



# MENU WEEK 1

**Menu Week: (23/03-27/03, 13/04-17/04, 04/05-08/05, 25/05-29/05, 15/06-19/06)**



**Morning Snack**  
(Pre Order only)

**Student's Favorite**

**Option 2**

**Vegan Option**

**Desserts**

## MONDAY

**Pizza Margherita Slice (126 Kcal)** with Fresh Fruit & Water  
Total Fat(2.8g), Sat Fat (1.3g), Sodium(240mg), Sugar(2g), Fiber(2.40g), Salt (0.60g)

**Italian Meatballs with Penne pasta (131 Kcal)**   
**Roast Carrot & Broccoli**  
Total Fat (3.5g), Sat Fat (1.3g), Sodium(630mg), Sugar(2g), Fiber(3g), Salt (0.8g)

**Sweet & Sour Chicken (112 Kcal) with Fried Rice, Roast Carrot & Broccoli**  
Total Fat (3.2g), Sat Fat (1.5g), Sodium(380mg), Sugar(1g), Fiber(1g), Salt (0.8g)

**Quinoa Vegetarian Fried Rice (111 Kcal)**   
with Roast Carrot & Broccoli  
Total Fat (2.5g), Sat Fat (0g), Sodium(730mg), Sugar(2g), Added Sugar (0g), Fiber(2g), Salt (0.8g)

**Vanilla Cheesecake (215 Kcal)**   
Total Fat(14g), Sat Fat (8g), Sodium(170mg), Sugar(13g), Added Sugar (10g), Fiber (0.5g), Salt (0.43g)

## TUESDAY

**Chicken Mayo Sandwich (210 Kcal)** with Fresh Fruit & Juice  
Total Fat (3.5g), Sat Fat (1g), Sodium (340 mg), Sugar(2g), Fiber(3.2g), Salt (0.8g)

**Pesto Chicken Pasta (145 Kcal)** with Roast Carrot & Beans  
Total Fat (3.5g), Sat Fat (0.8g), Sodium(170mg), Sugar (1.7g), Fiber (2.1g), Salt (0.43g)

**Cajun Fish Bites (109 Kcal)** with Baked potato & Roast Carrot & Beans  
Total Fat (3.5g), Sat Fat (0.7g), Sodium(344mg), Sugar(1g), Added Sugar (0g), Fiber (0.61g), Salt (0.8g)

**Chinese Chow Mein (190 Kcal)** with Roast Carrots & Beans  
Total Fat (3.5g), Sat Fat (0g), Sodium(250mg), Sugar(0g), Added Sugar (0g), Fiber(2g), Salt (0.63g)

**Orange Custard Cake (210 Kcal)**   
Total Fat(6g), Sat Fat (2.8g), Sodium(85mg), Sugar (18.5g), Added Sugar (8g), Fiber (1.9g), Salt (0.21g)

## WEDNESDAY

**Cheese & Tomato Twist, (126 Kcal)** with Fresh Fruit & Water  
Total Fat (2.9g), Sat Fat (0.9g), Sodium(120mg), Sugar(2g), Fiber(3g), Salt (0.30g)

**Chicken Tikka Masala (129 Kcal)**   
With Steamed Rice & Ratatouille  
Total Fat (3.5g), Sat Fat (1.3g), Sodium(250mg), Sugar(2g), Fiber(1g), Salt (0.61g)

**Pulled BBQ Beef Creamy Mash (129 Kcal)** with Ratatouille  
Total Fat (3.5g), Sat Fat (1.2g), Sodium(181mg), Sugar(2g), Fiber (1.9g), Salt (0.45g)

**Lebanese Vegan Mujadara (119 Kcal)** With Ratatouille  
Total Fat (1.5g), Sat Fat (0g), Sodium(790mg), Sugar(2g), Added Sugar (0g), Fiber(3g), Salt (0.80g)

**Grandma Apple Cake (205 Kcal)**   
Total Fat(7g), Sat Fat (2.6g), Sodium(160mg), Sugar(17g), Added Sugar (10g), Fiber (2.1g), Salt (0.40g)

## THURSDAY

**Mini Cheese & Tomato Croissant (185 Kcal)** with Fresh Fruit & Juice  
Total Fat (3.5g), Sat Fat (1.5g), Sodium(260mg), Sugar(2g), Fiber(1.6g), Salt (0.65g)

