

LUNCH MENU FOR THE MONTH OF SEPTEMBER 2018

Week 1	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 02.09.18	Provencal Soup	<u>Sunday's Wrap Up</u>	Steamed Vegetables	Lasagna Al Forno	Stuffed Vine Leaves and Marrow	Chicken Kabsa	Sweet and Sour Fish	Roast Potato Wedges	White Rice
			Cauliflower Tomato Masala						
Mon 03.09.18	Lentil and Spinach Soup	Grilled Chicken with Cardinal Sauce	Grilled Vegetables	Shell Pasta with Turkey and Napolitana Sauce	Beef and Vegetable Stew		Cajun Fish with Tomato Salsa	Broccoli Potato	White Rice
			Paneer Mushroom Kolapuri						Lemon Rice
Tue 04.09.18	Italian Crock Pot Soup		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
			Lahori Tendli Channa						
Wed 05.09.18	Harira Soup	Arabic Mixed Grill	Grilled Vegetables	Pasta with Creamy Honey Basil Sauce	<u>Wednesday's Shawarma Day</u>	Chicken Teriyaki	Baked Fish with Tomato and Herbs Sauce	Lyonnais Potato	White Rice
			Shahi Korma						Saffron Rice
Thu 06.09.18	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
			Aloo Beans Bhaji						

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Week 2	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 09.09.18	Cream of Pea Soup	Grilled Fish Ala Greek	Steamed Vegetables	Lasagna Al Forno	Lamb and Potato Stew	Chicken Do Piazza	<u>Sunday's Wrap Up</u>	Coriander Roast Potato	White Rice
			Eggplant and Potato Curry						
Mon 10.09.18	Yellow Lentil Soup	Chinese Pepper Steak	Grilled Vegetables	Bowtie Pasta with Sundried Tomato and Turkey		Hawaiian Barbeque Chicken Balls	Samak Harra	Savory Roast Potato	White Rice
			Loubieh Bil Zeit						Vermicelli Rice
Tue 11.09.18	Mediterranean Tomato Soup		Steamed Vegetables	Homemade Macaroni Pasta with Chicken and Vegetables	Stir Fry Beef with Broccoli	Chicken Kabsa	Californian Fish Stew	Anna Potato	White Rice
			Dahi Curry						
Wed 12.09.18	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 Shawarma Day</u>	Balsamic Roast Potato Wedges	White Rice
			Tendly Chana Masala						Tomato Rice
Thu 13.09.18	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
			Aloo Gobi Masala						

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Week 3	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 16.09.18	Leek and Potato Soup	Iranian Grilled Fish with Saffron Sauce	Steamed Vegetables	Lasagna Al Forno	Lamb Biryani	Chicken Ala King	<u>Sunday's Wrap Up</u>	Baked Potato	White Rice
			Shahi Korma						
Mon 17.09.18	Macaroni Chicken Soup	Grilled Chicken with Rosemary Sauce	Grilled Vegetables	Mini Pasta Arabiatta with Turkey	Italian Meatballs in Tomato Sauce		Kung Pao Fish Fillet	Harra Potato	White Rice
			Chole Palak						Mushroom Rice
Tue 18.09.18	Butternut Squash Soup	Beef Paprika with Roasted Pepper	Steamed Vegetables	Mini Penne Pasta Bolognese		Chicken Mandy with Tomato Sauce	Fish Steak Layer with Eggplant, Tomato & Cinnamon	Baked Croquette Potato	White Rice
			Vegetable Do Pyaza						
Wed 19.09.18	Mexican Beans Soup	<u>Wednesday's Shawarma Day</u>	Grilled Vegetables	Chicken Lo Mein Linguine Pasta	Hungarian Beef Goulash	Chicken Escalope	Sweet and Sour Fish	Anna Potato	White Rice
			Aloo Kaddu Curry						Brown Rice
Thu 20.09.18	Sweetcorn Soup	Grilled Fish Fillet with Capers Sauce	Steamed Vegetables	Baked Pasta with Roasted Pumpkin and Ricotta	Beef and Mushroom Pie	Chicken Tikka Biryani (Boneless)	<u>Thursday's Pizza Day</u>	Greek Style Roast Potato	White Rice
			Paneer Jalfrezi						

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Week 4	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 23.09.18	Roasted Pumpkin Soup	Beef Steak with Puttanesca Sauce	Steamed Vegetables	Lasagna Al Forno	<u>Sunday's Wrap Up</u>	Chicken Supreme	Fish Biryani	Mashed Apple and Potato	White Rice
			Channa Masala						
Mon 24.09.18	Mushroom and Tofu Broth Soup	Grilled Fish with Asparagus Sauce	Grilled Vegetables	Penne Al Fredo	Sheikh Al Mashi	Butter Chicken		Lyonnaise Potato	White Rice
			Dahi Pakoda						Vermicelli Rice
Tue 25.09.18	Tomato and Basil Soup		Steamed Vegetables	Spaghetti Bolognese	Beef Vindaloo	Chicken Mackloubeh	Baked Fish with Dill and Taragon Sauce	Smiley Potato	White Rice
			Vegetable Salona						
Wed 26.09.18	Chicken and Mushroom Soup	Grilled Chicken Strips with Lemon and Pepper Sauce	Grilled Vegetables	Mini Pasta Arabiatta with Turkey	Healthy Beef Casserole	<u>Wednesday's Shawarma Day</u>	Fish Fillet with Garlic Sauce	Broccoli Potato	White Rice
			Beans and Red Pumpkin Curry						Tomato Rice
Thu 27.09.18	Parsnip Soup	<u>Thursday's Pizza Day</u>	Steamed Vegetables	Lasagna Verde	Stir Fry Beef with Vegetables	Chicken Biryani (Boneless)	Arabic Style Fish Kebab	Coriander Roast Potato	White Rice
			Aloo Bhindi Masala						

