

School Cafeteria Meal Plan w/c 3rd September



Sunday

Monday

Tuesday

Wednesday

Thursday

Pasta

International day

Asian

Continental

Eat Street fun day

Main Course	Beef Lasagna	Chicken Biryani	Teriyaki beef	Chicken Tikka Masala	Chicken Shawarma
Side	Roasted Winter Veggies	Mixed Vegetables	Steamed broccoli & Mashed Potato	Steamed White Rice	Oven baked Potato Chips
Vegetarian Option	Winter Vegetable Lasagna	Vegetable Biryani	Teriyaki vegetables	Roasted Cauliflower Masala	Falafel Shawarma
Side	Roasted Winter Veggies	Mixed vegetables	Steamed broccoli & mashed potato	Steamed white rice	Oven baked Potato Chips
Salad of the Day	Italian Salad	Yogurt Raita	Mixed Salad	Kachumber salad	Coleslaw
Dessert	Strawberry Sponge Cake Chopped Fruit Salad	Confetti Cake Chopped Fruit Salad	Red Velvet Cake Fresh Cut Fruit	Chocolate chip cake Fresh Cut Fruit	Assorted Pastry Fresh Cut Fruit
Beverage	Fruit Juice or Fresh Milk	Fruit Juice or Fresh Milk	Fruit Juice or Fresh Milk	Fruit Juice or Fresh Milk	Fruit Juice or Fresh Milk

School Cafeteria Meal Plan w/c 10th September



Sunday

Monday

Tuesday

Wednesday

Thursday

Pasta

International Day

Asian

Continental

Eat Street fun day

Main Course	Crispy Chicken Pieces	Slow roasted Beef Pie	Chicken Hakka Noodles	Chicken Quesadilla	Pepperoni Pizza
Side	Mac & Cheese	Roasted Potatoes	Roasted Vegetables	Mexican vegetable Rice	Baked Cajun Potato Wedges
Vegetarian Option	Mac & Cheese	Roasted Vegetable Pie	Vegetable Hakka Noodles	Vegetable Quesadilla	Super Vegetable Pizza
Side	Roasted Veggie Sticks	Seasonal Steamed Vegetables	Roasted Vegetables	Onion, Tomato Salad	Baked Cajun Potato Wedges
Salad of the Day	Mixed Greens Salad	Chopped Salad	Mixed leaf salad	Mixed leaf salad	Coleslaw
Dessert	Raisins and Banana Cake or Fresh Cut Fruit	Iced Sponge cake or fresh cut fruit	Mango Mousse Fresh Cut Fruit	Cookies Fresh Cut Fruit	Assorted Pastry Fresh Cut Fruit
Beverage	Fruit Juice or Fresh Milk	Fruit Juice or Fresh Milk	Fruit Juice or Fresh Milk	Fruit Juice or Fresh Milk	Fruit Juice or Fresh Milk

School Cafeteria Meal Plan w/c 17th September



Sunday

Monday

Tuesday

Wednesday

Thursday

Pasta

International day

Asian

Continental

Eat Street fun day

Main Course

Creamy chicken penne pasta

BBQ pulled Beef

Coconut Curry Chicken

Chicken Co-Que-Vin

Chicken Burgers

Side

Freshly steamed Broccoli and Carrots

Herb & Garlic Potatoes

White Rice

Mashed Potato

Baked Cajun Potatoes

Vegetarian Option

Roasted mixed Vegetables in a rich creamy sauce

Vegetable Chilli Con- carne

Vegetable coconut curry

Vegetable Au Gratin

Mixed Bean Burger

Side

Freshly steamed Broccoli and

Fresh Tortilla bread

White Rice

Mashed Potato

Baked Cajun Potatoes

Salad of the Day

Carrots Green Superfood Salad

Mixed Rocket salad

Garden Salad

Caesar Salad

Coleslaw

Dessert

**Victoria sponge cake
Fresh Cut Fruit**

**Red Velvet Cake
Fresh Cut Fruit**

**Date Cake
Fresh Cut Fruit**

**Panna cotta
Fresh Cut Fruit**

**Assorted Pastry
Fresh Cut Fruit**

Beverage

f or Fresh Milk

**Fruit Juice or
Fresh Milk**

**Fruit Juice or
Fresh Milk**

**Fruit Juice or
Fresh Milk**

**Fruit Juice or
Fresh Milk**

School Cafeteria Meal Plan w/c 24th September



Sunday

Monday

Tuesday

Wednesday

Thursday

Pasta International Day Asian Continental Eat Street fun day

Main Course	Chicken Pasta in a Tomato sauce	Meshtack Beef Kebab	Chicken Shuwa	Chicken & Mushroom Stroganoff	Beef Hotdog in a fresh baked bread roll
Side	Garlic bread slice	Majboos vegetable Rice	Roasted Vegetables	Steamed Rice	Oven Baked Potato Fries.
Vegetarian Option	Roasted Vegetables in Tomato sauce	Meshkak veggie Kebab	Mixed Vegetable Shuwa	Creamy Mushroom Stroganoff	Vegetable sausage served in a fresh baked bread roll
Side	Steamed seasonal vegetables	Seasonal steamed vegetables	Arabic Bread	Seasonal Steamed Vegetables	Oven Baked Potato Fries.
Salad of the Day	Rocket salad	Fatoush Salad	Taboula	Superfood Salad	Coleslaw
Dessert	Moist Banana Cake Chopped fruit	Date cake Chopped cut fruit	Umm Ali Fresh Cut Fruit	Chocolate Sponge cake Fresh cut fruit	Assorted Pastry Fresh Cut Fruit
Beverage	Fruit Juice or Fresh Milk	Fruit Juice or Fresh Milk	Fruit Juice or Fresh Milk	Fruit Juice or Fresh Milk	Fruit Juice or Fresh Milk

School Cafeteria Meal Plan w/c 1st October



Sunday

Monday

Tuesday

Wednesday

Thursday

Pasta

International day

Asian

Continental

Eat Street fun day

Main Course	Beef Bolognaise with spaghetti pasta	Oven Roasted Chicken	Butter Chicken	Beef Turkish Kebab	Beef burger Served on a fresh bread roll
Side	Steamed mixed vegetables	Egg Fried Rice	Steamed Rice & Poppadom	Tortilla bread	Oven baked Potato Chips
Vegetarian Option	Vegetable Bolognaise with spaghetti pasta.	Roasted Vegetables	Paneer in butter curry Sauce	Vegetables kabab	Vegetable Burger served in fresh bread roll
Side	Steamed Mixed vegetables	Egg Fried rice	Steamed Rice & Poppadom	Seasonal Vegetables	Oven baked Potato Chips
Salad of the Day	Rocket Salad	Rainbow Superfood Salad	Cucumber Salad	Carrot & Cucumber stick with Hummus	Homemade Creamy Coleslaw
Dessert	Chocolate brownie or Fresh Cut Fruit	Iced Sponge cake or Fresh Cut Fruit	Fruit mousse Fresh Cut Fruit	Bite size cup cake Fresh Cut Fruit	Assorted Pastry Fresh Cut Fruit
Beverage	Fruit Juice or Fresh Milk	Fruit Juice or Fresh Milk	Fruit Juice or Fresh Milk	Fruit Juice or Fresh Milk	Fruit Juice or Fresh Milk

2023-24

A'soud Global School

Hot Lunches

Term One (3rd September 23 to 21 December 2023)- 75 Days

Grades	Term 1 Fees
G1-G2	OMR 158
G3-G4	OMR 174
G5-G8	OMR 193
G9-G12	OMR 217