



WEEKLY LUNCH MENU

30th Aug - 03rd Sep (Allergens in Red)

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	PASTA	INTERNATIONAL DAY	LOCAL FLAVOURS	THE AMERICAS	FUN DAY
MAIN COURSE	CHICKEN, SUNDRIED TOMATO & PESTO PENNE GLUTEN & DAIRY	NORTH AFRICAN MEATBALLS	CHICKEN MARAQ	SLOW ROASTED BBQ BRISKET WITH CHIMMICHURRI GLUTEN	MEXICAN CHARRED CHICKEN BURRITO EGG & GLUTEN
SIDE	SUMMER ITALIAN VEGETABLES	SMOKEY POTATO WEDGES	FRAGRANT RICE PILAF	HERBY MASHED POTATOES DAIRY	NACHO & CHEDDAR BAKE DAIRY
VEGETARIAN OPTION	SUNDRIED TOMATO & PESTO PENNE GLUTEN & DAIRY	CHICKPEA FALAFELS WITH CILANTRO & LIME GLUTEN	VEGGIE MARAQ	BBQ MUSHROOM SKEWERS WITH GREEN PEPPERS	VEGETABLE MEXICAN TACO EGG & GLUTEN
SIDE	SUMMER ITALIAN VEGETABLES	SMOKEY POTATO WEDGES	FRAGRANT RICE PILAF	HERBY MASHED POTATOES DAIRY	NACHO & CHEDDAR BAKE EGG & DAIRY
SALAD OF THE DAY	TOMATO, CUCUMBER & FETA SALAD DAIRY	CAPSICUM, DATE & CHICKPEA SALAD	SUMMER CORN & PEAR SALAD	SUPERFOOD SALAD	CORN, SPRING ONION & TOMATO SALAD
DESSERT	APPLE CRUMBLE EGG, GLUTEN & DAIRY FRESH FRUIT SALAD	DATE CAKE GLUTEN, EGG & DAIRY CHOPPED CUT FRUIT	CHOCOLATE CRINKLE BROWNIE GLUTEN, EGG & DAIRY FRESH CUT FRUIT	CHOCOLATE SPONGE DAIRY, EGG & GLUTEN FRESH CUT FRUIT	ASSORTED PASTRY DAIRY, EGG & GLUTEN FRESH CUT FRUIT
BEVERAGE	FRUIT JUICE OR FRESH MILK DAIRY	FRUIT JUICE OR FRESH MILK DAIRY	FRUIT JUICE OR FRESH MILK DAIRY	FRUIT JUICE OR FRESH MILK DAIRY	FRUIT JUICE OR FRESH MILK DAIRY



WEEKLY LUNCH MENU

06th Sep - 10th Sep (Allergens in Red)

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	LOCAL FLAVOURS	MEDITERRANEAN	ARABIAN	TASTE OF INDIA	FUN DAY
MAIN COURSE	OMANI BEEF QABOOL	GRILLED LEMON & HERB CHICKEN	MEATY KOFTAS WITH CUMIN & GARLIC	FRAGRANT BUTTER CHICKEN DAIRY	BEEF BURGER DAIRY, EGG & GLUTEN
SIDE	FRAGRANT RICE	ROASTED GREEK POTATOES DAIRY	MOZZARELLA & HERB PASTA BAKE GLUTEN & DAIRY	LEMONY RICE & POPPADOM GLUTEN	ROASTED POTATO CHIPS
VEGETARIAN OPTION	VEGETABLE QABOOL	ZUCCHINI FRITTERS LEMON & HERBS GLUTEN	CHICKPEA FALAFELS WITH CILANTRO & LIME EGG	PANEER BUTTER CURRY DAIRY	VEGETABLE BURGERS WITH GARLIC MAYO DAIRY, EGG & GLUTEN
SIDE	FRAGRANT RICE	ROASTED GREEK POTATOES DAIRY	MOZZARELLA & HERB PASTA BAKE DAIRY & GLUTEN	LEMONY RICE & POPPADOM GLUTEN	ROASTED POTATO CHIPS
SALAD OF THE DAY	BUTTERNUT & QUINOA SALAD	APPLE, FETA & CELERY SALAD DAIRY & APPLE	POMEGRANATE & MINT SALAD	BEETROOT RAITA SALAD DAIRY	ASIAN COLESLAW EGG
DESSERT	CHOCOLATE BROWNIE GLUTEN, EGG & DAIRY FRESH CUT FRUIT	ICED SPONGE CAKE EGG, DAIRY & GLUTEN FRESH CUT FRUIT	FRUIT MOUSSE DAIRY FRESH CUT FRUIT	BITE SIZE CUPCAKE GLUTEN, EGG & DAIRY FRESH CUT FRUIT	ASSORTED PASTRY GLUTEN, EGG & DAIRY FRESH CUT FRUIT
BEVERAGE	FRUIT JUICE OR FRESH MILK DAIRY	FRUIT JUICE OR FRESH MILK DAIRY	FRUIT JUICE OR FRESH MILK DAIRY	FRUIT JUICE OR FRESH MILK DAIRY	FRUIT JUICE OR FRESH MILK DAIRY



WEEKLY LUNCH MENU

13th Sep - 17th Sep (Allergens in Red)

