



SECONDARY LUNCH MENU

WEEK 1		SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
COMBO MENU	TODAY'S PROTEIN	<u>Chicken Biryani</u> Served with Natural Yoghurt	<u>Beef Cottage Pie</u> With Vegetables & Mashed Potatoes	<u>Salmon Fish Cakes</u> Atlantic Salmon, Herb and Vegetable Patties	<u>Grilled Beef Sausage & Gravy</u> 100% Beef Sausage Served with Gluten Free Gravy	<u>Chicken Chimichangas</u> Pulled Chicken Breast Baked in Puff Pastry
	CHEF'S SPECIAL	Breaded Fish Sticks with Fresh Lemon	Butter Chicken	<u>Mini Cheeseburgers</u> 100% Pure Beef Or Chicken Fillet in Sugar-Free Buns	Grilled Chicken Medallions	<u>Mini Hot Dogs</u> 100% Pure Beef & Chicken Sausage in Sugar-Free Roll
	VEGETARIAN	Broccoli, Cauliflower & Carrot Tempura	<u>Aloo Gobi</u> Mild Potato & Cauliflower	Mini Veggie Burgers in Sugar-Free Buns	<u>Corn Bread Casserole</u> With Tofu, Corn & Beans	Mini Tofu Hot Dogs in Sugar Free Buns
	VEGETABLE SIDE	Roasted Root Vegetables	Steamed Carrots & Zucchini	Broccoli & Cauliflower Cheese	Panache of Summer Vegetables & Mixed Vegetables	Green Beans & Spinach
	RICE	Fried Rice	Veg Biryani	Rice Pilaf	Saffron Rice	Spanish Rice
	POTATO	Roast Potatoes	Sautéed Potatoes	Baby New Potatoes	Mashed Potatoes	Potato Wedges Baked In The Oven
	COMPOSITE SALADS	Asian Coleslaw	Greek Salad	Fattoush	Summer Salad	Apple, Celery & Carrot Salad
		Tossed Salad	Pasta Salad	Potato Salad	Taco Salad	Strawberry & Spinach Salad
	DESSERT	Red Velvet	Chocolate Brownie Mousse	Spicy Mango & Vanilla Slice	Passion Fruit Mousse	Passion Fruit & Raspberry Slice
	FRUIT	Sweet Melon	Orange	Watermelon	Grapes	Pineapple
BEVERAGES	Fusion Waters / Juice					
DAILY LET'S GO LIVE STATION	PASTA	Penne / Spaghetti / Macaroni / Bow Tie				
	SAUCE	Bolognese / Neapolitano / Béchamel				
	BAKED	Mac & Cheese	Beef Lasagna 100% Pure Beef	Meatballs 100% Pure Beef	Veg Lasagna	Mac & Cheese
	SALAD BAR	Tomato Wedges / Iceberg Lettuce / Red Peppers / Red Kidney Beans / Sliced Celery / Lentils / Sliced Boiled Egg / Chicken / Cucumber Slices / Beetroot / Broccoli Florets / Grated Carrot / Grated Sweet Potato / Hummus / Corn Kernels / Black Beans / Lemon Wedges / Sliced Onion / Cheddar Cheese / Parmesan Cheese / Moutable / Kale / Green Peas / Croutons / Mushrooms / Diced Watermelon / Feta Cheese / Tuna / Baba Ganoush / Above Salad Bar Items Will Be Served On Rotation Basis Over The Week				
	SOUP <small>(SERVED WITH BREAD)</small>	Arabic Lentil	Pumpkin	Minestrone	Cream Of Chicken	Roasted Tomato
	POTATOES	Baked Potatoes & Sweet Potatoes with a Variety of Toppings to Choose From				
	PANINI	Build Your Own Sandwich Bar with a Selection of Breads & Fillings				
	ROAST OF THE DAY	Chicken	Beef	Lamb	Chicken	Beef
PIZZA	8 Inch Single Serve Pizzas with a Variety of Healthy Topping Options					
GRAB & GO	Variety of Packaged Sandwiches / Salads / Juices / Fruits / Sushi / Yoghurts / Desserts/ Pastries/ Breakfast Cups					

