



SWISSCANONICA  
*Gourmet Food*

# LUNCH MENU

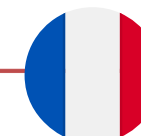
		Aug 25 – Aug 28	Sep 1 – Sep 4	Sep 8 – Sep 11	Sep 15– Sep 18
<b>Monday</b> <b>(Beef)</b>	Starter	Green Peas	Cheese And Crackers	Roasted Courgetti	Steamed Baby Carrots
	Main Course	Meatballs in Tomato Sauce, Steam Rice	Pepperoni Pizza, Salad of the day	Beef Burger, Sweet Potato Wedges	Char Siu Beef with Gravy, Steamed Rice
	Main Vegetarian	Falafel Balls in Tomato Sauce, Mashed Potatoes	Margarita Pizza, Salad of the day	Vegetarian Burger, Sweet Potato Wedges	Char Siu Tofu with Vegetables, Steamed Rice
	Dessert	Koala Blueberry muffin	Koala Vanilla Cookies	Koala Strawberry Muffin	Koala Honey Oat Cookies
<b>Tuesday</b> <b>(Chicken)</b>	Starter	Cucumber Sticks	Roasted Pumpkin	Cherry Tomatoes	Sweet Potato
	Main Course	Chicken breast with Steamed Broccoli and Mashed potatoes	Asian Orange and Honey Chicken, Stir Fry Rice	Glazed Chicken Thighs, Rice	French Chicken Stew Sauce Blanc , Couscous
	Main Vegetarian	Soya bean Vegetable Stew, Steamed Rice	Cauliflower & Chickpea Curry, Stir Fry Rice	Cauliflower Gratin Focaccia Bread	Chickpeas Moroccan Vegetarian Couscous
	Dessert	Yogurt with Strawberry Compote	Yogurt with Apple Compote	Yogurt with Pear Compote	Yogurt with Mango Compote
<b>Wednesday</b> <b>(Pasta)</b>	Starter Main	Edamame Beans	Steamed Garden Vegetables	Steamed Sweet Corn	Steamed Cauliflower
	Main Vegetarian	Pasta Bar served with Choice of Chicken Ragu, Tomato Sauce or Bechamel Sauce	Pasta Bar served with Choice of Pink Sauce, Tomato Sauce or Bechamel Sauce	Pasta Bar served with Choice of Ratatouille sauce, Tomato Sauce or Bechamel Sauce	Pasta Bar served with Choice of Mushroom Sauce, Tomato Sauce or Bechamel Sauce
	Dessert	Fruit of the Day	Fruit of the Day	Fruit of the Day	Fruit of the Day
<b>Thursday</b> <b>(Theme day)</b>	Starter	Mozzarella Sticks	Veg Samboussek	Steamed Vegetables	Swiss Vegetable Casserole
	Country Day	Lasagna, Salad of the day	Lebanon Oven Baked Chicken Potato With Vermicelli Rice	Beef–Stuffed Potatoes (Jacket Potatoes)	Emince de Poulet, Tagliatelle Pasta
	Main Vegetarian	Vegetarian Gnocchi Sorrentino, Salad of the day	Lebanese Green beans Vermicelli Rice	Vegetable–Stuffed Potatoes (Jacket Potatoes)	Swiss Zucchini Boats, Tagliatelle Pasta
	Dessert	Tiramisu per Bambini	Mohallabia with Raisins	Sponge Cake with Lemon Custard	Strawberry Swiss Roll





