

LUNCH TIME
Weekly Cafeteria Meal Plan



The school cafeteria menus have been designed to provide balanced, delicious and healthy choice for your child. Wholesome and hearty meal which is all cooked and prepared daily fresh and deliver to the school campus early morning. Our menus are made using local fresh products 100% Halal.
*All menu items are subject to change according to seasonality and availability

WEEK 1	SUNDAY 02.12.18	MONDAY 03.12.18	TUESDAY 04.12.18	WEDNESDAY 05.12.18	THURSDAY 06.12.18
Cafeteria meal plan					
Soup	Chef special soup of the day	Chef special soup of the day	Chef special soup of the day	Chef special soup of the day	Chef special soup of the day
Salad Bar	Mixed salad bar	Mixed salad bar	Mixed salad bar	Mixed salad bar	Mixed salad bar
Main Dish (V) & Side	Breakfast for lunch	Thai vegetable curry	Mac & Cheese	Dhal Makhani	Mixed vegetable & quinoa burger
Main Dish (Non V) & Side	Breakfast Sausage, veal bacon	Butter chicken curry	cheesy garlic bread	Roast beef with barbeque sauce	New York Hot Dog
Side	scrambled egg, hash brown	Steam white rice / vegetables	mixed lettuce salad	mashed potato/ steamed rice	Roasted potato chips
Optional side	baked beans / sliced bread	mixed lettuce salad		steamed vegetables	Coleslaw
Dessert	pancake with topping	carrot cake	chocolate brownie	dates cake	vanilla cake
Whole fruit	apple /banana/pear	apple /banana/pear	apple /banana/pear	apple /banana/pear	apple /banana/pear
Drink	fresh milk / fresh juice	fresh milk/fresh juice	fresh milk/fresh juice	fresh milk/fresh juice	fresh milk/fresh juice

WEEK 2	SUNDAY 09.12.18	MONDAY 10.12.18	TUESDAY 11.12.18	WEDNESDAY 12.12.18	THURSDAY 13.12.18
Cafeteria meal plan					
Soup	Chef special soup of the day	Chef special soup of the day	Chef special soup of the day	Christmas lunch	Chef special soup of the day
Salad Bar	Mixed salad bar	Mixed salad bar	Mixed salad bar	Traditional Christmas roast chicken	Mixed salad bar
Main Dish (V) & Side	Margherita pizza	Aloo muter	Winter vegetable lasagna	Pumpkin and mushroom pie	Chili bean tacos
Main Dish (Non V) & Side	Pepperoni pizza	Homemade baked chicken nuggets	Lasagna Bolognese	glazed carrot, parsnip, Brussels sprouts, broccoli	Chili chicken tacos
Main dish side	coleslaw	Steam white rice / vegetables	steamed vegetables	roasted potato ,Yorkshire pudding	sour cream /guacamole/lettuce
Optional side	crudités with hummus	mashed potato	mixed lettuce salad	cranberry sauce	roasted Cajun potato
Dessert	assorted cupcake	caramel cake	chocolate cupcake	Christmas cake	assorted pastry
Whole fruit	apple /banana/pear	apple /banana/pear	apple /banana/pear	apple /banana/pear	apple /banana/pear
Drink	fresh milk/fresh juice	fresh milk/fresh juice	fresh milk/fresh juice	fresh milk/fresh juice	fresh milk/fresh juice

The Combination Meal Menu offer includes all of the following: Main course & side dish, dessert or fresh fruit and fresh milk or fresh juice

Primary Cafeteria	Combination Meal offer : RO 2.000	Secondary Cafeteria	Combination Meal offer: RO 3.000
Elementary Meal plan Optional purchase of :		Meal plan Optional purchase of :	
Main dish of the day & side	RO 1.000	Main dish of the day & side	RO 1.800
Salad of the day	RO 0.500	Salad of the day	RO 0.500
Extra portion	RO 0.500	Extra portion	RO 0.500
Dessert	RO 0.600	Dessert	RO 0.600
Fresh whole fruit	RO 0.200	Whole fruit	RO 0.200
Fresh juice or Fresh milk	RO 0.300	fresh milk or fresh juice	RO 0.300
		Chef special soup of the day	RO 0.800
		Salad Bar	RO 1.000

Primary Cafeteria timing 7:30am -16:00pm

