

DUBAI INTERNATIONAL ACADEMY - KG 1 & 2, YEAR 1 & 2 LUNCH BOX MENU FOR THE MONTH OF MARCH 2017

WEEK 1	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY					
MONDAY					
TUESDAY					
WEDNESDAY 01/03/2017	Farfalle Pasta with Mini Meatballs in Italian Tomato Sauce (Beef) Medallion of Carrot and Zucchini	Farfalle Pasta with Mini Vegetable Balls in Italian Tomato Sauce Medallion of Carrot and Zucchini	Avocado, Egg and Tomato in Brown Baguette Bread	Vegetable Crudités with Guacamole Dip	Fruit Salad
THURSDAY 02/03/2017	Chicken Makhanwala Steamed Peas and Sweet Corn Brown Rice	Vegetable Makhanwala Steamed Peas and Sweet Corn Brown Rice	Chicken Fajitas in Tortilla Bread	California Green Salad	Mouhalabieh

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WEEK 2	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 05/03/2017	Beef Pepper Con Carne Seasoned Cut Green Beans Mashed Potato	Vegetable Pepper Con Carne Seasoned Cut Beans Mashed Potato	Chicken Tandoori and Mango Chutney in Chapatti Bread	Vegetable Wrap	Fruit Yoghurt
MONDAY 06/03/2017	Creamy Chicken Pot Steamed Broccoli and Cauliflower Saffron Rice	Creamy Vegetable Pot Steamed Broccoli and Cauliflower Saffron Rice	Roasted Beef in Ciabatta Bread	Grilled Vegetable Salad	Mixed Melon Sticks
TUESDAY 07/03/2017	Poached Salmon Balls with Lemon Dill Sauce Honey-glazed Beetroot and Carrot Roast Cube Potato	Vegetable Parcel with Tomato Sauce Honey-glazed Beetroot and Carrot Roast Cube Potato	Roasted Chicken and Cheese in Brown Bread Roll	Roasted Broccoli and Grilled Cheese Sandwich	Fruit Custard
WEDNESDAY 08/03/2017	Greek Style Mini Pasta with Sundried Tomato and Turkey Sauté Marrow and Red Capsicum	Greek Style Mini Pasta with Sundried Tomato Sauté Marrow and Red Capsicum	Tuna with Light Mayo in Baguette Bread	Falafel Sandwich Wrap	Mango Rice Pudding
THURSDAY 09/03/2017	Chicken Biryani Vegetable Korma	Vegetable Biryani Vegetable Korma	Curried Chicken Pasta Salad	Egg & Cheese Sandwich in Multi-cereal Bread	Low-fat Plain Yoghurt

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WEEK 3	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 12/03/2017	Beef Stroganoff Steamed Baton Carrots and Green Beans Jasmine Rice	Mushroom Stroganoff Steamed Baton Carrots and Green Beans Jasmine Rice	Balsamic Grilled Chicken in Whole Meal Bread	Greek Pasta Salad	Fruit Yoghurt
MONDAY 13/03/2017	Creamy Tuscan Grilled Chicken Sauté Diced Zucchini, Marrow & Corn Baked Smiley Potatoes	Lentil Balls with Tomato Sauce Sauté Diced Zucchini, Marrow & Corn Baked Smiley Potatoes	Beef Brutus Sandwich	Corn, Tomato and Beans Quesadillas	Carrot Pudding
TUESDAY 14/03/2017	Stir-fry Beef Strips with Three Peppers Carrot Sticks in Dill Butter Green Lentil Rice	Stir-fry Tofu & Vegetables with Three Peppers Carrot Sticks in Dill Butter Green Lentil Rice	Chicken and Guacamole Squares Sandwich	Kale Salad with Roasted Vegetable	Watermelon Cubes
WEDNESDAY 15/03/2017	Pasta Rapido with Parsley Pesto(nut-free), Turkey and Roasted Vegetable Sauté Broccoli and Baby Corns	Pasta Rapido with Parsley Pesto(nut-free) and Roasted Vegetable Sauté Broccoli and Baby Corns	Turkey & Avocado in Brown Baguette	Roasted Mushroom & Mozzarella in Baguette	Sticky Toffee Pudding
THURSDAY 16/03/2017	Chicken Fruity Curry Steamed Carrot and Green Beans Pomegranate Rice Pilaf	Paneer and Mushroom Fruity Curry Steamed Carrot and Green Beans Pomegranate Rice Pilaf	Tuna Antipasti Sandwich	Pumpkin, Cheese and Lettuce Sandwich	Apple with Custard

