KCAL/100G	118	139	105	146	32
	CARBOHYDRATES	GARLIC BREAD	CAJUN SPICED POTATOES	BUTTER RICE	HERB POTATOES	BASAMATI RICE
	INGREDIENTS	GARLIC, BUTTER, BREAD	POTATO, GARLIC, OLIVE OIL, OREGANO, CAJUN SPICES,BLACK PEPPER, SALT.	WATER, RICE, SALT.	POTATO, GARLIC, OLIVE OIL, OREGANO, BLACK PEPPER, SALT.	WATER, RICE, SALT.
	KCAL/100G	63	100	145	99	100
	VEGETABLES	STEAMED GREENS	HONEYED CARROTS AND CORN	BRAISED ROOTS	GARLIC BREAD	POTATO WEDGES
	COMBO OPTION COMBO 2 VEG	PROTEIN INGREDIENTS COMBO 2 VEG KCAL/100G CARBOHYDRATES INGREDIENTS KCAL /100G VEGETABLES	COMBO OPTION MENU DESCRIPTION PASTA WITH PESTO SAUCE INGREDIENTS PASTA, OLIVE OIL, SALT, GARLIC, ONION, TOMATO, BELL PEPPERS, OREGANO COMBO 2 VEG KCAL/100G 118 CARBOHYDRATES GARLIC BREAD INGREDIENTS GARLIC, BUTTER, BREAD KCAL/100G 63	COMBO OPTION MENU DESCRIPTION PASTA WITH PESTO SAUCE PASTA ARABIATTA PASTA, OLIVE OIL, SALT, GARLIC, ONION, TOMATO, BELL PEPPERS, OREGANO COMBO 2 VEG KCAL/100G INGREDIENTS RATIO SAUCE KCAL/100G INGREDIENTS GARLIC BREAD POTATOES CARBOHYDRATES GARLIC BREAD POTATOES PASTA, WATER, TOMATOES, ONION, MUSHROOMS, TOMATO PASTE, PARMESAN CHEESE OLIVES, GARLIC, OLIVE OIL, SALT, PARSLEY CARBOHYDRATES GARLIC BREAD POTATOES FORTOM OF THE SALT, BUTTER, BREAD KCAL/100G KCAL/100G FORTOM OF THE SALT, OLIVE OIL, SALT, PARSLEY SALT. KCAL/100G VEGETABLES STEAMED GREENS HONEYED CARROTS AND CORN	PROTEIN MONDAY TUESDAY WEDNESDAY PROTEIN PASTA WITH PESTO SAUCE PASTA ARABIATTA PASTA, CLIVE OIL, SALT, GARLIC, ONION, TOMATOES, ONION, MUSHROOMS, TOMATO PASTE, PARMESAN CHESE OILVES, GARLIC, OILVE OIL, SALT, PARSLEY COMBO 2 VEG KCAL/100G 118 139 105 CARBOHYDRATES GARLIC BREAD CAJUN SPICED POTATOES INGREDIENTS GARLIC, BREAD OIL, ORGANIC, CALUN SPICED POTATOES INGREDIENTS GARLIC, BREAD OIL, ORGANIC, CAJUN SPICED POTATOES KCAL/100G 63 100 145 VEGETABLES STEAMED GREENS HONEYED CARROTS AND CORN BRAISED ROOTS	COMBO OPTION MENU DESCRIPTION MONDAY TUESDAY WEDNESDAY THURSDAY PASTA WITH PESTO SAUCE PASTA ARABIATTA PASTA, OLIVE OIL, SALT, GARRIC, OLIVE OIL, PEPPERS, OREGANO COMBO 2 VEG KCAL/100G INGREDIENTS ROALL, GARLIC, BUTTER, BREAD ROALL, GARLIC, BUTTER, BREAD VEGETABLES WATER, TOMATO, BELL POPTATO, GARLIC, OLIVE OIL, SALT, PARSLEY PASTA, WATER, TOMATOS, ONION, MUSHROOMS, TOMATO, PASTE, PARMESAN CHESS CUIVES, GARLIC, OLIVE OIL, SALT, PARSLEY CARDOHYDRATES GARLIC