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	LOCAL FLAVOURS	BRITAIN	THE PACIFICS	PASTA	FUN DAY
MAIN COURSE	CHICKEN MACHBOOS	ENGLISH BEEF & ONION PIE GLUTEN	HAWAIIAN SHOYU CHICKEN SOY SAUCE	BEEF & MOZZARELLA LASAGNE GLUTEN & DAIRY	CHICKEN SHAWARMA GLUTEN & EGG
SIDE	FRAGRANT RICE	CREAMY MASHED POTATOES DAIRY	TROPICAL COCONUT RICE	ROASTED ROOT VEGGIES	MOZZARELLA POTATO BAKE DAIRY
VEGETARIAN OPTION	VEGETABLE MACHBOOS	VEGETARIAN POT PIE GLUTEN	BBQ CORN SHOYU SOY SAUCE	GRILLED VEGETABLE LASAGNA GLUTEN & DAIRY	VEGETABLE SHAWARMA GLUTEN
SIDE	FRAGRANT RICE	CREAMY MASHED POTATOES DAIRY	TROPICAL COCONUT RICE	ROASTED ROOT VEGGIES	MOZZARELLA POTATO BAKE DAIRY
SALAD OF THE DAY	TOMATO, FETA & CUCUMBER SALAD DAIRY	CORONATION SALAD EGG	JAPANESE CUCUMBER & BEAN SALAD GREEN BEANS	APPLE AND FETA CELERY SALAD DAIRY	FATTOUSH SALAD GLUTEN
DESSERT	STRAWBERRY SPONGE GLUTEN, EGG & DAIRY FRESH FRUIT	CONFETTI CAKE GLUTEN, EGG & DAIRY FRUIT SALAD	RED VELVET CAKE GLUTEN, EGG & DAIRY FRESH FRUIT SALAD	CHOC CHIP CAKE GLUTEN, EGG & DAIRY FRUIT SALAD	MANGO MOUSSE EGG & DAIRY FRESH FRUIT SALAD
BEVERAGE	FRUIT JUICE OR FRESH MILK DAIRY	FRUIT JUICE OR FRESH MILK DAIRY	FRUIT JUICE OR FRESH MILK DAIRY	FRUIT JUICE OR FRESH MILK DAIRY	FRUIT JUICE OR FRESH MILK DAIRY



WEEKLY LUNCH MENU

20th Sep - 24th Sep (Allergens in Red)

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	PASTA	LOCAL FLAVOURS	ASIAN	THE MOUNTAINS	FUN DAY
MAIN COURSE	GRILLED CHICKEN MAC & CHEESE GLUTEN & DAIRY	BEEF SHUWA	CHICKEN PAD THAI	MONGOLIAN BEEF WITH GINGER	PEPPERONI PIZZA GLUTEN & DAIRY
SIDE	SPRING ITALIAN VEG	MANDI RICE	STIR FRIED PENNE GLUTEN	ASIAN RICE	CAJUN POTATO WEDGES
VEGETARIAN OPTION	MACARONI & CHEESE GLUTEN & DAIRY	VEGETABLE SHUWA	VEGETABLE PAD THAI	MONGOLIAN STIR FRY WITH GINGER	MARGARITA PIZZA GLUTEN & DAIRY
SIDE	SPRING ITALIAN VEG	MANDI RICE	STIR FRIED PENNE GLUTEN	ASIAN RICE	CAJUN POTATO WEDGES
SALAD OF THE DAY	TOMATO PANZANELLA SALAD GLUTEN	NUT FREE WALDORF EGG & DAIRY	ASIAN SLAW EGG	NACHO SALAD	COLESLAW EGG
DESSERT	RAISINS AND BANANA CAKE DAIRY, EGG & GLUTEN FRESH FRUIT SALAD	ICED SPONGE CAKE GLUTEN, EGG & DAIRY FRESH FRUIT SALAD	MANGO MOUSSE DAIRY FRESH FRUIT SALAD	COOKIES GLUTEN, EGG & DAIRY FRESH FRUIT SALAD	ASSORTED PASTRY GLUTEN, EGG & DAIRY FRESH FRUIT SALAD
BEVERAGE	FRUIT JUICE OR FRESH MILK DAIRY	FRUIT JUICE OR FRESH MILK DAIRY	FRUIT JUICE OR FRESH MILK DAIRY	FRUIT JUICE FRESH MILK DAIRY	FRUIT JUICE OR FRESH MILK DAIRY



WEEKLY LUNCH MENU

27th Sep - 01st Oct (Allergens in Red)

