



NAS Dubai, October - Week 4					
Standard Combo Meal AED 20					
	Sunday	Monday	Tuesday	Wednesday	Thursday
Date	19-Oct-14	20-Oct-14	21-Oct-14	22-Oct-14	23-Oct-14
Salad 1	Bacon Tomato Salad	Grilled Vegetables	Julienne Beef salad	Mozzarella Salad	Hawaiian salad
Salad 2	Couscous Salad	Persiane Salad	Fish Salad (nile perch)	Broccoli Apple Salad	Vegetable Noodle salad
Salad 3	Zest Mayo Pasta Salad	Chickpeas Salad	Cabbage Salad	Grilled Eggplant Salad	Potato and Egg Salad
Salad 4	Cucumber Leaf Salad	Baby Spinach and Strawberry Salad	Oriental Salad (pursiane salad)	Green Salad with Tomato and Cucumber	Rocca with Roasted Beef
Salad 5	Salad Bar and Dressing	Salad Bar and Dressing	Salad Bar and Dressing	Salad Bar and Dressing	Salad Bar and Dressing
Meat	Stir Fried Beef with Broccoli	-	Irish Lamb Stew	Mexican Sheperds Pie	-
Fish	-	Fish and Seafood Spaghetti Di Mare	-	-	Roasted fish with Pineapple
Poultry	Chicken Sweet and Sour	Roasted Chicken and Garlic	Chicken Blanquette	Spaghetti Alfredo with Chicken	Chicken BBQ Sauce
Vegetarian	Vegetable Muffin	Vegetable Stew	Vegetable Cake	Sauteed Vegetable with Pasta	Pancake of Vegetable
Pasta/ Potatoes	Noodles	Garlic and Corriander Potatoes	-	-	Roasted Sweet potatoes
Side Dish Vegetable	Stir Fried Vegetables	Sauteed Green Beans	Carrot and Turnip stew	Vegetable and Pinto Beans Enchiladas	-
Side Dish Rice	-	-	Steam White Rice	-	-
Bread / bakery	Bread Selection	Bread Selection	Bread Selection	Bread Selection	Bread Selection
Sweet	Rice Pudding	Caramel Fudge cake	New York Cheese Cake	Apple Struddle	Pineapple Upside Down
Fruit	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
Date	19-Oct-14	20-Oct-14	21-Oct-14	22-Oct-14	23-Oct-14
Red Meat Combo	Stir Fried Beef with Broccoli, Noodles, Stir Fried Vegetables, Salad Vegetables & Dessert	Fish and Seafood Spaghetti Di Mare, Garlic and Corriander Potatoes, Sauteed Green Beans, Salad Vegetables & Dessert	Irish Lamb Stew, Vegetable Cake, Steam White Rice, Salad Vegetables & Dessert	Mexican Sheperds Pie, Sauteed Vegetable with Pasta, Salad Vegetables & Dessert	Roasted fish with Pineapple, Roasted Sweet potatoes, Spring Vegetables and Herbs, Salad Vegetables & Dessert
White Meat Combo	Chicken Sweet and Sour, Noodles, Stir Fried Vegetables, Salad Vegetables & Dessert	Roasted Chicken and Garlic, Garlic and Corriander Potatoes, Sauteed Green Beans, Salad Vegetables & Dessert	Chicken Blanquette, Vegetable Cake, Steam White Rice, Salad Vegetables & Dessert	Spaghetti Alfredo with Chicken, Sauteed Vegetable with Pasta, Salad Vegetables & Dessert	Chicken BBQ Sauce, Roasted Sweet potatoes, Spring Vegetables and Herbs, Salad Vegetables & Dessert
Vegetarian Combo	Vegetable Muffin, Stir Fried Vegetables, Salad Vegetables & Dessert	Garlic and Corriander Potatoes, Sauteed Green Beans, Vegetable Stew, Salad Vegetables & Dessert	Vegetable Cake, Carrot and Turnip stew, Steam White Rice, Salad Vegetables & Dessert	Sauteed Vegetable with Pasta, Vegetable and Pinto Beans Enchiladas, Salad Vegetables & Dessert	Pancake of Vegetable, Roasted Sweet potatoes, Spring Vegetables and Herbs, Salad Vegetables & Dessert