# LUNCH MENU

		Sep 22 – Sep 25	Sep 29 – Oct 2	Oct 6 – Oct 9	Oct 13 – Oct 16
<b>Monday</b> <b>(Beef)</b>	Starter	Green Beans	Sweet Corn	Green Peas	Cheese And Crackers
	Main Course	Beef Mince Rolls, Tomato Sauce, Rice	Braised Beef, Orzo Pasta	Meatballs in Tomato Sauce, Steam Rice	Pepperoni Pizza, Salad of the day
	Main Vegetarian	Black Bean Vegetable Goulash, Rice	Crispy Veggie Balls, Mushroom Sauce, Orzo	Falafel Balls in Tomato Sauce, Mashed Potatoes	Margarita Pizza, Salad of the day
	Dessert	Koala Vanilla Muffin	Koala Cranberry Cookies	Koala Blueberry muffin	Koala Vanilla Cookies
<b>Tuesday</b> <b>(Chicken)</b>	Starter	Steamed Broccoli	Chickpea Hummus with Arabic Bread	Cucumber Sticks	Roasted Pumpkin
	Main Course	Homemade Chicken Nuggets, Potato Wedges	Broccoli Teriyaki Chicken, Jasmine Sticky Rice	Chicken breast with Steamed Broccoli and Mashed potatoes	Asian Orange and Honey Chicken, Stir Fry Rice
	Main Vegetarian	Parmigiana di Melanzane, Bread Roll	Teriyaki Tofu, Jasmine Sticky Rice	Soya bean Vegetable Stew, Steamed Rice	Cauliflower & Chickpea Curry, Stir Fry Rice
	Dessert	Yogurt with Rock Melon Compote	Yogurt with Cocktail Compote	Yogurt with Strawberry Compote	Yogurt with Apple Compote
<b>Wednesday</b> <b>(Pasta)</b>	Starter Main	Carrots and Peas	Steamed Cauliflower	Edamame Beans	Steamed Garden Vegetables
	Main Vegetarian	Pasta Bar served with Choice of Beef Bolognese, Tomato Sauce or Bechamel Sauce	Pasta Bar served with Choice of Pesto Sauce, Tomato Sauce or Bechamel Sauce	Pasta Bar served with Choice of Chicken Ragu, Tomato Sauce or Bechamel Sauce	Pasta Bar served with Choice of Pink Sauce, Tomato Sauce or Bechamel Sauce
	Dessert	Fruit of the Day	Fruit of the Day	Fruit of the Day	Fruit of the Day
<b>Thursday</b> <b>(Theme day)</b>	Starter	Thai Spring Roll	Sauteed Red Cabbage	Steamed Veggie Dumplings	Glazed Carrots & French Beans
	Country Day	Prawn Green Curry, Thai Sticky Rice	German Beef Sausage, Caramelized Onion, Pretzel Stick, Roast Potato	Stir Fry Chicken, Jasmine Rice	Beef Bourguignon Stew, Mashed Potato
	Main Vegetarian	Paneer Spring Vegetable, Green Curry, Thai Sticky Rice	Vegetable Bratwurst, Caramelized Onion, Pretzel Stick, Grilled Beans, Roast Potato	Tofu Stir Fry Vegetables, Jasmine Rice	Mushroom Quiche, Garden Salad
	Dessert	Coconut Pudding	Mini German Donut	Mango Tapioca Pudding	Éclair





# LUNCH MENU

		Oct 20 – Oct 23	Oct 27– Oct 30	Nov 03– Nov 06	Nov 10– Nov 13
<b>Monday</b>  <b>(Beef)</b>	Starter	Roasted Courgetti	Steamed Baby Carrots	Green Beans	Sweet Corn
	Main Course	Beef Burger, Sweet Potato Wedges	Char Siu Beef with Gravy, Steamed Rice	Beef Mince Rolls, Tomato Sauce, Rice	Braised Beef, Orzo Pasta
	Main Vegetarian	Vegetarian Burger, Sweet Potato Wedges	Char Siu Tofu with Vegetables, Steamed Rice	Black Bean Vegetable Goulash, Steamed Rice	Crispy Veggie Balls, Mushroom Sauce, Orzo
	Dessert	Koala Strawberry Muffin	Koala Honey Oat Cookies	Koala Vanilla Muffin	Koala Cranberry Cookies
<b>Tuesday</b>  <b>(Chicken)</b>	Starter	Cherry Tomatoes	Sweet Potato	Steamed Broccoli	Chickpea Hummus with Arabic Bread
	Main Course	Glazed Chicken Thighs, Rice	French Chicken Stew Sauce Blanc, Couscous	Homemade Chicken Nuggets, Potato Wedges	Broccoli Teriyaki Chicken, Jasmine Sticky Rice
	Main Vegetarian	Cauliflower Gratin, Focaccia Bread	Chickpeas Moroccan Vegetarian Couscous	Parmigiana di Melanzane, Bread Roll	Teriyaki Tofu, Jasmine Sticky Rice
	Dessert	Yogurt with Pear Compote	Yogurt with Mango Compote	Yogurt with Rock Melon Compote	Yogurt with Cocktail Compote
<b>Wednesday</b>  <b>(Pasta)</b>	Starter Main	Steamed Sweet Corn	Steamed Cauliflower	Carrots and Peas	Steamed Cauliflower
	Main Vegetarian	Pasta Bar served with Choice of Ratatouille sauce, Tomato Sauce or Bechamel Sauce	Pasta Bar served with Choice of Mushroom Sauce, Tomato Sauce or Bechamel Sauce	Pasta Bar served with Choice of Beef Bolognese, Tomato Sauce or Bechamel Sauce	Pasta Bar served with Choice of Pesto Sauce, Tomato Sauce or Bechamel Sauce
	Dessert	Fruit of the Day	Fruit of the Day	Fruit of the Day	Fruit of the Day
<b>Thursday</b>  <b>(Theme day)</b>	Starter	Papadum with Dal	Japanese Shredded Salad	Dumpling	Corn on the Cob
	Country Day	Butter Chicken, Basmati Rice	Teriyaki Salmon, Japanese Rice	Beef Stroganoff, Flat Noodles (tagliatelle)	Chicken Taco, Beans, Rice
	Main Vegetarian	Chickpeas and Cauliflower Curry, Basmati Rice	Teriyaki Tofu, Japanese Rice	Vegetable Stroganoff, Flat Noodles (tagliatelle)	Veggie Taco, Beans, Rice
	Dessert	Gulab Jamun	Matcha Cake	Napoleon Honey Cake	Tres Leches