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	PASTA	INTERNATIONAL DAY	LOCAL FLAVOURS	THE AMERICAS	FUN DAY
MAIN COURSE	CHICKEN, SUNDRIED TOMATO & PESTO PENNE GLUTEN & DAIRY	NORTH AFRICAN MEATBALLS	CHICKEN MARAQ	SLOW ROASTED BBQ BRISKET WITH CHIMMICHURRI GLUTEN	MEXICAN CHARRED CHICKEN BURRITO EGG & GLUTEN
SIDE	SUMMER ITALIAN VEGETABLES	SMOKEY POTATO WEDGES	FRAGRANT RICE PILAF	HERBY MASHED POTATOES DAIRY	NACHO & CHEDDAR BAKE DAIRY
VEGETARIAN OPTION	SUNDRIED TOMATO & PESTO PENNE GLUTEN & DAIRY	CHICKPEA FALAFELS WITH CILANTRO & LIME GLUTEN	VEGGIE MARAQ	BBQ MUSHROOM SKEWERS WITH GREEN PEPPERS	VEGETABLE MEXICAN TACO EGG & GLUTEN
SIDE	SUMMER ITALIAN VEGETABLES	SMOKEY POTATO WEDGES	FRAGRANT RICE PILAF	HERBY MASHED POTATOES DAIRY	NACHO & CHEDDAR BAKE EGG & DAIRY
SALAD OF THE DAY	TOMATO, CUCUMBER & FETA SALAD DAIRY	CAPSICUM, DATE & CHICKPEA SALAD	SUMMER CORN & PEAR SALAD	SUPERFOOD SALAD	CORN, SPRING ONION & TOMATO SALAD
DESSERT	APPLE CRUMBLE EGG, GLUTEN & DAIRY FRESH FRUIT SALAD	DATE CAKE GLUTEN, EGG & DAIRY CHOPPED CUT FRUIT	CHOCOLATE CRINKLE BROWNIE GLUTEN, EGG & DAIRY FRESH CUT FRUIT	CHOCOLATE SPONGE DAIRY, EGG & GLUTEN FRESH CUT FRUIT	ASSORTED PASTRY DAIRY, EGG & GLUTEN FRESH CUT FRUIT
BEVERAGE	FRUIT JUICE OR FRESH MILK DAIRY	FRUIT JUICE OR FRESH MILK DAIRY	FRUIT JUICE OR FRESH MILK DAIRY	FRUIT JUICE OR FRESH MILK DAIRY	FRUIT JUICE OR FRESH MILK DAIRY



WEEKLY LUNCH MENU

04th Oct - 08th Oct (Allergens in Red)

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	LOCAL FLAVOURS	MEDITERRANEAN	ARABIAN	TASTE OF INDIA	FUN DAY
MAIN COURSE	OMANI BEEF QABOOL	GRILLED LEMON & HERB CHICKEN	MEATY KOFTAS WITH CUMIN & GARLIC	FRAGRANT BUTTER CHICKEN DAIRY	BEEF BURGER DAIRY, EGG & GLUTEN
SIDE	FRAGRANT RICE	ROASTED GREEK POTATOES DAIRY	MOZZARELLA & HERB PASTA BAKE GLUTEN & DAIRY	LEMONY RICE & POPPADOM GLUTEN	ROASTED POTATO CHIPS
VEGETARIAN OPTION	VEGETABLE QABOOL	ZUCCHINI FRITTERS LEMON & HERBS GLUTEN	CHICKPEA FALAFELS WITH CILANTRO & LIME EGG	PANEER BUTTER CURRY DAIRY	VEGETABLE BURGERS WITH GARLIC MAYO DAIRY, EGG & GLUTEN
SIDE	FRAGRANT RICE	ROASTED GREEK POTATOES DAIRY	MOZZARELLA & HERB PASTA BAKE DAIRY & GLUTEN	LEMONY RICE & POPPADOM GLUTEN	ROASTED POTATO CHIPS
SALAD OF THE DAY	BUTTERNUT & QUINOA SALAD	APPLE, FETA & CELERY SALAD DAIRY & APPLE	POMEGRANATE & MINT SALAD	BEETROOT RAITA SALAD DAIRY	ASIAN COLESLAW EGG
DESSERT	CHOCOLATE BROWNIE GLUTEN, EGG & DAIRY FRESH CUT FRUIT	ICED SPONGE CAKE EGG, DAIRY & GLUTEN FRESH CUT FRUIT	FRUIT MOUSSE DAIRY FRESH CUT FRUIT	BITE SIZE CUPCAKE GLUTEN, EGG & DAIRY FRESH CUT FRUIT	ASSORTED PASTRY GLUTEN, EGG & DAIRY FRESH CUT FRUIT
BEVERAGE	FRUIT JUICE OR FRESH MILK DAIRY	FRUIT JUICE OR FRESH MILK DAIRY	FRUIT JUICE OR FRESH MILK DAIRY	FRUIT JUICE OR FRESH MILK DAIRY	FRUIT JUICE OR FRESH MILK DAIRY



WEEKLY LUNCH MENU

11th Oct - 15th Oct (Allergens in Red)