COMBO MEAL ONE

1X PROTEIN + 1X STARCH + 1X VEGETABLE SIDE DISH OR SALAD + 1X JUICE OR WATER

AED 21

COMBO MEAL TWO

1X PROTEIN + 1X STARCH + 1X VEGETABLE SIDE DISH OR SALAD + 1X FRUIT OR DESSERT + 1X JUICE OR WATER

AED 26

LIVE STATION ONE

1X LET'S GO LIVE MAIN + 1X FRUIT OR DESSERT + 1X JUICE OR WATER

AED 21

LIVE STATION TWO

2X LET'S GO LIVE MAIN + 1X FRUIT OR DESSERT + 1X JUICE OR WATER

AED 26



SECONDARY LUNCH MENU

WEEK 2		SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
COMBO MENU	TODAY'S PROTEIN	<u>Chicken À La King</u> Tender Diced Chicken Breast in a Light Cream Sauce	<u>Grilled Fish Fillet</u> Grilled Fish Of The Day With Fresh Lemon	<u>Goan Fish Curry</u> Very Mild White Fish & Vegetable Curry	<u>Chicken Yakitori</u> Grilled Chicken in a Light Honey & Soy Sauce	<u>Beef Chimichangas</u> Pulled Beef Fillet Baked In Puff Pastry
	CHEF'S SPECIAL	<u>Beef Stroganoff</u> Beef Fillet Strips in a Mushroom Cream Sauce	<u>Chicken Burgers</u> Pure Chicken Fillet in a Sugar-Free Bun	<u>Mongolian Beef</u> Thinly Sliced Beef Fillet With a Light Asian Sauce	Roast Beef With Gravy	<u>Fish Samak Harra</u> Arabic Fish With Mild Samak
	VEGETARIAN	Sweet & Sour Eggplant	Vegetable Spring Rolls - Oven Baked	<u>Vegetable Lo Mein</u> Vegetables & Asian Noodles	<u>Szechuan Eggplant</u> Mild Stir Fried Eggplant	<u>Vegetable Chow Mein</u> Asian Vegetables in a Light Sauce
	VEGETABLE SIDE	Roasted Root Vegetables	Steamed Carrots & Zucchini	Broccoli & Cauliflower Cheese	Panache of Summer Vegetables & Mixed Vegetables	Green Beans & Spinach
	RICE	Fried Rice	Veg Biryani	Rice Pilaf	Saffron Rice	Spanish Rice
	POTATO	Roast Potatoes	Sautéed Potatoes	Baby New Potatoes	Mash Potatoes	Potato Wedges Baked In The Oven
	COMPOSITE SALADS	Asian Coleslaw	Greek Salad	Fattoush	Summer Salad	Apple, Celery And Carrot Salad
		Tossed Salad	Pasta Salad	Potato Salad	Taco Salad	Strawberry & Spinach Salad
	DESSERT	Red Velvet	Chocolate Brownie Mousse	Spicy Mango & Vanilla Slice	Passion Fruit Mousse	Passion Fruit & Raspberry Slice
	FRUIT	Sweet Melon	Orange	Watermelon	Grapes	Pineapple
	BEVERAGES	Fusion Waters / Juice				
DAILY LET'S GO LIVE STATION	PASTA	Penne / Spaghetti / Macaroni / Bow Tie				
	SAUCE	Bolognese / Neapolitano / Béchamel				
	BAKED	Mac & Cheese	Beef Lasagna 100% Pure Beef	Meatballs 100% Pure Beef	Veg Lasagna	Mac & Cheese
	SALAD BAR	Tomato Wedges / Iceberg Lettuce / Red Peppers / Red Kidney Beans / Sliced Celery / Lentils / Sliced Boiled Egg / Chicken / Cucumber Slices / Beetroot / Broccoli Florets / Grated Carrot / Grated Sweet Potato / Hummus / Corn Kernels / Black Beans / Lemon Wedges / Sliced Onion / Cheddar Cheese / Parmesan Cheese / Moutable / Kale / Green Peas / Croutons / Mushrooms / Diced Watermelon / Feta Cheese / Tuna / Baba Ganoush / Above Salad Bar Items Will Be Served On Rotation Basis Over The Week				
	SOUP <small>(SERVED WITH BREAD)</small>	Arabic Lentil	Pumpkin	Minestrone	Cream Of Chicken	Roasted Tomato
	POTATOES	Baked Potatoes & Sweet Potatoes with a Variety of Toppings to Choose From				
	PANINI	Build Your Own Sandwich Bar with a Selection of Breads & Fillings				
	ROAST OF THE DAY	Chicken	Beef	Lamb	Chicken	Beef
PIZZA	8 Inch Single Serve Pizzas with a Variety of Healthy Topping Options					
GRAB & GO	Variety of Packaged Sandwiches / Salads / Juices / Fruits / Sushi / Yoghurts / Desserts/ Pastries/ Breakfast Cups					

