

Innoventures - October Menu

LUNCH - WEEK 1

Combo Option	Menu Details	03-Oct-22	04-Oct-22	05-Oct-22	06-Oct-22	07-Oct-22
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY- Brunch

CHOOSE ANY ONE LUNCH COMBO

Combo 1	Protien	Honey Garlic Slow Cooked Chicken	Butter Chicken	Stir fry chicken	Chicken Malai Tikka	Chicken Shawarma Wrap, Banana Muffin & Juice
	Carbohydrates	Creamy Mashed Potato	Basamati Rice	Garlic Fried Rice	Tandoori Potatoes	
	Vegetable	Buttered Veg	Braised Winter Veg	Grilled Veg	Basil scented veggies	
Combo 2	Protien	Pot Roast Beef with Mushroom Sauce	Grilled Fish	Meat Lasagna	Dawood Basha	
	Carbohydrates	Creamy Mashed Potato	Herb Rice	Garlic Bread	Tandoori Potatoes	
	Vegetable	Buttered Veg	Braised Winter Veg	Grilled Veg	Basil scented veggies	
Combo 3 Veg	Protien	Blushing Penne Pasta	Veg Methi Malai	Veg moussaka	Pasta Arabiatta	Veg Fajita Wrap, Banana Muffin & Juice
	Carbohydrates	Creamy Mashed Potato	Basamati Rice	Flavored Rice	Tandoori Potatoes	
	Vegetable	Buttered Veg	Braised Winter Veg	Grilled Veg	Basil scented veggies	

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LUNCH - WEEK 2

Combo Option	Menu Details	10-Oct-22	11-Oct-22	12-Oct-22	13-Oct-22	14-Oct-22
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY- Brunch
CHOOSE ANY ONE LUNCH COMBO						
Combo 1	Protien	Beef Steak With Mushroom Sauce	Crispy Chilly Chicken w/ Veggies	Chicken Stroganoff	Sweet Chilly Fish	Cheese & Chicken Finger Sandwich, Potato Wedges & Juice
	Carbohydrates	Creamy Mashed Potato	Cajun spiced Potatoes	Basamati Rice	Tandoori Potatoes	
	Vegetable	Steamed Greens	Honeyd carrots and Corn	Braised Roots	Grilled Veg	
Combo 2	Protien	Chicken Mandi	Spaghetti Bolognese	Meat Lasagne	Butter Chicken	
	Carbohydrates	Mandi Rice	Cajun spiced Potatoes	Garlic Bread	Biryani Rice	
	Vegetable	Steamed Greens	Honeyd carrots and Corn	Braised Roots	Baby Carrot & Broccoli	
Combo 3 Veg	Protien	Spaghetti in Tomato Sauce	Pasta Arabiatta	Stirfried Tofu with vegetables	Mexican Veg Enchiladas	Cheese & Veg Finger Sandwich, Potato Wedges & Juice
	Carbohydrates	Garlic Bread	Cajun spiced Potatoes	Basamati Rice	Tandoori Potatoes	
	Vegetable	Steamed Greens	Honeyed Carrots and Corn	Braised Roots	Grilled Veg	

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LUNCH - WEEK 3

Combo Option	Menu Details	17-Oct-22	18-Oct-22	19-Oct-22	20-Oct-22	21-Oct-22
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY- Brunch