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	LOCAL FLAVOURS	CONTIENATAL	THE PACIFICS	PASTA	FUN DAY
MAIN COURSE	CHICKEN MACHBOOS	BEEF STROGANOFF (GLUTEN & DAIRY)	CHICKEN TIKKA MASALA (GLUTEN & DAIRY)	BEEF & MOZZARELLA LASAGNE (GLUTEN & DAIRY)	CHICKEN SHAWARMA (GLUTEN & EGG)
SIDE	FRAGRANT RICE	FETTUCINE PASTA (GLUTEN)	TROPICAL COCONUT RICE	ROASTED ROOT VEGGIES	BAKED POTATO CHIPS
VEGETARIAN OPTION	VEGETABLE MACHBOOS	VEGETABLE STROGANOFF (GLUTEN & DAIRY)	VEG TIKKA MASALA (GLUTEN & DAIRY)	GRILLED VEGETABLE LASAGNA (GLUTEN & DAIRY)	VEGETABLE SHAWARMA (GLUTEN)
SIDE	FRAGRANT RICE	FETTUCINE PASTA (GLUTEN)	TROPICAL COCONUT RICE	ROASTED ROOT VEGGIES	BAKED POTATO CHIPS
SALAD OF THE DAY	TOMATO, FETA & CUCUMBER SALAD (DAIRY)	CORONATION SALAD (EGG)	JAPANESE CUCUMBER SALAD (GREEN BEANS)	APPLE AND FETA CELERY SALAD (DAIRY)	FATTOUSH SALAD (GLUTEN)
DESSERT	STRAWBERRY SPONGE (GLUTEN, EGG & DAIRY) FRESH FRUIT	CONFETTI CAKE (GLUTEN, EGG & DAIRY) FRUIT SALAD	RED VELVET CAKE (GLUTEN, EGG & DAIRY) FRESH FRUIT SALAD	CHOC CHIP CAKE (GLUTEN, EGG & DAIRY) FRUIT SALAD	MANGO MOUSSE (EGG & DAIRY) FRESH FRUIT SALAD
BEVERAGE	FRUIT JUICE OR FRESH MILK (DAIRY)	FRUIT JUICE OR FRESH MILK (DAIRY)	FRUIT JUICE OR FRESH MILK (DAIRY)	FRUIT JUICE OR FRESH MILK (DAIRY)	FRUIT JUICE OR FRESH MILK (DAIRY)



WEEKLY LUNCH MENU

18th Oct - 22nd Oct (Allergens in Red)

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	PASTA	LOCAL FLAVOURS	ASIAN	MEXICO	FUN DAY
MAIN COURSE	GRILLED CHICKEN MAC & CHEESE (GLUTEN & DAIRY)	BEEF SHUWA/ CHICKEN SHUWA	THAI CHICKEN CURRY (DAIRY)	BEEF FAJITA CHICKEN FAJITA (SOYA SAUCE)	PEPPERONI PIZZA (GLUTEN & DAIRY)
SIDE	SPRING ITALIAN VEG	MANDI RICE	ASIAN RICE	MEXICAN RICE	CAJUN POTATO WEDGES
VEGETARIAN OPTION	MACARONI & CHEESE (GLUTEN & DAIRY)	VEGETABLE SHUWA	THAI VEGETABLE CURRY (DAIRY)	VEGETABLE FAJITA	MARGARITA PIZZA (GLUTEN & DAIRY)
SIDE	SPRING ITALIAN VEG	MANDI RICE	ASIAN RICE	MEXICAN RICE	CAJUN POTATO WEDGES
SALAD OF THE DAY	TOMATO PANZANELLA SALAD (GLUTEN)	NUT FREE WALDORF (EGG & DAIRY)	ASIAN SLAW (EGG)	SALSA SALAD	COLESLAW (EGG)
DESSERT	RAISINS AND BANANA CAKE (DAIRY, EGG & GLUTEN) FRESH FRUIT SALAD	ICED SPONGE CAKE (GLUTEN, EGG & DAIRY) FRESH FRUIT SALAD	MANGO MOUSSE (DAIRY) FRESH FRUIT SALAD	COOKIES (GLUTEN, EGG & DAIRY) FRESH FRUIT SALAD	ASSORTED PASTRY (GLUTEN, EGG & DAIRY) FRESH FRUIT SALAD
BEVERAGE	FRUIT JUICE OR FRESH MILK (DAIRY)	FRUIT JUICE OR FRESH MILK (DAIRY)	FRUIT JUICE OR FRESH MILK (DAIRY)	FRUIT JUICE OR FRESH MILK (DAIRY)	FRUIT JUICE OR FRESH MILK (DAIRY)



WEEKLY LUNCH MENU

25th Oct - 29th Oct (Allergens in Red)