BUTTER, BREAD ROALL, BUTTER, BREAD VEGETABLES VEGETABLES STEAMED GREENS HONEYED CARROTS AND CORN BRAISED ROOTS GARLIC BREAD ROALL BREAD ROAL BREAD ROALL BREAD ROALL BREAD ROALL BREAD ROALL BREAD ROAL BREAD ROALL BREAD ROALL BREAD ROALL BREAD ROALL BREAD ROAL BREAD ROALL BREAD ROALL BREAD ROALL BREAD ROALL BREAD ROAL BREAD ROALL BREAD ROALL BREAD ROALL BREAD ROALL BREAD ROAL BREAD ROALL BREAD ROALL BREAD ROALL BREAD ROALL BREAD ROAL BREAD ROALL BREAD ROAL BREAD



	COMBO OPTION	MENU DESCRIPTION	16-JAN-23	17-JAN-23	18-JAN-23	19-JAN-23	20-JAN-23
	COMBO OF HON	WILING DESCRIPTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
-	BREAKFAST		PANCAKE WITH MAPLE SYRUP & JUICE	OATS MUFFIN & FLAVORED YOGURT	FRENCH TOAST & JUICE	CHEESE & TOMATO SANDWICH WITH POTATO WEDGES & JUICE	BLUEBERRY MUFFIN & FLAVORED MILK
		PROTEIN	HUNGNAIN CHICKEN STEWROAST	FISH FLORENTINE	BAKED FISH SWEET CHILLY SAUCE	CHICKEN ROULLADE WITH GARLICE TOMATO SAUCE	GRILLED FISH WITH DIL SAUCE
A STATE OF THE PARTY OF THE PAR		INGREDIENTS	CHICKEN,, SALT, PEPPER, BUTTER, CREAM, MILK	FISH, OLIVE OIL, BELL PEPPER, GARLIC, BABY SPINACH, CREAM CHEESE, PARMESAN CHEESE, SALT & PEPPER.	FISH, LIME JUICE, SALT, FLOUR, OLIVE OIL, CORIANDER, GARLIC, VINEGAR, SUGAR.	CHICKEN,, SALT, PEPPER, BUTTER, CREAM, MILK	FISH, LEMON,MUSTARD, HONEY, GARLIC, BASIL.
-		KCAL/100G	125	151	135	149	175
		PROTEIN	BEEF WITH BROWN SAUCE	BAKED HONEY MUSTARD CHICKEN	BUTTER CHICKEN	OVEN BAKED FISH WITH COPCER SAUCE	BEEF STEW
	COMBO 1 NON-VEG	INGREDIENTS	BEEF, WATER, WORCESTERSHIRE SAUCE, WHOLEMEAL WHEAT FLOUR, BUTTER ,MUSHROOM,MUSTARD, SALT, BLACK PEPPER, ROSEMARY	CHICKEN, SALT, PEPPER, HONEY, MUSTARD, BASIL, PAPRIKA, PARSLEY	CHICKEN, WATER, TOMATOES, ONION, CREAM, HONEY, GROUND CORIANDER, OLIVE OIL, TURMERIC, GINGER, GARLIC, SALT, FENUGREEK LEAVES, CHILLI POWDER, GROUND CUMIN, CARDOMON.	FISH, WATER, WORCESTERSHIRE SAUCE, WHOLEMEAL WHEAT FLOUR, BUTTER, MUSHROOM, MUSTARD, SALT, BLACK PEPPER, ROSEMARY	BEEF, SOYSAUCE, SUGAR, ONION, GARLIC, OLIVE OIL, PEPPER.
		KCAL/100G	108	232	180	180	232
		CARBOHYDRATES	BREAD ROLL	HERB RICE	GARLIC RICE	CREAMY MASHED POTATO	POTATO WEDGES/ HERB RICE
		INGREDIENTS	OLIVE OIL, POTATO, THYME, GARLIC, ROSEMARY.	WATER, RICE, SAL, HERBS.	WATER, RICE, SALT, GARLIC.	POTATO, WATER, MILK, BUTTER , SALT, PEPPER.	POTATO, GARLIC, OLIVE OIL, OREGANO, BLACK PEPPER, SALT.