CHOOSE ANY ONE LUNCH COMBO

Combo 1	Protien	Creamy Cheesy Chicken	Fish Florentine	Baked Fish Sweet Chilly Sauce	Meat Lasagna	Chicken Tawook Wrap, Strawberry Muffin & Juice
	Carbohydrates	Parmentier Potatoes	Herb Rice	Garlic Rice	Creamy Mashed Potato	
	Vegetable	Ginger Honey Glazed Veg	Buttered Veg	Saute vegetables	Grilled Veggies	
Combo 2	Protien	Slow Roast Beef w/ Mushroom Sauce	Baked Honey Mustard Chicken	Butter Chicken	Grilled Chicken with mushroom sauce	
	Carbohydrates	Parmentier Potatoes	Pepper Rice	Basamti Rice	Creamy Mashed Potato	
	Vegetable	Ginger Honey Glazed Veg	Buttered Veg	Baby Carrot & Broccoli	Grilled Veggies	
Combo 3 Veg	Protien	Artichoke Florentine Pasta	Fussili Arabiatta	Stirfried Tofu with vegetables	Pommes Gratin	Falafel Wrap, Strawberry Muffin & Juice
	Carbohydrates	Parmentier Potatoes	Garlic Bread	Basamti Rice	Garlic Bread	
	Vegetable	Ginger Honey Glazed Veg	Buttered Veg	Saute vegetables	Grilled Veggies	

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LUNCH - WEEK 4

Combo Option	Menu Details	24-Oct-22	25-Oct-22	26-Oct-22	27-Oct-22	28-Oct-22
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY- Brunch

CHOOSE ANY ONE LUNCH COMBO

Combo 1	Protien	Creamy Cheesy Chicken	Chicken Stroganoff	Sweet Chilly Fish	Slow Roast Beef w/ Mushroom Sauce	Cheese & Chicken Finger Sandwich, Potato Wedges & Juice
	Carbohydrates	Jacket Potato	Basamati Rice	Fried Rice	Creamy Mashed Potato	
	Vegetable	Glazed Vegetables	Buttered Peas and Corn	Saute Veggies	Grilled Veggies	
Combo 2	Protien	Slow Cooked lamb Casserole	Meat Lasagne	Butter Chicken	Roast Chicken in lemon Butter Sauce	
	Carbohydrates	Basamati Rice	Garlic Bread	Basamati Rice	Creamy Mashed Potato	
	Vegetable	Glazed Vegetables	Buttered Peas and Corn	Baby Carrot & Broccoli	Grilled Veggies	
Combo 3 Veg	Protien	Spaghetty with Sundried Tomato sauce	Stirfried Tofu with vegetables	Vegetable Lasagne	Pasta Arabiatta	Cheese & Veg Finger Sandwich, Potato Wedges & Juice
	Carbohydrates	Garlic Bread	Basamati Rice	Potato Layonnaise	Creamy Mashed Potato	
	Vegetable	Glazed Vegetables	Buttered Peas and Corn	Saute Veggies	Grilled Veggies	

Innoventures - October Menu

LUNCH - WEEK 5

Combo Option	Menu Details	31-Oct-22	01-Nov-22	02-Nov-22	03-Nov-22	04-Nov-22
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY- Brunch
CHOOSE ANY ONE LUNCH COMBO						
Combo 1	Protien	Meat Lasagna	Pan Fried Chicken w/ lemony roasted brocolli	Butter Chicken	Creamy Garlic Butter Tuscan Fish	Chicken Shawarma Wrap, Banana Muffin & Juice
	Carbohydrates	Potato Layonnaise	Garlic Rice	Biryani Rice	Creamy Mashed Potato	
	Vegetable	Buttered Veg	Braised Winter Veg	Baby Carrot & Brocolli	Basil scented veggies	
Combo 2	Protien	Chicken Stroganoff	Lamb Meat Balls	Crispy Fish & Chips w/ Sauce on a side	Beef Stroganoff	
	Carbohydrates	Potato Layonnaise	Basamati Rice	Steamed Rice	Creamy Mashed Potato	
	Vegetable	Buttered Veg	Braised Winter Veg	Grilled Veg	Basil scented veggies	
Combo 3 Veg	Protien	Blushing Penne Pasta	Vegetable Noodles	Vegetable Lasagne	Pasta Arabiatta	Veg Fajita Wrap, Banana Muffin & Juice
	Carbohydrates	Potato Layonnaise	Criss Cross Potato	Garlic Bread	Creamy Mashed Potato	
	Vegetable	Buttered Veg	Braised Winter Veg	Grilled Veg	Basil scented veggies	