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	PASTA	INTERNATIONAL DAY	LOCAL FLAVOURS	THE AMERICAS	FUN DAY
MAIN COURSE	CHICKEN, SUNDRIED TOMATO & PESTO PENNE GLUTEN & DAIRY	NORTH AFRICAN MEATBALLS	CHICKEN MARAQ	SLOW ROASTED BBQ BRISKET WITH CHIMMICHURRI GLUTEN	MEXICAN CHARRED CHICKEN BURRITO EGG & GLUTEN
SIDE	SUMMER ITALIAN VEGETABLES	SMOKEY POTATO WEDGES	FRAGRANT RICE PILAF	HERBY MASHED POTATOES DAIRY	NACHO & CHEDDAR BAKE DAIRY
VEGETARIAN OPTION	SUNDRIED TOMATO & PESTO PENNE GLUTEN & DAIRY	CHICKPEA FALAFELS WITH CILANTRO & LIME GLUTEN	VEGGIE MARAQ	BBQ MUSHROOM SKEWERS WITH GREEN PEPPERS	VEGETABLE MEXICAN TACO EGG & GLUTEN
SIDE	SUMMER ITALIAN VEGETABLES	SMOKEY POTATO WEDGES	FRAGRANT RICE PILAF	HERBY MASHED POTATOES DAIRY	NACHO & CHEDDAR BAKE EGG & DAIRY
SALAD OF THE DAY	TOMATO, CUCUMBER & FETA SALAD DAIRY	CAPSICUM, DATE & CHICKPEA SALAD	SUMMER CORN & PEAR SALAD	SUPERFOOD SALAD	CORN, SPRING ONION & TOMATO SALAD
DESSERT	APPLE CRUMBLE EGG, GLUTEN & DAIRY FRESH FRUIT SALAD	DATE CAKE GLUTEN, EGG & DAIRY CHOPPED CUT FRUIT	CHOCOLATE CRINKLE BROWNIE GLUTEN, EGG & DAIRY FRESH CUT FRUIT	CHOCOLATE SPONGE DAIRY, EGG & GLUTEN FRESH CUT FRUIT	ASSORTED PASTRY DAIRY, EGG & GLUTEN FRESH CUT FRUIT
BEVERAGE	FRUIT JUICE OR FRESH MILK DAIRY	FRUIT JUICE OR FRESH MILK DAIRY	FRUIT JUICE OR FRESH MILK DAIRY	FRUIT JUICE OR FRESH MILK DAIRY	FRUIT JUICE OR FRESH MILK DAIRY



WEEKLY LUNCH MENU

01st Nov - 05th Nov (Allergens in Red)

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	LOCAL FLAVOURS	MEDITERRANEAN	ARABIAN	TASTE OF INDIA	FUN DAY
MAIN COURSE	OMANI BEEF QABOOLLI	GRILLED LEMON & HERB CHICKEN	MEATY KOFTAS WITH CUMIN & GARLIC	FRAGRANT BUTTER CHICKEN DAIRY	BEEF BURGER DAIRY, EGG & GLUTEN
SIDE	FRAGRANT RICE	ROASTED GREEK POTATOES DAIRY	MOZZARELLA & HERB PASTA BAKE GLUTEN & DAIRY	LEMONY RICE & POPPADOM GLUTEN	ROASTED POTATO CHIPS
VEGETARIAN OPTION	VEGETABLE QABOOLLI	ZUCCHINI FRITTERS LEMON & HERBS GLUTEN	CHICKPEA FALAFELS WITH CILANTRO & LIME EGG	PANEER BUTTER CURRY DAIRY	VEGETABLE BURGERS WITH GARLIC MAYO DAIRY, EGG & GLUTEN
SIDE	FRAGRANT RICE	ROASTED GREEK POTATOES DAIRY	MOZZARELLA & HERB PASTA BAKE DAIRY & GLUTEN	LEMONY RICE & POPPADOM GLUTEN	ROASTED POTATO CHIPS
SALAD OF THE DAY	BUTTERNUT & QUINOA SALAD	APPLE, FETA & CELERY SALAD DAIRY & APPLE	POMEGRANATE & MINT SALAD	BEETROOT RAITA SALAD DAIRY	ASIAN COLESLAW EGG
DESSERT	CHOCOLATE BROWNIE GLUTEN, EGG & DAIRY FRESH CUT FRUIT	ICED SPONGE CAKE EGG, DAIRY & GLUTEN FRESH CUT FRUIT	FRUIT MOUSSE DAIRY FRESH CUT FRUIT	BITE SIZE CUPCAKE GLUTEN, EGG & DAIRY FRESH CUT FRUIT	ASSORTED PASTRY GLUTEN, EGG & DAIRY FRESH CUT FRUIT
BEVERAGE	FRUIT JUICE OR FRESH MILK DAIRY	FRUIT JUICE OR FRESH MILK DAIRY	FRUIT JUICE OR FRESH MILK DAIRY	FRUIT JUICE OR FRESH MILK DAIRY	FRUIT JUICE OR FRESH MILK DAIRY



WEEKLY LUNCH MENU

08th Nov - 12th Nov (Allergens in Red)

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	LOCAL FLAVOURS	BRITAIN	THE PACIFICS	PASTA	FUN DAY
MAIN COURSE	CHICKEN MACHBOOS	ENGLISH BEEF & ONION PIE GLUTEN	HAWAIIAN SHOYU CHICKEN SOY SAUCE	BEEF & MOZZARELLA LASAGNE GLUTEN & DAIRY	CHICKEN SHAWARMA GLUTEN & EGG
SIDE	FRAGRANT RICE	CREAMY MASHED POTATOES DAIRY	TROPICAL COCONUT RICE	ROASTED ROOT VEGGIES	MOZZARELLA POTATO BAKE DAIRY
VEGETARIAN OPTION	VEGETABLE MACHBOOS	VEGETARIAN POT PIE GLUTEN	BBQ CORN SHOYU SOY SAUCE	GRILLED VEGETABLE LASAGNA GLUTEN & DAIRY	VEGETABLE SHAWARMA GLUTEN
SIDE	FRAGRANT RICE	CREAMY MASHED POTATOES DAIRY	TROPICAL COCONUT RICE	ROASTED ROOT VEGGIES	MOZZARELLA POTATO BAKE DAIRY
SALAD OF THE DAY	TOMATO, FETA & CUCUMBER SALAD DAIRY	CORONATION SALAD EGG	JAPANESE CUCUMBER & BEAN SALAD GREEN BEANS	APPLE AND FETA CELERY SALAD DAIRY	FATTOUSH SALAD GLUTEN
DESSERT	STRAWBERRY SPONGE GLUTEN, EGG & DAIRY FRESH FRUIT	CONFETTI CAKE GLUTEN, EGG & DAIRY FRUIT SALAD	RED VELVET CAKE GLUTEN, EGG & DAIRY FRESH FRUIT SALAD	CHOC CHIP CAKE GLUTEN, EGG & DAIRY FRUIT SALAD	MANGO MOUSSE EGG & DAIRY FRESH FRUIT SALAD
BEVERAGE	FRUIT JUICE OR FRESH MILK DAIRY	FRUIT JUICE OR FRESH MILK DAIRY	FRUIT JUICE OR FRESH MILK DAIRY	FRUIT JUICE OR FRESH MILK DAIRY	FRUIT JUICE OR FRESH MILK DAIRY