COMBO MEAL ONE

1X PROTEIN + 1X STARCH + 1X VEGETABLE SIDE DISH OR SALAD + 1X JUICE OR WATER

AED 21

COMBO MEAL TWO

1X PROTEIN + 1X STARCH + 1X VEGETABLE SIDE DISH OR SALAD + 1X FRUIT OR DESSERT + 1X JUICE OR WATER

AED 26

LIVE STATION ONE

1X LET'S GO LIVE MAIN + 1X FRUIT OR DESSERT + 1X JUICE OR WATER

AED 21

LIVE STATION TWO

2X LET'S GO LIVE MAIN + 1X FRUIT OR DESSERT + 1X JUICE OR WATER

AED 26



SECONDARY LUNCH MENU

WEEK 3		SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
COMBO MENU	TODAY'S PROTEIN	<u>Hawaiian Shoyu Chicken</u> Grilled Chicken & Pineapple	<u>Homemade Meatloaf</u> With 100% Pure Beef & Mushroom Sauce	<u>Chicken Cacciatore</u> Spanish Slow Cooked Chicken Breast With Vegetables	Sweet & Sour Chicken	<u>Chinese Steak</u> Thinly Sliced Beef Strips in a Light Asian Sauce
	CHEF'S SPECIAL	<u>Baked Salmon Fillet</u> With Herb & Cream Sauce	Butter Chicken	<u>Mini Cheeseburgers</u> 100% Pure Beef Or Chicken Fillet in a Sugar-Free Bun	Grilled Cod	<u>Mini Hot Dogs 100%</u> Pure Beef And Chicken Sausage in a Sugar-Free Roll
	VEGETARIAN	<u>Black Bean Cakes</u> With Cajun & Coriander	Spring Vegetable Crêpes	<u>Chimichangas</u> With Beans, Olives, Guacamole & Salsa	<u>Vegan Mac & Cheese</u> Made With Soy Milk	<u>Vegan Tacos</u> With Lettuce, Brown Rice & Beans
	VEGETABLE SIDE	Roasted Root Vegetables	Steamed Carrots & Zucchini	Broccoli & Cauliflower Cheese	Panache of Summer Vegetables & Mixed Vegetables	Green Beans & Spinach
	RICE	Fried Rice	Veg Biryani	Rice Pilaf	Saffron Rice	Spanish Rice
	POTATO	Roast Potatoes	Sautéed Potatoes	Baby New Potatoes	Mash Potatoes	Potato Wedges Baked In The Oven
	COMPOSITE SALADS	Asian Coleslaw	Greek Salad	Fattoush	Summer Salad	Apple, Celery & Carrot Salad
		Tossed Salad	Pasta Salad	Potato Salad	Taco Salad	Strawberry & Spinach Salad
	DESSERT	Red Velvet	Chocolate Brownie Mousse	Spicy Mango & Vanilla Slice	Passion Fruit Mousse	Passion Fruit & Raspberry Slice
	FRUIT	Sweet Melon	Orange	Watermelon	Grapes	Pineapple
BEVERAGES	Fusion Waters / Juice					
DAILY LET'S GO LIVE STATION	PASTA	Penne / Spaghetti / Macaroni / Bow Tie				
	SAUCE	Bolognese / Neapolitano / Béchamel				
	BAKED	Mac & Cheese	Beef Lasagna 100% Pure Beef	Meatballs 100% Pure Beef	Veg Lasagna	Mac & Cheese
	SALAD BAR	Tomato Wedges / Iceberg Lettuce / Red Peppers / Red Kidney Beans / Sliced Celery / Lentils / Sliced Boiled Egg / Chicken / Cucumber Slices / Beetroot / Broccoli Florets / Grated Carrot / Grated Sweet Potato / Hummus / Corn Kernels / Black Beans / Lemon Wedges / Sliced Onion / Cheddar Cheese / Parmesan Cheese / Moutable / Kale / Green Peas / Croutons / Mushrooms / Diced Watermelon / Feta Cheese / Tuna / Baba Ganoush / Above Salad Bar Items Will Be Served On Rotation Basis Over The Week				
	SOUP <small>(SERVED WITH BREAD)</small>	Arabic Lentil	Pumpkin	Minestrone	Cream Of Chicken	Roasted Tomato
	POTATOES	Baked Potatoes & Sweet Potatoes with a Variety of Toppings to Choose From				
	PANINI	Build Your Own Sandwich Bar with a Selection of Breads & Fillings				
	ROAST OF THE DAY	Chicken	Beef	Lamb	Chicken	Beef
PIZZA	8 Inch Single Serve Pizzas with a Variety of Healthy Topping Options					
GRAB & GO	Variety of Packaged Sandwiches / Salads / Juices / Fruits / Sushi / Yoghurts / Desserts/ Pastries/ Breakfast Cups					