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WEEK 4	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 19/03/2017	Chicken Cube with Hoisin and Honey Sauce Sauté Pumpkin and Kale Vegetable Lo Mein	Vegetable Balls with Hoisin and Honey Sauce Sauté Pumpkin and Kale Vegetable Lo Mein	BBQ Chicken and Grilled Pineapple in Brown Baguette	Southwest Hummus Wrap	Fruit Yoghurt
MONDAY 20/03/2017	Grilled Beef Steak with Leek and Mushroom Ragout Steamed Carrots Sticks Herb Roast Cube Potato	Chickpea & Leek Cutlets with Mushroom Ragout Steamed Carrots Sticks Herb Roast Cube Potato	Turkey with Cheese in Sub Roll	Quinoa Fruit Salad	Rice Pudding with Fruit Puree
TUESDAY 21/03/2017	Baked Fish Fillet with Honey Mustard Sauce Sauté Green Beans and Mixed Capsicum White Rice	Baked Vegetable Cutlet with Honey Mustard Sauce Sauté Green Beans and Mixed Capsicum White Rice	Tuna with Vegetables in Ciabatta Bread	Halloumi and Cheese Sandwich	Rock Melon Sticks
WEDNESDAY 22/03/2017	Penne Pasta Marinara with Turkey Meatballs Steamed Baby Carrots and Green Zucchini Batons	Penne Pasta Marinara with Vegan Meatballs Steamed Baby Carrots and Green Zucchini Batons	Beef, Arugula and Cheese Grilled Sandwich	Water Melon Feta Crumbled Salad	Banana Oats Pudding
THURSDAY 23/03/2017	Light Chicken Korma Buttered Sweet Corn and Green Peas Tomato Pilaf Rice	Light Vegetable Korma Buttered Sweet Corn and Green Peas Tomato Pilaf Rice	Warm Chicken Salad with Mango and Avocado	Spinach and Artichoke Cheese Grilled Sandwich	Fruit Salad with Plain Yoghurt (Low Fat)

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WEEK 5	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 25/03/2017	SPRING BREAK				
MONDAY 26/03/2017	SPRING BREAK				
TUESDAY 27/03/2017	SPRING BREAK				
WEDNESDAY 28/03/2017	SPRING BREAK				
THURSDAY 29/03/2017	SPRING BREAK				

LUNCH MENU FOR THE MONTH OF MARCH 2017

Week 1	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun									
Mon									
Tue									
Wed 01.03.17 United Kingdom Theme Day	Louisiana Vegetable Soup	Lemon & Thyme Butter Roast Chicken w/ Gravy	Steamed Vegetable	Three Colour Pasta w/ Nut- free Pesto & Roasted Vegetable	Roast Beef w/ Natural Jus		Baked Fish Fingerlings with Tomato Ketchup	Roast Potato Wedges	White Rice
			Kaddu Chana Curry						Sweet Potato & Fennel Rice Pilaf
Thu 02.03.17	Caribbean Papaya & Orange Soup		Roasted Vegetables	Pasta Formaggio	Peri-Peri African Kebab	Chicken Biryani	Batter Baked Fish w/ Light Tartar Sauce	Delmonico Potato	White Rice
			Subzi Vindaloo						

LUNCH MENU FOR THE MONTH OF MARCH 2017

Week 2	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 05.03.17	Parsnip & Apple Soup w/ Thyme	Grilled Fish Ala Grecque	Grilled Vegetables	Beef Lasagne	Kousa Bil Ablama w/ Tomato Sauce	Chicken w/ Tarragon & Mushroom Sauce		Potato Gratin	White Rice
			Beetroot Thoran						
Mon 06.03.17	Corn & Bell Pepper Chowder		Sautéed Vegetables	Pasta w/ Roasted Eggplant & Feta Marinara	Swedish Meatballs w/ Brown Gravy	Chicken & Tomatillo Chimichangas	Chermoula Grilled Fish	Whole Baked Potato	White Rice
			Gobi Tomato Masala						Brown Rice
Tue 07.03.17	Carrot – Lime Beans Soup	Grilled Chicken w/ Tostadas Sauce	Baked Vegetables	Shell Pasta w/ Chickpeas, Leek & Rose Sauce	Beef w/ Baby Onion & Mushroom	<u>Tuesday's Wrap Up</u> Chicken Shawarma Wrap	Tortilla Crust Baked Fish	Anna Potato	White Rice
			Aloo Methi Mutter						
Wed 08.03.17 Mauritius Theme Day	Lemony Lentil & Spinach Soup		Steamed Vegetables	Tex-mex Pasta with Tomato Salsa	Mauritian Beef Stew	Poulet Au Champignons (Chicken with Mushrooms)	Cari Poisson (Fish Curry)	Farm House Potato	White Rice
			Moghul Style Mix Vegetables						Pilau Rice
Thu 09.03.17	Oriental Broccoli Cheddar Soup	Grilled Fish Tagine	Roasted Vegetables	Pasta w/ Mushroom, Asparagus & Herbs Sauce	Cajun Roast Beef w/ Homemade Gravy	Chicken Tikka Biryani		Oven Baked Potato Wedges	White Rice
			Aloo Kerala						