WEEKLY LUNCH MENU

15th Nov - 19th Nov (Allergens in Red)

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	PASTA	LOCAL FLAVOURS	ASIAN	THE MOUNTAINS	FUN DAY
MAIN COURSE	GRILLED CHICKEN MAC & CHEESE GLUTEN & DAIRY	BEEF SHUWA	CHICKEN PAD THAI	MONGOLIAN BEEF WITH GINGER	PEPPERONI PIZZA GLUTEN & DAIRY
SIDE	SPRING ITALIAN VEG	MANDI RICE	STIR FRIED PENNE GLUTEN	ASIAN RICE	CAJUN POTATO WEDGES
VEGETARIAN OPTION	MACARONI & CHEESE GLUTEN & DAIRY	VEGETABLE SHUWA	VEGETABLE PAD THAI	MONGOLIAN STIR FRY WITH GINGER	MARGARITA PIZZA GLUTEN & DAIRY
SIDE	SPRING ITALIAN VEG	MANDI RICE	STIR FRIED PENNE GLUTEN	ASIAN RICE	CAJUN POTATO WEDGES
SALAD OF THE DAY	TOMATO PANZANELLA SALAD GLUTEN	NUT FREE WALDORF EGG & DAIRY	ASIAN SLAW EGG	NACHO SALAD	COLESLAW EGG
DESSERT	RAISINS AND BANANA CAKE DAIRY, EGG & GLUTEN FRESH FRUIT SALAD	ICED SPONGE CAKE GLUTEN, EGG & DAIRY FRESH FRUIT SALAD	MANGO MOUSSE DAIRY FRESH FRUIT SALAD	COOKIES GLUTEN, EGG & DAIRY FRESH FRUIT SALAD	ASSORTED PASTRY GLUTEN, EGG & DAIRY FRESH FRUIT SALAD
BEVERAGE	FRUIT JUICE OR FRESH MILK DAIRY	FRUIT JUICE OR FRESH MILK DAIRY	FRUIT JUICE OR FRESH MILK DAIRY	FRUIT JUICE FRESH MILK DAIRY	FRUIT JUICE OR FRESH MILK DAIRY



WEEKLY LUNCH MENU

22nd Nov - 26th Nov (Allergens in Red)

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	PASTA	INTERNATIONAL DAY	LOCAL FLAVOURS	THE AMERICAS	FUN DAY
MAIN COURSE	CHICKEN, SUNDRIED TOMATO & PESTO PENNE GLUTEN & DAIRY	NORTH AFRICAN MEATBALLS	CHICKEN MARAQ	SLOW ROASTED BBQ BRISKET WITH CHIMMICHURRI GLUTEN	MEXICAN CHARRED CHICKEN BURRITO EGG & GLUTEN
SIDE	SUMMER ITALIAN VEGETABLES	SMOKEY POTATO WEDGES	FRAGRANT RICE PILAF	HERBY MASHED POTATOES DAIRY	NACHO & CHEDDAR BAKE DAIRY
VEGETARIAN OPTION	SUNDRIED TOMATO & PESTO PENNE GLUTEN & DAIRY	CHICKPEA FALAFELS WITH CILANTRO & LIME GLUTEN	VEGGIE MARAQ	BBQ MUSHROOM SKEWERS WITH GREEN PEPPERS	VEGETABLE MEXICAN TACO EGG & GLUTEN
SIDE	SUMMER ITALIAN VEGETABLES	SMOKEY POTATO WEDGES	FRAGRANT RICE PILAF	HERBY MASHED POTATOES DAIRY	NACHO & CHEDDAR BAKE EGG & DAIRY
SALAD OF THE DAY	TOMATO, CUCUMBER & FETA SALAD DAIRY	CAPSICUM, DATE & CHICKPEA SALAD	SUMMER CORN & PEAR SALAD	SUPERFOOD SALAD	CORN, SPRING ONION & TOMATO SALAD
DESSERT	APPLE CRUMBLE EGG, GLUTEN & DAIRY FRESH FRUIT SALAD	DATE CAKE GLUTEN, EGG & DAIRY CHOPPED CUT FRUIT	CHOCOLATE CRINKLE BROWNIE GLUTEN, EGG & DAIRY FRESH CUT FRUIT	CHOCOLATE SPONGE DAIRY, EGG & GLUTEN FRESH CUT FRUIT	ASSORTED PASTRY DAIRY, EGG & GLUTEN FRESH CUT FRUIT
BEVERAGE	FRUIT JUICE OR FRESH MILK DAIRY	FRUIT JUICE OR FRESH MILK DAIRY	FRUIT JUICE OR FRESH MILK DAIRY	FRUIT JUICE OR FRESH MILK DAIRY	FRUIT JUICE OR FRESH MILK DAIRY