COMBO MEAL ONE

1X PROTEIN + 1X STARCH + X VEGETABLE SIDE DISH OR SALAD + 1X JUICE OR WATER

AED 21

COMBO MEAL TWO

1X PROTEIN + 1X STARCH + 1X VEGETABLE SIDE DISH OR SALAD + 1X FRUIT OR DESSERT + 1X JUICE OR WATER

AED 26

LIVE STATION ONE

1X LET'S GO LIVE MAIN + 1X FRUIT OR DESSERT + 1X JUICE OR WATER

AED 21

LIVE STATION TWO

2X LET'S GO LIVE MAIN + 1X FRUIT OR DESSERT + 1X JUICE OR WATER

AED 26



SECONDARY LUNCH MENU

WEEK 4		SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
COMBO MENU	TODAY'S PROTEIN	<u>Chicken Tikka Masala</u> Tender Chicken in a Light Tomato Gravy	<u>Tuscan Chicken</u> Grilled Chicken Breast, Artichoke & Palm Hearts	<u>Slow Cooked Pot Roast</u> Slow Cooked Beef & Vegetables	<u>Grilled Beef Sausage & Gravy</u> 100% Beef Sausage Served with Gluten Free Gravy	<u>Teriyaki Chicken</u> Oven Baked Chicken Breast, Lightly Marinated in Honey & Soy
	CHEF'S SPECIAL	Oven Baked Breaded Fish Sticks with Fresh Lemon	<u>Chicken Parmigiana</u> Breaded Chicken Breast, Tomato Turkey Ham & Mozzarella	<u>Chicken Burgers</u> Pure Chicken Fillet in a Sugar Free Burger Bun	Boneless Roast Chicken	Grilled Salmon in a Light Cream Sauce
	VEGETARIAN	Tofu, Carrots & Broccoli Tempura	Vegan Frittata With Tofu, Soy, Potato, Onion, Shallots & Spinach	Tso's Tofu Asian Inspired Wok Cooked Tofu with Asian Vegetables	Corn Bread Casserole with Tofu, Corn & Beans	Stir-Fried Tofu Noodles with Carrots, Bean Sprouts & Green Beans
	VEGETABLE SIDE	Roasted Root Vegetables	Steamed Carrots & Zucchini	Broccoli & Cauliflower Cheese	Panache of Summer Vegetables & Mixed Vegetables	Green Beans & Spinach
	RICE	Fried Rice	Veg Biryani	Rice Pilaf	Saffron Rice	Spanish Rice
	POTATO	Roast Potatoes	Sautéed Potatoes	Baby New Potatoes	Mash Potatoes	Potato Wedges Baked In The Oven
	COMPOSITE SALADS	Asian Coleslaw	Greek Salad	Fattoush	Summer Salad	Apple, Celery & Carrot Salad
		Tossed Salad	Pasta Salad	Potato Salad	Taco Salad	Strawberry & Spinach Salad