# LUNCH MENU

		Nov 17– Nov 20	Nov 24– Nov 27	Dec 1– Dec 4	Dec 8– Dec 11
<b>Monday</b> <b>(Beef)</b>	Starter	Green Peas	Cheese And Crackers	Roasted Courgetti	Steamed Baby Carrots
	Main Course	Meatballs in Tomato Sauce, Steam Rice	Pepperoni Pizza, Salad of the day	Beef Burger, Sweet Potato Wedges	Char Siu Beef with Gravy, Steamed Rice
	Main Vegetarian	Falafel Balls in Tomato Sauce, Mashed Potatoes	Margarita Pizza, Salad of the day	Vegetarian Burger, Sweet Potato Wedges	Char Siu Tofu with Vegetables, Steamed Rice
	Dessert	Koala Blueberry muffin Cucumber Sticks	Koala Vanilla Cookies Roasted Pumpkin	Koala Strawberry Muffin Cherry Tomatoes	Koala Honey Oat Cookies Sweet Potato
<b>Tuesday</b> <b>(Chicken)</b>	Starter	Chicken breast with Steamed Broccoli and Mashed potatoes	Asian Orange and Honey Chicken, Stir Fry Rice	Glazed Chicken Thighs, Rice	French Chicken Stew Sauce Blanc , Couscous
	Main Course	Soya bean Vegetable Stew, Steamed Rice	Cauliflower & Chickpea Curry, Stir Fry Rice	Cauliflower Gratin, Focaccia Bread	Chickpeas Moroccan Vegetarian Couscous
	Dessert	Yogurt with Strawberry Compote	Yogurt with Apple Compote	Yogurt with Pear Compote	Yogurt with Mango Compote
<b>Wednesday</b> <b>(Pasta)</b>	Starter Main	Edamame Beans	Steamed Garden Vegetables	Steamed Sweet Corn	Steamed Cauliflower
	Main Vegetarian	Pasta Bar served with Choice of Chicken Ragu, Tomato Sauce or Bechamel Sauce	Pasta Bar served with Choice of Pink Sauce, Tomato Sauce or Bechamel Sauce	Pasta Bar served with Choice of Ratatouille sauce, Tomato Sauce or Bechamel Sauce	Pasta Bar served with Choice of Mushroom Sauce, Tomato Sauce or Bechamel Sauce
	Dessert	Fruit of the Day	Fruit of the Day	Fruit of the Day	Fruit of the Day
<b>Thursday</b> <b>(Theme day)</b>	Starter	Mozzarella Sticks	Veg Samboussek	Chickpea Salad	Mix Roast Root Vegetables
	Country Day	Lasagna, Salad of the day	Lebanon Oven Baked Chicken Potato With Vermicelli Rice	Chicken Madhbi with Bukhari Rice	Roast Turkey with Cranberry Sauce, Roast Potato
	Main Vegetarian	Vegetarian Gnocchi Sorrentino, Salad of the day	Lebanese Green beans Vermicelli Rice	Vegetable Thareed with Bukhari Rice	Vegetable Loaf with cranberry sauce, Roast Potato
	Dessert	Tiramisu per Bambini	Mohallabia with Raisins	Um Ali	Mince Pie