		KCAL/100G	161	145	145	63	100
		VEGETABLES	GINGER HONEY GLAZED VEG	BUTTERED VEG	SAUTE VEGETABLES	GRILLED VEGGIES	VEG SAUTE



100	COMPO OPTION	MENU DESCRIPTION	16-JAN-23	17-JAN-23	18-JAN-23	19-JAN-23	20-JAN-23
	COMBO OPTION	MENU DESCRIPTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
-		PROTEIN	ARTICHOKE FLORENTINE PASTA	PASTA ARABIATTA	STIRFRIED TOFU WITH VEGETABLES	PASTA PESTO SAUCE	VEGETARIAN BURRITOS
		INGREDIENTS	PENNE, BUUTER, GARLIC, SPINACH, FLOUR, MILK, CREAM CHEESE, SALT, PEPPER, CAYENNE PEPPER, ARTICHOKE.	PASTA, WATER, TOMATOES, ONION, TOMATOE PASTE, PARMESAN CHEESE OLIVES, GARLIC, OLIVE OIL, SALT, PARSLEY	TOFU, GREEN BEANS, CARROTS, PEPPER, SOY SAUCE, GINGER, OIL,SEASONINGS	BUTTER, CREAM, THYME, GARLIC, SALT, PEPPER, PANNE PASTA, CHEESE.	TORTILLA, ONION, VEGETABLE OIL, BELL PEPPER, CORN, CARROT, BLACK BEANS, TOMATO, CHEESE, SOUR CREAM, CILANTRO
•	COMBO 2 VEG	KCAL/100G	123	139	105	125	187
		CARBOHYDRATES	GARLIC BREAD	GARLIC BREAD	PAPER RICE	GARLIC BREAD	POTATO WEDGES
/		INGREDIENTS	BUTTER,GARLICE,	BUTTER,GARLICE,	WATER, RICE, SALT,PAPER,OIL	BUTTER,GARLICE,	POTATO, GARLIC, OLIVE OIL, OREGANO, BLACK PEPPER, SALT.
		KCAL/100G	161	145	145	63	100
		VEGETABLES	GINGER HONEY GLAZED VEG	BUTTERED VEG	SAUTE VEGETABLES	GRILLED VEGGIES	VEG SAUTE
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	CONTRO OPTION	AATANA DECORPOSIONA	23-JAN-23	24-JAN-23	25-JAN-23	26-JAN-23	27-JAN-23
	COMBO OPTION	MENU DESCRIPTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	BREAKFAST		FRUIT OATMEAL MUFFIN WITH CUT FRUITS & JUICE	CHEESE PUFF & JUICE	BLUEBERRY PANCAKE & JUICE	CHEESE ROLL & FLAVORED MILK	FRENCH TOAST & JUICE
		PROTEIN	BEEF BULGOGI	CHICKEN MEAT BALLS	SWEET CHILLY FISH	GARLICE ROESMERY CHICKEN WITH HURB SAUCE	CORN FLAKES CRUSTED CHICKEN FILLET
		INGREDIENTS	BEEF, SOYSAUCE, SUGAR, ONION, GARLIC, OLIVE OIL, PEPPER.	CHICKEN MINCE , GARLIC,SALT,PEPPER, OIL, ONION,TOMATO , BUTTER,	FISH, SALT, PEPPER, FLOUR, GARLIC, ONION, TOMATO, WATER, RICE VINEGAR	CHICKEN, WATER, TOMATOES, ONION, CREAM, HONEY, GROUND CORIANDER, OLIVE OIL, TURMERIC, GINGER, GARLIC, SALT, FENUGREEK LEAVES, CHILLI POWDER, GROUND CUMIN, CARDOMON.	CHICKEN, CORN FLAKES, BREAD CRUMB, WHOLEMEAL WHEAT FLOUR, EGG, OLIVE OIL, MUSTARD, LEMON JUICE, SALT, BLACK PEPPER, THYME.
		KCAL/100G	125	189	105	108	214
	COMPO 1	PROTEIN	CHICKEN ROULLADE WITH GARLIC SAUCE	GRILLED FISH WITH VALUTE SAUCE	SLOW COOKED LAMB STEW	ROAST CHICKEN IN LEMON BUTTER SAUCE	CHICKEN THIGH BBQ
	COMBO 1 NON-VEG	INGREDIENTS	CHICKEN,, SALT, PEPPER, BUTTER, CREAM, MILK	FISH, SALT, PEPPER, FLOUR, GARLIC, MUSTARD PASTE	LAMB, WATER, TOMATOES, POTATO, CARROTS, MARROW, TOMATOE PASTE, ONION, OLIVE OIL, GARLIC, PAPRIKA, OREGANO, SALT, BLACK PEPPER.	CHICKEN, BUTTER, LEMON ZEST, PEPPER, OLIVE OIL, ONION, GARLIC, THYME, OREGANO,	MUSTARD PASTE, CHICKEN, WORECESTCHERE SAUCE, HONEY, OLIVE OIL SEASONING
		KCAL/100G	102	167	70	115	193
		CARBOHYDRATES	THIME RICE	BASAMATI RICE	FRIED RICE	CREAMY MASHED POTATO	POTATO WEDGES
d		INGREDIENTS	THIME, OIL, BLACK PEPPER, SALT.	WATER, RICE, SALT.	WATER, RICE, SALT.	POTATO, WATER, MILK, BUTTER , SALT, PEPPER.	POTATO, GARLIC, OLIVE OIL, OREGANO, BLACK PEPPER, SALT.
