



## NAS Dubai, October - Week 2

### Standard Combo Meal AED 20

Inclusive of 1 juice or water

	Sunday	Monday	Tuesday	Wednesday	Thursday
<b>Date</b>	5-Oct-14	6-Oct-14	7-Oct-14	8-Oct-14	9-Oct-14
<b>Salad 1</b>	Thai Beef Salad	Hawaiian Salad	Caprese Salad	Broccoli and Orange Salad	Orange and Beetroot salad
<b>Salad 2</b>	Melon Salad	Asian Noodle Salad	Sweet Potato and Coconut Salad	Green Beans and Carrots Mint Flavoured	Tabbouleh
<b>Salad 3</b>	Cesar salad	German Potato salad	Green Papaya with Greenland Shrimps	Sausage and Potato	Semilona Salad
<b>Salad 4</b>	Five Beans Salad	Cucumber and Yogurt Salad	Eggplant Salad	Mista Salad	Chicken Glass Noodle Salad
<b>Salad 5</b>	Salad Bar and dressing	Salad Bar and dressing	Salad Bar and dressing	Salad Bar and Dressing	Salad Bar and Dressing
<b>Meat</b>	Beef Stroganoff	Meat Balls With Fierry Tomato	-	Beef Goulash	Beef Pie with Red kidney Beans
<b>Fish</b>	-	Fish with Teryaki Sauce	Sweet and Sour Fish	-	Home Made Fish Pie
<b>Poultry</b>	Barbeque Bonless chicken	-	Maple and Garlic Roasted Chicken	Penne Alfredo	-
<b>Vegetirian</b>	Spinach Lasagna	Cream and Chives Potatoes Broccoli	Lentils and Savoury Tomato Rice	Spagetti Primavera	Vegetable Pie
<b>Pasta/ Potatoes</b>	Steamed Rice	-	-	-	-
<b>Side Dish Vegetable</b>	Tofu with Spinach Stew	Garden Vegetable	Stir Fried Vegetables	Broccoli Spears	Garden Peas and Sweetcorn
<b>Side Dish Rice</b>	-	-	-	-	-
<b>Bread / bakery</b>	Bread Selection	Bread Selection	Bread Selection	Bread Selection	Bread Selection
<b>Sweet</b>	Hot Apple Turn Over and Cream	Raspberry Rice Pudding	Rhubarb Crunch and Caramel Custard	Baked Cinnamon Rice	Viennese Tart with Custard
<b>Fruit</b>	Fruits Salad	Fruit Salad	Fruits Salad	Fruit Salad	Fruits Salad



### Junior Combo Meal AED 15

Inclusive of 1 main meal & 1 sweet or fruit

	Sunday	Monday	Tuesday	Wednesday	Thursday
	5-Oct-14	6-Oct-14	7-Oct-14	8-Oct-14	9-Oct-14
<b>Red Meat Combo</b>	Beef Stroganoff, Steamed Rice, Tofu with Spinach Stew, Salad Vegetables & Dessert	Meat Balls With Fierry Tomato, Cream and Chives Potatoes Broccoli, Garden Vegetable , Salad Vegetables & Dessert	Maple and Garlic Roasted Chicken, Lentils and Savoury Tomato Rice, Stir Fried Vegetables, Salad Vegetables & Dessert	Beef Goulash, Broccoli Spears, Salad Vegetables & Dessert	Beef Pie with Red kidney Beans, Garden Peas and Sweetcorn, Salad Vegetables & Dessert
<b>White Meat Combo</b>	Barbeque Bonless chicken, Steamed Rice, Tofu with Spinach Stew, Salad Vegetables & Dessert	Fish with Teryaki Sauce, Cream and Chives Potatoes Broccoli, Garden Vegetable, Salad Vegetables & Dessert	Sweet and Sour Fish, Lentils and Savoury Tomato Rice, Stir Fried Vegetables, Salad Vegetables & Dessert	Penne Alfredo, Broccoli Spears, Salad Vegetables & Dessert	Home Made Fish Pie, Garden Peas and Sweetcorn, Salad Vegetables & Dessert
<b>Vegetrian Combo</b>	Spinach Lasagna, Tofu with Spinach Stew, Salad Vegetables & Dessert	Cream and Chives Potatoes Broccoli, Garden Vegetable, Salad Vegetables & Dessert	Lentils and Savoury Tomato Rice, Stir Fried Vegetables, Salad Vegetables & Dessert	Spagetti Primavera, Broccoli Spears, Salad Vegetables & Dessert	Vegetable Pie, Garden Peas and Sweetcorn, Salad Vegetables & Dessert