

Lunch Menu

**MONDAY
CHICKEN**

Starter

Main Regular

Main Vegetarian

Dessert

OCT 31 - NOV 03



NOV 7 - NOV 10

NOV 14 - NOV 17

NOV 21 - NOV 24

28 NOV - NOV 30

Starter

Main Regular

Main Vegetarian

Dessert

Hummus / Homemade Soup

Beef Stew with Barley

Seasonal Veggie Stew with Barley

Fruit Yogurt

Cheese and Crackers /
Homemade Soup

Beef Stuffed Potato

Bean Stuffed Potato

Fruit Yogurt

Mozzarella and Tomato Toastie /
Homemade Soup

Braised Beef with Bulgur

Cauliflower Gratin with Bread Roll

Fruit Yogurt

Cucumber Sticks / Homemade Soup

Meat Balls with Tomato Sauce with Steamed Rice

Quinoa Balls in Tomato Sauce with Steamed Rice

Fruit Yogurt

Lettuce Salad / Homemade Soup

Mild Chili con with Brown Rice

Vegetarian Chili with Brown Rice

Fruit Yogurt

Starter

Main Vegetarian

Dessert

Baby Carrots

Penne with Broccoli Sauce /
Pasta Bar

Fruit Salad

Green Beans

Baked Pasta /
Pasta Bar

Fruit Salad

Shredded Carrots

Pasta Caprese /
Pasta Bar

Fruit Salad

Edamame

Zucchini Mac and Cheese /
Pasta Bar

Fruit Salad

Steamed Veggies

Penne with Tomato and Spinach Sauce /
Pasta Bar

Fruit Salad

Starter

Main Regular

Main Vegetarian

Dessert

Corn on the Cob

Chicken Burrito

Veggie Burrito

Tres Leches



Edamame

Teriyaki Salmon with Japanese Rice

Teriyaki Tofu with Japanese Rice

Matcha Cake



Lentil Salad

Beef Bourguignon Stew with Mashed Potato

Mushroom Quiche with Garden Salad

Eclair



Chickpea Salad

Arabic Mix Grill with Vermicelli Rice

Vegetarian Machboos

Um Ali