		KCAL/100G	145	145	70	63	100
		VEGETABLES	GLAZED VEGETABLES	BUTTERED PEAS AND CORN	SAUTE VEGGIES	GRILLED VEGGIES	TOSSED BROCCOLI AND BABY CARROT



3	COMBO OPTION	MENU DESCRIPTION	23-JAN-23	24-JAN-23	25-JAN-23	26-JAN-23	27-JAN-23
	COMBO OPTION	MENO DESCRIPTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		PROTEIN	PASTA WITH PESTO SAUCE	PASTA ARABIATTA	STIRFRIED TOFU WITH VEGETABLES	MEX ICAN VEG ENCHILADAS	RATATOUILLE
		SALT, GARLIC, ONION, MUSHROOM INGREDIENTS ONION, TOMATO, BELL PEPPERS, CHEESE OLIVES, GARL	PASTA, WATER, TOMATOES, ONION, MUSHROOMS, TOMATO PASTE, PARMESAN CHEESE OLIVES, GARLIC, OLIVE OIL, SALT, PARSLEY	TOFU, GREEN BEANS, CARROTS, PEPPER, SOY SAUCE, GINGER, OIL,SEASONINGS	TORTILLA BREAD, VEGGIES, SEASONING, CHEESE.	TOMATOES, POTATO, CARROTS, EGGPLANT, SQUASH, MARROW, GREEN PEPPERS, TOMATOE PASTE, ONION, GARLIC, BASIL, OLIVE OIL, SALT, GROUND CORIANDER, FENNEL SEEDS, BLACK PEPPER.	
	COMBO 2 VEG	KCAL/100G	146	105	137	139	207
7	VEG	CARBOHYDRATES	GARLIC BREAD	CAJUN SPICED POTATOES	BUTTER RICE	HERB POTATOES	BASAMATI RICE
		INGREDIENTS BUTTER	POTATO, GARLIC, OLIVE OIL, OREGANO, CAJUN SPICES,BLACK PEPPER, SALT.	WATER, RICE, SALT.	POTATO, GARLIC, OLIVE OIL, OREGANO, BLACK PEPPER, SALT.	WATER, RICE, SALT.	
		KCAL/100G	145	145	70	63	100
	Mark of the state	VEGETABLES	GLAZED VEGETABLES	BUTTERED PEAS AND CORN	SAUTE VEGGIES	GRILLED VEGGIES	TOSSED BROCCOLI AND BABY CARROT



		30-JAN-23	31-JAN-23	01-FEB-23	02-FEB-23	03-FEB-23
	MENU DESCRIPTION					FRIDAY
BREAKFAST		PANCAKE WITH MAPLE SYRUP & JUICE	OATS MUFFIN & FLAVORED MILK	FRENCH TOAST & JUICE	CHEESE & TOMATO SANDWICH WITH POTATO WEDGES & JUICE	BLUEBERRY MUFFIN & FLAVORED MILK
	PROTEIN	HUNGNAIN CHICKEN STEW	FISH FLORENTINE	BAKED FISH SWEET CHILLY SAUCE	CHICKEN ROULLADE WITH GARLICE TOMATO SAUCE	GRILLED FISH WITH DIL SAUCE
	INCOLINENTS		FISH, OLIVE OIL, BELL PEPPER, GARLIC, BABY SPINACH, CREAM CHEESE, PARMESAN CHEESE, SALT & PEPPER.	FISH, LIME JUICE, SALT, FLOUR, OLIVE OIL, CORIANDER, GARLIC, VINEGAR, SUGAR.	CHICKEN,, SALT, PEPPER, BUTTER, CREAM, MILK	FISH, LEMON,MUSTARD, HONEY, GARLIC, BASIL.
