

# Lunch Time

March 18 Weekly Menu

Week: 1



"Our school menus have been designed to provide balanced, delicious and healthy choices for your child using seasonal international food wherever possible".

MENU	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
SALAD BAR	Mixed Salad Bar* Grated Cheese Hard Boiled Egg	Mixed Salad Bar* Grated Cheese Hard Boiled Egg	Mixed Salad Bar* Grated Cheese Hard Boiled Egg	Mixed Salad Bar* Grated Cheese Hard Boiled Egg	Mixed Salad Bar* Grated Cheese Hard Boiled Egg
	Tuna	Tuna	Tuna	Tuna	Tuna
SIDE ITEMS	Hummus with Arabic Bread	Hummus with Arabic Bread	Hummus with Arabic Bread	Hummus with Arabic Bread	Hummus with Arabic Bread
	Cheese Sandwich	Garlic Bread	French Fries	Cheese Croissants	Vegetable Spring Rolls
VEGETARIAN OPTION	Rice and Dahl	Rice and Dahl	Rice and Dahl	Rice and Dahl	Rice and Dahl
	Cheese/Egg Mayonnaise Rolls	Vegetable Lasagna	Margarita Pizza Vegetable Pizza	Spaghetti & Vegetable Sauce	Vegetable Biryani and Dahl
MAIN DISH OF THE DAY	Chicken Mandhi & Rice	Beef Lasagne	Pepperoni Pizza Chicken Pizza	Spaghetti Bolognese	Chicken Biryani
	Carrots	Buttered Corn	Baked Beans Chicken Marengo	Steamed Broccoli	Cauliflower Nuggets
SOUP	Spring Season Soup	Pumpkin Soup	Tomato Chicken Noodle Soup	Asparagus Soup	Chicken & ABC pasta soup
DESSERT	Jelly Yogurt Watermelon / Mango slices	Rice Pudding Yogurt Apple & Orange slices	Banana Yogurt Apple & Orange slices	Rice Pudding Yogurt Watermelon / Mango slices	Muffin Yogurt Apple & Orange slices
BEVERAGES	Fresh Apple or Orange Juice Water	Fresh Apple or Orange Juice Water	Fresh Apple or Orange Juice Water	Fresh Apple or Orange Juice Water	Fresh Apple or Orange Juice Water

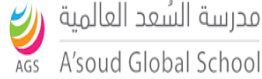
Mixed Salad Bar includes: Lettuce - Tomato - Cucumber - Carrot - Kidney Beans - Peppers - Coleslaw - Yogurt - Beetroot

Our menus are made using 100% HALAL products  
All menu items are subject to change according to seasonality and availability.

# Lunch Time

March 18 Weekly Menu

Week: 2



"Our school menus have been designed to provide balanced, delicious and healthy choices for your child using seasonal international food wherever possible".

MENU	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
SALAD BAR	Mixed Salad Bar* Grated Cheese Hard Boiled Egg	Mixed Salad Bar* Grated Cheese Hard Boiled Egg	Mixed Salad Bar* Grated Cheese Hard Boiled Egg	Mixed Salad Bar* Grated Cheese Hard Boiled Egg	Mixed Salad Bar* Grated Cheese Hard Boiled Egg
SIDE ITEMS	Tuna	Tuna	Tuna	Tuna	Tuna
	Hummus with Arabic Bread	Hummus with Arabic Bread	Hummus with Arabic Bread	Hummus with Arabic Bread	Hummus with Arabic Bread
	Taco Shells with Salad	Coleslaw	French Fries	Guacamole	Bean Dip
VEGETARIAN MEAL	Rice and Dahl	Rice and Dahl	Rice and Dahl	Rice and Dahl	Rice and Dahl
	Macroni & Vegetarian Sauce	Chick Pea Burger in Bun	Margarita Pizza	Mashed Potato	Vegetable Spring Rolls
	Macaroni and Cheese		Vegetable Pizza		
MAIN DISH OF THE DAY	Macaroni and Cheese	Beef Burger in Bun	Pepperoni Pizza Chicken Pizza	Braised Lamb  Broccoli & Carrots	Chicken strips or Fish Strips in Breadcrumbs
		Green Peas	Baked Beans		Potato Wedges
			Chicken Marengo	Yogurt	Buttered Corn
SOUP	Spring Season Soup	Pumpkin Soup	Asparagus Soup	Vegetable Soup	ABC Pasta Soup
DESSERT	Rice Pudding Yogurt Watermelon / Mango slices	Ice Cream Yogurt Apple & Orange slices	Banana Yogurt Apple & Orange slices	Rice Pudding Yogurt Watermelon / Mango slices	Muffin Yogurt Apple & Orange slices
BEVERAGES	Fresh Apple or Orange Juice Water	Fresh Apple or Orange Juice Water	Fresh Apple or Orange Juice Water	Fresh Apple or Orange Juice Water	Fresh Apple or Orange Juice Water

Mixed Salad Bar includes: Lettuce - Tomato - Cucumber - Carrot - Kidney Beans - Peppers - Coleslaw - Yogurt - Beetroot

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