WEEKLY LUNCH MENU

29th Nov - 03rd Dec (Allergens in Red)

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	LOCAL FLAVOURS	MEDITERRANEAN	ARABIAN	TASTE OF INDIA	FUN DAY
MAIN COURSE	OMANI BEEF QABOOL	GRILLED LEMON & HERB CHICKEN	MEATY KOFTAS WITH CUMIN & GARLIC	FRAGRANT BUTTER CHICKEN DAIRY	BEEF BURGER DAIRY, EGG & GLUTEN
SIDE	FRAGRANT RICE	ROASTED GREEK POTATOES DAIRY	MOZZARELLA & HERB PASTA BAKE GLUTEN & DAIRY	LEMONY RICE & POPPADOM GLUTEN	ROASTED POTATO CHIPS
VEGETARIAN OPTION	VEGETABLE QABOOL	ZUCCHINI FRITTERS LEMON & HERBS GLUTEN	CHICKPEA FALAFELS WITH CILANTRO & LIME EGG	PANEER BUTTER CURRY DAIRY	VEGETABLE BURGERS WITH GARLIC MAYO DAIRY, EGG & GLUTEN
SIDE	FRAGRANT RICE	ROASTED GREEK POTATOES DAIRY	MOZZARELLA & HERB PASTA BAKE DAIRY & GLUTEN	LEMONY RICE & POPPADOM GLUTEN	ROASTED POTATO CHIPS
SALAD OF THE DAY	BUTTERNUT & QUINOA SALAD	APPLE, FETA & CELERY SALAD DAIRY & APPLE	POMEGRANATE & MINT SALAD	BEETROOT RAITA SALAD DAIRY	ASIAN COLESLAW EGG
DESSERT	CHOCOLATE BROWNIE GLUTEN, EGG & DAIRY FRESH CUT FRUIT	ICED SPONGE CAKE EGG, DAIRY & GLUTEN FRESH CUT FRUIT	FRUIT MOUSSE DAIRY FRESH CUT FRUIT	BITE SIZE CUPCAKE GLUTEN, EGG & DAIRY FRESH CUT FRUIT	ASSORTED PASTRY GLUTEN, EGG & DAIRY FRESH CUT FRUIT
BEVERAGE	FRUIT JUICE OR FRESH MILK DAIRY	FRUIT JUICE OR FRESH MILK DAIRY	FRUIT JUICE OR FRESH MILK DAIRY	FRUIT JUICE OR FRESH MILK DAIRY	FRUIT JUICE OR FRESH MILK DAIRY



WEEKLY LUNCH MENU

06th Dec - 10th Dec (Allergens in Red)

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	LOCAL FLAVOURS	BRITAIN	THE PACIFICS	PASTA	FUN DAY
MAIN COURSE	CHICKEN MACHBOOS	ENGLISH BEEF & ONION PIE GLUTEN	HAWAIIAN SHOYU CHICKEN SOY SAUCE	BEEF & MOZZARELLA LASAGNE GLUTEN & DAIRY	CHICKEN SHAWARMA GLUTEN & EGG
SIDE	FRAGRANT RICE	CREAMY MASHED POTATOES DAIRY	TROPICAL COCONUT RICE	ROASTED ROOT VEGGIES	MOZZARELLA POTATO BAKE DAIRY
VEGETARIAN OPTION	VEGETABLE MACHBOOS	VEGETARIAN POT PIE GLUTEN	BBQ CORN SHOYU SOY SAUCE	GRILLED VEGETABLE LASAGNA GLUTEN & DAIRY	VEGETABLE SHAWARMA GLUTEN
SIDE	FRAGRANT RICE	CREAMY MASHED POTATOES DAIRY	TROPICAL COCONUT RICE	ROASTED ROOT VEGGIES	MOZZARELLA POTATO BAKE DAIRY
SALAD OF THE DAY	TOMATO, FETA & CUCUMBER SALAD DAIRY	CORONATION SALAD EGG	JAPANESE CUCUMBER & BEAN SALAD GREEN BEANS	APPLE AND FETA CELERY SALAD DAIRY	FATTOUSH SALAD GLUTEN
DESSERT	STRAWBERRY SPONGE GLUTEN, EGG & DAIRY FRESH FRUIT	CONFETTI CAKE GLUTEN, EGG & DAIRY FRUIT SALAD	RED VELVET CAKE GLUTEN, EGG & DAIRY FRESH FRUIT SALAD	CHOC CHIP CAKE GLUTEN, EGG & DAIRY FRUIT SALAD	MANGO MOUSSE EGG & DAIRY FRESH FRUIT SALAD
BEVERAGE	FRUIT JUICE OR FRESH MILK DAIRY	FRUIT JUICE OR FRESH MILK DAIRY	FRUIT JUICE OR FRESH MILK DAIRY	FRUIT JUICE OR FRESH MILK DAIRY	FRUIT JUICE OR FRESH MILK DAIRY