DUBAI INTERNATIONAL ACADEMY KG 1 & 2, GRADE 1 & 2 LUNCH BOX MENU FOR THE MONTH OF SEPTEMBER 2018

WEEK 2	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 09.09.2018	Beef in Hong Kong Style Sauté Cabbage and Red Pumpkin Lemon Rice	Vegetable Fajitas with Tofu Sauté Cabbage and Red Pumpkin Lemon Rice	Chicken Tandoori Salad	Four Beans Salad	Fruit Yoghurt
MONDAY 10.09.2018	Chicken Fricasse Sauté Peas and Carrots Baked Croquette Potato	Vegetarian Fricasse Sauté Peas and Carrots Baked Croquette Potato	Omelette in Tortilla Bread	Panini Sandwich in Whole Wheat Roll	Banana Pudding
TUESDAY 11.09.2018	Fish Balls with Red Pepper Sauce Assorted Grilled Vegetables Saffron Rice	Grandmas Vegetable Casserole Assorted Grilled Vegetables Saffron Rice	Tuna Nicoise Salad	Rainbow Salad	Summer Fruit Trifle
WEDNESDAY 12.09.2018	Shell Pasta with Minced Meat in Bechamel Sauce Assorted Grilled Vegetables	Vegetarian Shell Pasta in Bechamel Sauce Assorted Grilled Vegetables	Beef Salad with Grilled Pepper and Mushroom	Grilled Vegetable and Feta Crumble Panini	Fresh Watermelon Cubes
THURSDAY 13.09.2018	Chicken Steak with Dried Fig Sauce Steamed Sweetcorn and Green Peas Lemon and Parsley Potato	Vegetable Steak with Dried Fig Sauce Steamed Sweetcorn and Green Peas Lemon and Parsley Potato	Grilled Chicken Wrap	Lentil Salad	Fruit Custard

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WEEK 3	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 16.09.2018	Roast Beef with Homemade Gravy Assorted Grilled Vegetable Mashed Potato	Mini Vegetable Patties in Onion Gravy Assorted Grilled Vegetable Mashed Potato	Beef Fajita in Tortilla Roll	Mediterranean Vegetable Salad	Fruit Yoghurt
MONDAY 17.09.2018	Chicken Ala King Sauté Cut Green Beans and Carrots Mushroom Rice	Vegetable Ala King Sauté Cut Green Beans and Carrots Mushroom Rice	Chicken Hawaiian Salad	Vegetable Tikka Sandwich	Banana Custard
TUESDAY 18.09.2018	Fish Cake with Sweet Pepper Sauce Zesty Green Peas & Squash Savoury Roast Potato	Ravioli Provencale Zesty Green Peas & Squash Savoury Roast Potato	Tuna Sandwich in Multi-Cereal Bread	Russian Salad	Fruity Mini Muffin
WEDNESDAY 19.09.2018	Bow Tie Pasta with Sundried Tomato and Turkey Sliced Carrots Ala Camille	Bow Tie Pasta with Sundried Tomato Sliced Carrots Ala Camille	Turkey with Iceberg Lettuce in Chapatti Bread	Rocca & Sweet Corn Salad	Mango Pudding
THURSDAY 20.09.2018	Chicken Dumplings Boiled Carrot Sticks and Peas Tomato Rice	Vegetable Dumplings Boiled Carrot Sticks and Peas Tomato Rice	Oriental Chicken Salad	Aegean Summer Salad	Baked Cinnamon Apples

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WEEK 4	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 23.09.2018	Saffron Rice Chicken Molokhia Steamed Carrot Cubes and Sweet Corn	Saffron Rice Vegetable Ragout Steamed Carrot Cubes and Sweet Corn	Omelette in Tortilla Roll	Beetroot & Apple Salad	Fruit Yoghurt
MONDAY 24.09.2018	Mashed Potato Beef with Baby Onion & Mushroom Boiled Green Peas	Mashed Potato Vegetable Patties in Onion & Mushroom Gravy Boiled Green Peas	Beef Hawaiian Salad	Grilled Vegetable & Feta Crumble Panini	Carrot Cake
TUESDAY 25.09.2018	Salmon Balls with Lemon Dill Sauce Vermicelli Rice Roasted Beetroots and Turnips	Vermicelli Rice Vegetable Makhani Roasted Beetroots and Turnips	Tuna Sandwich in Whole Wheat Roll	Fattouch	Diced Pineapple
WEDNESDAY 26.09.2018	Pasta Casserole with Turkey, Vegetables & Cheese Assorted Grilled Vegetables	Pasta Casserole with Vegetables & Cheese Assorted Grilled Vegetables	Turkey with Iceberg Lettuce in Chappati Bread	Cheese and Tomato Sandwich	Custard
THURSDAY 27.09.2018	Chinese Roast Chicken Stripes Steamed Sweet Corn and Green Peas White Rice	Chinese Vegetable Stir-Fry Steamed Sweet Corn and Green Peas White Rice	Grilled Chicken Wrap	Grilled Vegetable Wrap	Rock Melon Sticks

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WEEK 5	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 30.09.2018	Beef Stew with Baby Corn & Mushrooms Sauté Mixed Pumpkin & Green Peas Twice Baked Potato	Vegetable Stew with Baby Corn & Mushrooms Sauté Mixed Pumpkin & Snow Peas Twice Baked Potato	Roast Beef Sandwich in Brown Bread	Asian Coleslaw Salad	Fruit Yoghurt