	KCAL/100G	125	151	135	149	175
	PROTEIN	ROAST BEEF WITH BROWN SAUCE	BAKED HONEY MUSTARD CHICKEN	BUTTERED CHICKEN	OVEN BAKED FISH WITH COPCER SAUCE	BEEF BULGOGI
COMBO 1 NON-VEG	INGREDIENTS	BEEF, WATER, WORCESTERSHIRE SAUCE, WHOLEMEAL WHEAT FLOUR, BUTTER, MUSHROOM, MUSTARD, SALT, BLACK PEPPER, ROSEMARY.	CHICKEN, SALT, PEPPER, HONEY, MUSTARD, BASIL, PAPRIKA, PARSLEY	CHICKEN, WATER, TOMATOES, ONION, CREAM , HONEY, GROUND CORIANDER, OLIVE OIL, TURMERIC, GINGER, GARLIC, SALT, FENUGREEK LEAVES, CHILLI POWDER, GROUND CUMIN, CARDOMON.	FISH, WATER, WORCESTERSHIRE SAUCE, WHOLEMEAL WHEAT FLOUR, BUTTER, MUSHROOM, MUSTARD, SALT, BLACK PEPPER, ROSEMARY.	BEEF, SOYSAUCE, SUGAR, ONION, GARLIC, OLIVE OIL, PEPPER.
	KCAL/100G	108	232	180	180	232
	CARBOHYDRATES	BREAD ROLL/STEEM RICE	HERB RICE	GARLIC RICE	CREAMY MASHED POTATO	POTATO WEDGES
	INGREDIENTS		WATER, RICE, SAL, HERBS.	BREAD, GARLIC, BUTTER	POTATO, WATER, MILK, BUTTER , SALT, PEPPER.	POTATO, GARLIC, OLIVE OIL, OREGANO, BLACK PEPPER, SALT.
	KCAL/100G	161	145	145	63	100
	VEGETABLES	GINGER HONEY GLAZED VEG	BUTTERED VEG	SAUTE VEGETABLES	GRILLED VEGGIES	VEG SAUTE
	COMBO 1	PROTEIN INGREDIENTS KCAL/100G PROTEIN COMBO 1 NON-VEG INGREDIENTS KCAL/100G CARBOHYDRATES INGREDIENTS KCAL/100G	BREAKFAST BREAKFAST PANCAKE WITH MAPLE SYRUP & JUICE PROTEIN HUNGNAIN CHICKEN STEW CHICKEN,, SALT, PEPPER, BUTTER, CREAM, MILK KCAL/100G 125 PROTEIN BEEF, WATER, WORCESTERSHIRE SAUCE, WHOLEMEAL WHEAT FLOUR, BUTTER, MUSHROOM, MUSTARD, SALT, BLACK PEPPER, ROSEMARY. KCAL/100G CARBOHYDRATES KCAL/100G 108 CARBOHYDRATES KCAL/100G GINGER HONEY GLAZED KCAL/100G GINGER HONEY GLAZED	BREAKFAST BREAKFAST PANCAKE WITH MAPLE SYRUP & JUICE PROTEIN HUNGNAIN CHICKEN STEW FISH FLORENTINE FISH, OLIVE OIL, BELL PEPPER, GARLIC, BABY SPINACH, CREAM CHEESE, PARMESAN CHEESE, SALT & PEPPER. KCAL/100G 125 FOR THE WORCESTERSHIRE SAUCE, WHOLEMEAL WHEAT FLOUR, BUTTER, MUSHROOM, MUSTARD, SALT, BLACK PEPPER, MOREY, MUSTARD, SALT, BLACK PEPPER, ROSEMARY. KCAL/100G 108 CARBOHYDRATES INGREDIENTS KCAL/100G 108 232 CARBOHYDRATES BREAD ROLL/STEEM RICE HERB RICE WATER, RICE, SAL, HERBS. KCAL/100G 161 145 RUTTERED VEG	BREAKFAST PANCAKE WITH MAPLE SYRUP & JUICE PROTEIN HUNGNAIN CHICKEN STEW FISH FLORENTINE BAKED FISH SWEET CHILLY SAUCE FISH, CLIVE OIL, BELL PEPPER, GARLIC, BABY SPINACH, CREAM CHEESE, PARMESALT & PEPPER. RCAL/100G 125 FISH, OLIVE OIL, BELL PEPPER, GARLIC, BABY SPINACH, CREAM CHEESE, PARMESALT & PEPPER. PARMESAN CHEESE, SALT & PEPPER. ROAST BEEF WITH BROWN SAUCE COMBO 1 NON-VEG ROAST