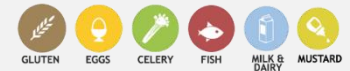
**Spaghetti Bolognese (157 Kcal)** with Roast Zucchini & Broccoli  
Total Fat (3.5g), Sat Fat (1.5g), Sodium(250mg), Sugar(2g), Added Sugar (1g), Fiber(2g), Salt (0.62g)

**Thai Chicken Red Curry (157 Kcal)** with Jasmin Rice, Roast Zucchini & Broccoli  
Total Fat (3.5g), Sat Fat (1.5g), Sodium(231mg), Sugar(1g), Added Sugar (0g), Fiber (0.7g), Salt (0.58g)

**Vegetarian Biryani (114 Kcal) with Roast Zucchini & Broccoli**  
Total Fat (3.5g), Sat Fat (1g), Sodium(260mg), Sugar(2g), Added Sugar (0g), Fiber(2g), Salt (0.65g)

**Red Velvet Slice (220 Kcal)**   
Total Fat(11g), Sat Fat (4g), Sodium(190mg), Sugar(20g), Added Sugar (16g), Fiber (0.8g), Salt (0.48g)

NUTRITIONAL VALUES ARE PER 100 g





# MENU WEEK 2

**Menu Week:(30/03-03/04, 20/04-24/04, 11/05-15/05, 01/06-05/06,22/06-26/06)**



**Morning Snack  
(Pre Order only)**

**Student's  
Favorite**

**Option 2**

**Vegan Option**

**Desserts**

## MONDAY

**Vegetarian Puff  
(190 Kcal)**

**Fresh Fruit & Water**  
Total Fat(3.5g), Sat Fat (1.3g), Sodium(280mg),  
Sugar(2g),  
Fiber(2.1g), Salt (0.70g)

**Breadless Chicken Parmigiana (184 Kcal)** With Baked potato & Garden Greens  
Total Fat (3.5g), Sat Fat (1.5g), Sodium(210mg), Sugar(2g), Added Sugar (0g), Fiber(1g), Salt (0.78g)

**Hungarian Beef Goulash (116 Kcal)** With Steamed Rice, Garden Greens  
Total Fat (3.3g), Sat Fat (1.4g), Sodium(159mg), Sugar(2g), Added Sugar (0g), Fiber (1.3g), Salt (0.4g)

**Penne Pasta with Napoli sauce (167 Kcal)** And Garden Greens  
Total Fat(3g), Sat Fat (0.5g), Sodium(39mg), Sugar(2g), Added Sugar (0g), Fiber(2g), Salt (0.08g)

**Sticky Toffee Pudding (210 Kcal)**  
Total Fat(6.8g), Sat Fat (3.2g), Sodium(95mg), Sugar(22g), Added Sugar (18g), Fiber(1.2g), Salt (0.24g)

## TUESDAY

**Tandoori Chicken Samoon (235 Kcal)** with Fresh Fruit & Juice

Total Fat(3.5g), Sat Fat (1.3g), Sodium(360mg), Sugar(2g), Fiber(3.5g), Salt (0.8g)

**Beef Lasagna (206 Kcal)** with Green Beans, Garlic Bread  
Total Fat (3.5g), Sat Fat (1.5g), Sodium(mg), Sugar(2g), Added Sugar (1.5g), Fiber (1.5g), Salt (0.49g)

**Grilled Zaatar Chicken (110 Kcal)** with Sumac Potato, Green Beans  
Total Fat (3.5g), Sat Fat (1g), Sodium(410mg), Sugar(0g), Added Sugar (0g), Fiber(1g), Salt (0.8g)

**Stir Fry Vegetables (96 Kcal)** with Fried Rice, Green Beans  
Total Fat (3.5g), Sat Fat (1g), Sodium(260mg), Sugar(2g), Added Sugar (0g), Fiber(2g), Salt (0.65g)

**Candied Orange Slice (185 Kcal)**  
Total Fat(0.2g), Sat Fat (0g), Sodium(5mg), Sugar(38g), Added Sugar (30g), Fiber(1.6g), Salt (0.01g)

## WEDNESDAY

**Labneh & Olives Sandwich (220 Kcal)** Fresh Fruit & Water

Total Fat(3.5g), Sat Fat (1.3g), Sodium(360mg), Sugar(2g), Fiber(3.1g), Salt (0.8g)

