



### NAS Dubai, October - Week 3

#### Standard Combo Meal AED 20

Inclusive of 1 juice or water

	Sunday	Monday	Tuesday	Wednesday	Thursday
Date	12-Oct-14	13-Oct-14	14-Oct-14	15-Oct-14	16-Oct-14
<b>Salad 1</b>	Bocconcini Tomato and Fresh Basil Salad	Caramalised Watermelon with Feta	Cantaloupe Salad with Lime, Mint, and Ginger	Italian Lentil Salad	Greek Salad
<b>Salad 2</b>	Beans and Onion salad	Orange Grapefruit Chicken Salad	Hummus Beiruti	Vegetable Salad	Fish with Grapefruit Vinaigrette
<b>Salad 3</b>	Niscoise	Avacado and Shrimps Salad	Yoghurt Mint and Cucumber	Carrot With Orange	Tsazki Cucumber
<b>Salad 4</b>	Chef's Salad	Roasted Eggplant with Beans	Three Beans salad	Wild Rocket and Cherry Tomato	Thai Marinated Chicken Mince
<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 Scalops	Beef Steak with Onion Gravy		Roast Lamb with Herb Juice	-
<b>Fish</b>	Seafood Palela	-	Fish Milanaise with Light Tomato Sauce	Grilled Fish with Fennel and Orange	Fish Moussaka
<b>Poultry</b>	-	Chicken Breast Roulade (stuffed with vegetable)	Chicken Parmegiano	-	Chicken Moussaka
<b>Vegetarian</b>	Baked Breaded Vegetable sticks	Onion and Cheese Tart	Beans Stew	Vegetable Tian	Vegetable Moussaka
<b>Pasta/ Potatoes</b>	Buttered Potatoes	Mashed Potato	Classic Baked Macaroni	Potato Croquettes	-
<b>Side Dish Vegetable</b>	-	Pan Fried Seasonal Vegetables	-	Lemon and Garlic Broccoli	Greek of Vegetables
<b>Side Dish Rice</b>	-	-	Safron Rice	-	White Rice
<b>Bread / bakery</b>	Bread Selection	Bread Selection	Bread Selection	Bread Selection	Bread Selection
<b>Sweet</b>	Caramel Flan	Carrot cake	Mango Mousse	Bannana Cake	Clafoutis
<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
Date	12-Oct-14	13-Oct-14	14-Oct-14	15-Oct-14	16-Oct-14
<b>Red Meat Combo</b>	Beef Scalops, Baked Breaded vegetable Sticks, Buttered Potatoes, Salad Vegetables & Dessert	Chicken Breast Roulade, Onion and Cheese Tart, Pan Fried Seasonal Vegetables, Salad Vegetables & Dessert	Fish Milanaise with Light Tomato Sauce, Classic Baked Macaroni, safron Rice, Salad Vegetables & Dessert	Roast Lamb with Herb Juice, Vegetable Tian, Potato Croquettes, Salad Vegetables & Dessert	Chicken Moussaka, Vegetable Moussaka, Greek of Vegetables, Salad Vegetables & Dessert
<b>White Meat Combo</b>	Seafood Palela, Baked Breaded vegetable Sticks, Buttered Potatoes, Salad Vegetables & Dessert	Beef Steak with Onion Gravy, Mashed Potato, Pan Fried Seasonal Vegetables, Salad Vegetables & Dessert	Chicken Parmegiano, Classic Baked Macaroni, Safron Rice, Salad Vegetables & Dessert	Grilled Fish with Fennel and Orange, Vegetable Tian, Potato Croquettes, Salad Vegetables & Dessert	Fish Moussaka, Vegetable Moussaka, Greek of Vegetables, Salad Vegetables & Dessert
<b>Vegetarian Combo</b>	Baked Breaded vegetable Sticks, Buttered Potatoes, Salad Vegetables & Dessert	Pan Fried Seasonal Vegetables, Onion and Cheese Tart, Mashed Potato, Salad Vegetables & Dessert	Classic Baked Macaroni, Beans Stew, Safron Rice, Salad Vegetables & Dessert	Lemon and Garlic Broccoli, Vegetable Tian, Potato Croquettes, Salad Vegetables & Dessert	Vegetable Moussaka, Greek of Vegetables, White Rice, Salad Vegetables & Dessert