LUNCH MENU FOR THE MONTH OF MARCH 2017

Week 3	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 12.03.17	Asparagus & Leek Soup	Nut-free Pesto Grilled Fish w/ Roasted Vegetable	Grilled Vegetables	Beef Lasagne	Kousa Warak	Chicken Chettinand		Cajun Roast Potato	White Rice
			Chole Bhaingan						
Mon 13.03.17	French – Canadian Vegetable Soup		Roasted Vegetables	Stir-fry Garlic Noodles with Vegetables	Steak w/ Pepper Sauce	Avocado Caprese Skillet Chicken	Crispy Fish Manchurian	Mashed Potato	White Rice
			Chandni Vegetable Korma						Chapatti
Tue 14.03.17	Carrot & Orange Soup	<u>Tuesday's Wrap Up</u> Chicken Fajitas Wrap	Sautéed Vegetables	Penne Putanesca	Mexican Beef Supreme	Italian Roast Chicken w/ Provençal Sauce	Baked Fish Nicosia	Cowboy Potato	White Rice
			Harra Channa Masala						
Wed 15.03.17 Hungarian Theme Day	Lentil Soup		Baked Vegetables	Penne Pasta w/ Creamy Honey Basil Sauce	Hungarian Beef Goulash	Hungarian Chicken Paprikash	Fish Fillet Hungarian Style	Minted Roasted Potato	White Rice
			Vegetable Kolhapuri						Hungarian Rice Pilaf
Thu 16.03.17	Mexican Beans Soup	Grilled Fish w/ Greek Tomato, Red Onion & Feta	Steamed Vegetables	Baked Macaroni w/ Vegetable & Cheese	Beef Emence w/ Dijon Mustard Sauce	Chicken Biryani		Harra Potato	White Rice
			Avial						

LUNCH MENU FOR THE MONTH OF MARCH 2017

Week 4	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 19.03.17	Chicken Freekeh Soup	Lemon Pepper Grilled Fish w/ Mustard Light Cream Sauce	Grilled Vegetables	Beef Lasagne	Laban Immo (Lamb)	Chicken w/ Pizzaiola Sauce		Savoury Roast Potato	White Rice
			Kurmuri Bhindi						
Mon 20.03.17	Cream of Mushroom Soup	Grilled Fish w/ Asparagus & Basil Sauce	Roasted Vegetable	Spaghetti w/ Garlic and Vegetables	Slow Braised Rump Rosemary Jus	Traditional Chicken Divan		Dauphinoise Potato	White Rice
			Beans Thoran						Brown Rice
Tue 21.03.17	Chicken Cilantro Lime Soup	Grilled Steak w/ Strawberry Balsamic Sauce	Sautéed Vegetables	Penne w/ Mushroom Green Peas & Zucchini in Tarragon Cream Sauce		Roast Chicken w/ Oriental Rice	<u>Tuesday's Wrap Up</u> Chicken Tikka Wrap	Lyonnais Potato	White Rice
Wed 22.03.17 Argentinian Theme Day	Middle Eastern Style Sweet Corn Soup		Baked Vegetables	Fusilli w/ Pumpkin & Green Beans in Tomato Sauce	Steak Gaucho Style w/ Argentinian Chimichurri Sauce	Argentinian Chicken	Argentine-Style Fish w/ Caponata & Chimichurri Sauce	Argentine Roasted Potato	White Rice
			Tendly Bhaji						Argentinian Rice
Thu 23.03.17	Roasted Tomato Barley Soup		Steamed Vegetables	Linguine w/ Artichoke in Nut-free Pesto Cream Sauce	Thai Style Jerky Beef Steak	Chicken Biryani	Fish Tikka Masala	Cajun Potato Wedges	White Rice
			Aloo Palak						