**Butter Chicken (107 Kcal)** With Basmati Rice & Sautéed Vegetables  
Total Fat (3.5g), Sat Fat (1.5g), Sodium(45mg), Sugar(2g), Added Sugar (0g), Fiber (1.2g), Salt (0.11g)

**Shepard's Pie (104 Kcal)** With Sautéed Vegetables  
Total Fat (3.5g), Sat Fat (1.5g), Sodium(125mg), Sugar(2g), Added Sugar (0g), Fiber(3g), Salt (0.31g)

**Pasta Primavera (201 Kcal)** With Sautéed Vegetables  
Total Fat (3.5g), Sat Fat (0g), Sodium(300mg), Sugar(2g), Added Sugar (0g), Fiber(3g), Salt (0.31g)

**Banana Bread (205 Kcal)**  
Total Fat(7g), Sat Fat (2.6g), Sodium(160mg), Sugar(17g), Added Sugar (10g), Fiber(2.1g), Salt (0.40g)

## THURSDAY

**Cream Cheese & Cucumber Sandwich (215 Kcal)** with Fresh Fruit & Juice  
Total Fat(3.5g), Sat Fat (1.3g), Sodium(390mg), Sugar(2g), Fiber(3g), Salt (0.8g)

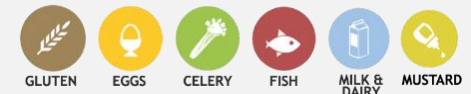
**Spaghetti Bolognese (157 Kcal)** Herb & Tomato Zucchini  
Total Fat (3.5g), Sat Fat (1.5g), Sodium(250mg), Sugar(2g), Added Sugar (0g), Fiber(2g), Salt (0.62g)

**Sticky Honey & Chicken Bites (250 Kcal)** With Fried Rice, Herb & Tomato Zucchini  
Total Fat (3.5g), Sat Fat (1g), Sodium(210mg), Sugar(2g), Added Sugar (0g), Fiber(1g), Salt (0.52g)

**Sweet Potato & Lentil Stew (115 Kcal)** with Basmati Rice Herb & Tomato Zucchini  
Total Fat(3g), Sat Fat (0.5g), Sodium(39mg), Sugar(2g), Added Sugar (0g), Fiber(2g), Salt (0.08g)

**Tiramisu (215 Kcal)**  
Total Fat(9.5g), Sat Fat (5.5g), Sodium(85mg), Sugar(18g), Added Sugar (12g), Fiber(0.8g), Salt (0.21g)

NUTRITIONAL VALUES ARE PER 100 g





# MENU WEEK 3

Menu Week:(06/04-10/04, 29/04-01/05, 18/05-22/05, 08/06-12/06, 29/06-03/07)



## MONDAY

**Cheese Manakesh**  
(225 Kcal) with  
**Fresh Fruit & Water**

Total Fat(3.5g), Sat Fat (1.3g), Sodium(380mg),  
Sugar(2g),  
Fiber(2.7g), Salt (0.80g)

**Chicken Biryani (164 Kcal)** with  
**Green Beans & Carrot, Mini  
Yoghurt (Raita)**

Total Fat (3.5g), Sat Fat (0.7g),  
Sodium(253mg), Sugar(2g),  
Added Sugar (0g), Fiber (2.1g), Salt (0.63g)

**Pulled BBQ Beef (149 Kcal)**   
**With Roast Potato,  
Green Beans & Carrot**

Total Fat (3.5g), Sat Fat (1.2g),  
Sodium(181mg), Sugar(2g),  
Added Sugar (0g), Fiber (1.9g), Salt (0.45g)

**Basella (71Kcal) With  
Steamed Rice  
& Green Beans & Carrots**

Total Fat (3.5g), Sat Fat (0.3g),  
Sodium(129mg), Sugar(304g),  
Fiber (1.1g), Salt (0.35g)

**Mango Passionfruit  
Slice**

(210 Kcal)

Total Fat(6g), Sat Fat (2.8g),  
Sodium(85mg), Sugar (18.5g),  
Added Sugar (8g), Fiber (1.9g), Salt (0.21g)