BEEF WATER, WORCESTERSHIRE SAUCE, WHOLEMELA WHEAT FLOUR, BUTTER, MUSHROOM, MUSTARD, SALT, BLACK PEPPER, MUSHROOM, MUSTARD, SALT, BLACK PEPPER, ROSEMARY. KCAL/100G 108 232 CARBOHYDRATES BREAD ROLL/STEEM RICE HERB RICE GARLIC, BUTTER WATER, TOMATOES, ONION, CREAM CUMINI, CARDOMON. SALT, BLACK PEPPER, BREAD ROLL/STEEM RICE HERB RICE GARLIC, BUTTER SALTE GROUND COMIND, CARDOMON. SALT, BLACK PEPPER, HONEY, MUSTARD, BASIL, SALT, FEUGREEK LEAVES, CHILLI POWDER, GROUND CUMINI, CARDOMON. SALT, BLACK PEPPER, BREAD ROLL/STEEM RICE HERB RICE GARLIC, BUTTER KCAL/100G 161 145 SALTE VEGETABLES SALTE VEGETABLES	BREAKFAST PANCAKE WITH MAPLE SYRUP & JUICE PANCAKE WITH MAPLE SALD WITH POTATO WEDGES & JUICE CHICKEN SALD WITH POTATO WEDGES & JUICE CHICKEN SALD WITH SALD WITH SALD WITH GARLICE TOMATO SAUCE FISH, OLIVE OIL, BELL FISH, CILVE OIL, CORIANDER, GARLIC, VINEGAR, SUGAR. PEPPPER, GARLIC, BABY SPINACH, CREAM CHEESE, PARMESAN CHEESE, SALT & PEPPER, GARLIC, VINEGAR, SUGAR. PROTEIN ROAST BEEF WITH BROWN SAUCE COMBO 1 NON-VEG ROAST BEEF WITH BROWN SAUCE WORCESTERSHIRE SAUCE, WHOLEMEAL WHEAT FLOUR, BUTTER, MUSTARD, SALT, PEPPER, HONEY, MUSTARD, BASIL, PAPRIKA, PARSLEY CHICKEN, SALT, PEPPER, HONEY, GROUND CORIANDER, OLIVE OIL, FURMERIC, GINGER, GARLIC, SALT, FENUGREEK LEAVES, CHILLI POWDER, GROUND CUMIN, CARDOMON. KCAL/100G 108 232 180 180 180 180 180 180 180 180 180 180



	COMPO OPTION	MENU DESCRIPTION	30-JAN-23	31-JAN-23	01-FEB-23	02-FEB-23	03-FEB-23
	COMBO OPTION	IVIENO DESCRIFTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1		PROTEIN	ARTICHOKE FLORENTINE PASTA	FUSSILI ARABIATTA	STIRFRIED TOFU WITH VEGETABLES	SPAGHETTI OLIO	VEGETARIAN BURRITOS
		INGREDIENTS	PENNE, BUUTER, GARLIC, SPINACH, FLOUR, MILK, CREAM CHEESE, SALT, PEPPER, CAYENNE PEPPER, ARTICHOKE.	PASTA, WATER, TOMATOES, ONION, TOMATOE PASTE, PARMESAN CHEESE OLIVES, GARLIC, OLIVE OIL, SALT, PARSLEY	TOFU, GREEN BEANS, CARROTS, PEPPER, SOY SAUCE, GINGER, OIL,SEASONINGS	BUTTER, CREAM, THYME, GARLIC, SALT, PEPPER, SPAGHETTI, CHEESE.	TORTILLA, ONION, VEGETABLE OIL, BELL PEPPER, CORN, CARROT, BLACK BEANS, TOMATO, CHEESE, SOUR CREAM, CILANTRO
4	COMBO 2 VEG	KCAL/100G	123	139	105	125	187
		CARBOHYDRATES	GARLIC BREAD	GARLIC BREAD	PAPER RICE	GARLIC BREAD	POTATO WEDGES
		INGREDIENTS	BUTTER,GARLICE,	BUTTER,GARLICE	WATER, RICE, SALT,PAPER,OIL	BUTTER,GARLICE,	POTATO, GARLIC, OLIVE OIL, OREGANO, BLACK PEPPER, SALT.
		KCAL/100G	161	145	145	63	100
		VEGETABLES	GINGER HONEY GLAZED VEG	BUTTERED VEG	SAUTE VEGETABLES	GRILLED VEGGIES	VEG SAUTE