	DESSERT	Red Velvet	Chocolate Brownie Mousse	Spicy Mango & Vanilla Slice	Passion Fruit Mousse	Passion Fruit & Raspberry Slice
	FRUIT	Sweet Melon	Orange	Watermelon	Grapes	Pineapple
BEVERAGES	Fusion Waters / Juice					
DAILY LET'S GO LIVE STATION	PASTA	Penne / Spaghetti / Macaroni / Bow Tie				
	SAUCE	Bolognese / Napolitano / Béchamel				
	BAKED	Mac & Cheese	Beef Lasagna 100% Pure Beef	Meatballs 100% Pure Beef	Veg Lasagna	Mac & Cheese
	SALAD BAR	Tomato Wedges / Ice Burg Lettuce / Red Peppers / Red Kidney Beans / Sliced Celery / Lentils / Sliced Boiled Egg / Chicken / Cucumber Slices / Beetroot / Broccoli Florets / Grated Carrot / Grated Sweet Potato / Hummus / Corn Kernels / Black Beans / Lemon Wedges / Sliced Onion / Cheddar Cheese / Parmesan Cheese / Moutable / Kale / Green Peas / Croutons / Mushrooms / Diced Watermelon / Feta Cheese / Tuna / Baba Ganoush / Above Salad Bar Items Will Be Served On Rotation Basis Over The Week				
	SOUP <small>(SERVED WITH BREAD)</small>	Arabic Lentil	Pumpkin	Minestrone	Cream Of Chicken	Roasted Tomato
	POTATOES	Baked Potatoes & Sweet Potatoes with a Variety of Toppings to Choose From				
	PANINI	Build Your Own Sandwich Bar with a Selection of Breads & Fillings				
	ROAST OF THE DAY	Chicken	Beef	Lamb	Chicken	Beef
PIZZA	8 Inch Single Serve Pizzas with a Variety of Healthy Topping Options					
GRAB & GO	Variety of Packaged Sandwiches / Salads / Juices / Fruits / Sushi / Yoghurts / Desserts/ Pastries/ Breakfast Cups					

COMBO MEAL ONE

1X PROTEIN + 1X STARCH + 1X VEGETABLE SIDE DISH OR SALAD + 1X JUICE OR WATER

AED 21

COMBO MEAL TWO

1X PROTEIN + 1X STARCH + 1X VEGETABLE SIDE DISH OR SALAD + 1X FRUIT OR DESSERT + 1X JUICE OR WATER

AED 26

LIVE STATION ONE

1X LET'S GO LIVE MAIN + 1X FRUIT OR DESSERT + 1X JUICE OR WATER

AED 21

LIVE STATION TWO

2X LET'S GO LIVE MAIN + 1X FRUIT OR DESSERT + 1X JUICE OR WATER

AED 26