## TUESDAY

**Labneh & Olives Sandwich**  
(220 Kcal)

Total Fat(3.5g), Sat Fat (1.3g), Sodium(360mg),  
Sugar(2g),  
Fiber(3.1g), Salt (0.8g)

**Fish Bites & Tartare Sauce**  
(260 Kcal) With Baked Potato  
**Wedges, Garden Greens**

Total Fat (3.5g), Sat Fat (1.3g),  
Sodium(340mg), Sugar(1g),  
Fiber(2g), Salt (0.8g)

**Grilled Chicken in Mushroom Gravy**  
(112 Kcal) With Baked Potato  
**Wedges, Garden Greens**

Total Fat (3.2g), Sat Fat (1.5g),  
Sodium(328mg), Sugar(1g),  
Fiber(2g), Salt (0.8g)

**Veg Con Carne (190 Kcal),  
Steamed Rice & Garden Greens**

Total Fat (3.5g), Sat Fat (1.3g),  
Sodium(340mg), Sugar(1g),  
Fiber(2g), Salt (0.8g)

**French Apple & Raisin Cake**  
(210 Kcal)

Total Fat (6.8g), Sat Fat (3.2g),  
Sodium(95mg), Sugar(22g),  
Added Sugar (18g), Fiber (1.2g), Salt (0.24g)

## WEDNESDAY

**Cheese & Tomato Twist,**  
(126 Kcal) with  
**Fresh Fruit & Water**

Total Fat (2.9g), Sat Fat (0.9g),  
Sodium(120mg), Sugar(2g),  
Fiber(3g), Salt (0.30g)

**Butter Chicken (107 Kcal)**   
**With Paratha, Steamed Rice,  
Sauteed Corn & Peas**

Total Fat (3.5g), Sat Fat (1.5g),  
Sodium(45mg), Sugar(2g),  
Added Sugar (0g), Fiber (1.2g), Salt (0.11g)

**Fish Kebab in Tomato Sauce**  
(130 Kcal)

**Basmati Rice,  
Sauteed Corn & Peas**  
Total Fat (3.5g), Sat Fat (1g),  
Sodium(270mg), Sugar(2g),  
Added Sugar (0g), Fiber(1g), Salt (0.68g)

**Vegetarian Korma (68 Kcal)  
With Basmati Rice,  
Sauteed Corn & Peas**

Total Fat (1.5g), Sat Fat (0g),  
Sodium(790mg), Sugar(2g),  
Added Sugar (0g), Fiber(3g), Salt (0.80g)

**Coconut Layer Cake**  
(155 Kcal)

Total Fat(5g), Sat Fat (1g),  
Sodium(95mg), Sugar(14g),  
Added Sugar (10g), Fiber(2g), Salt (0.24g)

## THURSDAY

**Shish Tawook Wrap**  
(255 Kcal) with  
**Fresh Fruit & Juice**

Total Fat (3.5g), Sat Fat (1.2g),  
Sodium(370mg), Sugar(2g),  
Fiber(3.9g), Salt (0.80g)

**Spaghetti Bolognaise**  
(157 Kcal) with  
**Herb, Tomato & Zucchini**

Total Fat (3.5g), Sat Fat (1.5g),  
Sodium(250mg), Sugar(2g),  
Fiber(2g), Salt (0.62g)

**Chicken & Green Olive Tagine with  
Cous-Cous (345 Kcal)**

**Herb, Tomato & Zucchini**  
Total Fat (3.5g), Sat Fat (1.2g),  
Sodium(420mg), Sugar(2g),  
Fiber (5.2g), Salt (0.45g)

**Cauliflower & Chickpea Tagine**  
(345 Kcal) with Cous-Cous  
**Herb, Tomato & Zucchini**

Total Fat (3.5g), Sat Fat (1.5g),  
Sodium(308mg), Sugar(2g),  
Fiber (1.6g), Salt (0.77g)

**Dusted Berry Sponge Slice**  
(190 Kcal)

Total Fat (4.8g), Sat Fat (2.1g),  
Sodium(85mg), Sugar (17.5g),  
Added Sugar (7.5g), Fiber(2g), Salt (0.21g)

**Morning Snack**  
(Pre Order only)

**Student's  
Favorite**

**Option 2**

**Vegan Option**

**Desserts**

NUTRITIONAL VALUES ARE PER 100 g