WEEKLY LUNCH MENU

13th Dec - 17th Dec (Allergens in Red)

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	PASTA	LOCAL FLAVOURS	ASIAN	THE MOUNTAINS	FUN DAY
MAIN COURSE	GRILLED CHICKEN MAC & CHEESE GLUTEN & DAIRY	BEEF SHUWA	CHICKEN PAD THAI	MONGOLIAN BEEF WITH GINGER	PEPPERONI PIZZA GLUTEN & DAIRY
SIDE	SPRING ITALIAN VEG	MANDI RICE	STIR FRIED PENNE GLUTEN	ASIAN RICE	CAJUN POTATO WEDGES
VEGETARIAN OPTION	MACARONI & CHEESE GLUTEN & DAIRY	VEGETABLE SHUWA	VEGETABLE PAD THAI	MONGOLIAN STIR FRY WITH GINGER	MARGARITA PIZZA GLUTEN & DAIRY
SIDE	SPRING ITALIAN VEG	MANDI RICE	STIR FRIED PENNE GLUTEN	ASIAN RICE	CAJUN POTATO WEDGES
SALAD OF THE DAY	TOMATO PANZANELLA SALAD GLUTEN	NUT FREE WALDORF EGG & DAIRY	ASIAN SLAW EGG	NACHO SALAD	COLESLAW EGG
DESSERT	RAISINS AND BANANA CAKE DAIRY, EGG & GLUTEN FRESH FRUIT SALAD	ICED SPONGE CAKE GLUTEN, EGG & DAIRY FRESH FRUIT SALAD	MANGO MOUSSE DAIRY FRESH FRUIT SALAD	COOKIES GLUTEN, EGG & DAIRY FRESH FRUIT SALAD	ASSORTED PASTRY GLUTEN, EGG & DAIRY FRESH FRUIT SALAD
BEVERAGE	FRUIT JUICE OR FRESH MILK DAIRY	FRUIT JUICE OR FRESH MILK DAIRY	FRUIT JUICE OR FRESH MILK DAIRY	FRUIT JUICE FRESH MILK DAIRY	FRUIT JUICE OR FRESH MILK DAIRY



WEEKLY LUNCH MENU

20th Dec - 24th Dec (Allergens in Red)

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	PASTA	INTERNATIONAL DAY	LOCAL FLAVOURS	THE AMERICAS	FUN DAY
MAIN COURSE	CHICKEN, SUNDRIED TOMATO & PESTO PENNE GLUTEN & DAIRY	NORTH AFRICAN MEATBALLS	CHICKEN MARAQ	SLOW ROASTED BBQ BRISKET WITH CHIMMICHURRI GLUTEN	MEXICAN CHARRED CHICKEN BURRITO EGG & GLUTEN
SIDE	SUMMER ITALIAN VEGETABLES	SMOKEY POTATO WEDGES	FRAGRANT RICE PILAF	HERBY MASHED POTATOES DAIRY	NACHO & CHEDDAR BAKE DAIRY
VEGETARIAN OPTION	SUNDRIED TOMATO & PESTO PENNE GLUTEN & DAIRY	CHICKPEA FALAFELS WITH CILANTRO & LIME GLUTEN	VEGGIE MARAQ	BBQ MUSHROOM SKEWERS WITH GREEN PEPPERS	VEGETABLE MEXICAN TACO EGG & GLUTEN
SIDE	SUMMER ITALIAN VEGETABLES	SMOKEY POTATO WEDGES	FRAGRANT RICE PILAF	HERBY MASHED POTATOES DAIRY	NACHO & CHEDDAR BAKE EGG & DAIRY
SALAD OF THE DAY	TOMATO, CUCUMBER & FETA SALAD DAIRY	CAPSICUM, DATE & CHICKPEA SALAD	SUMMER CORN & PEAR SALAD	SUPERFOOD SALAD	CORN, SPRING ONION & TOMATO SALAD
DESSERT	APPLE CRUMBLE EGG, GLUTEN & DAIRY FRESH FRUIT SALAD	DATE CAKE GLUTEN, EGG & DAIRY CHOPPED CUT FRUIT	CHOCOLATE CRINKLE BROWNIE GLUTEN, EGG & DAIRY FRESH CUT FRUIT	CHOCOLATE SPONGE DAIRY, EGG & GLUTEN FRESH CUT FRUIT	ASSORTED PASTRY DAIRY, EGG & GLUTEN FRESH CUT FRUIT
BEVERAGE	FRUIT JUICE OR FRESH MILK DAIRY	FRUIT JUICE OR FRESH MILK DAIRY	FRUIT JUICE OR FRESH MILK DAIRY	FRUIT JUICE OR FRESH MILK DAIRY	FRUIT JUICE OR FRESH MILK DAIRY