

# 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.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	09.06.19	10.06.19	11.06.19	12.06.19	13.06.19
	Cafeteria meal plan	Cafeteria meal plan	Cafeteria meal plan	Cafeteria meal plan	Cafeteria meal plan
Soup of the day <b>RO 0.800</b>	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 of the day <b>RO 0.700</b>	mixed lettuce salad	mixed lettuce salad	mixed lettuce salad	mixed lettuce salad	mixed lettuce salad
Continental Meal of the Day <b>RO 1.200</b>	Penne pasta bake with chicken	Spaghetti Bolognese	Roasted chicken with gravy	Coconut beef curry with rice	Chilli chicken / beef tacos
Vegetarian Meal of the day <b>RO 1.200 / RO 1.000</b>	Dhal Makhani with rice	Dhal Fry with rice	Dhal & Rice	mixed vegetable curry with rice	Chilli bean tacos
<b>NEW this week RO 1.000</b>	Biryani (veg & non veg option available)	Fried rice	Biryani (veg & non veg option available)	Biryani (veg & non veg option available)	Biryani (veg & non veg option available)
Sandwich Non Veg <b>RO 0.700</b>	Bacon sandwich /chicken sandwich	Bacon sandwich /chicken sandwich	Bacon sandwich /chicken sandwich	Bacon sandwich /chicken sandwich	Bacon sandwich /chicken sandwich
Sandwich Veg <b>RO 0.700</b>	Cucumber sandwich / egg sandwich	Cucumber sandwich / egg sandwich	Cucumber sandwich / egg sandwich	Cucumber sandwich / egg sandwich	Cucumber sandwich / egg sandwich
Wrap Non Veg <b>RO 0.800</b>	Arabic bread Chicken shawarma	Arabic bread Chicken shawarma	Arabic bread Chicken shawarma	Arabic bread Chicken shawarma	Arabic bread Chicken shawarma
Wrap Veg <b>RO 0.800</b>	Falafel Wrap / Fresh vegetable wrap	Falafel Wrap / Fresh vegetable wrap	Falafel Wrap / Fresh vegetable wrap	Falafel Wrap / Fresh vegetable wrap	Falafel Wrap / Fresh vegetable wrap
Dessert <b>RO 0.500</b>	assorted pastry	assorted pastry	assorted pastry	assorted pastry	assorted pastry
Whole fruit <b>RO 0.200</b>	apple /banana/pear	apple /banana/pear	apple /banana/pear	apple /banana/pear	apple /banana/pear
Beverages <b>RO 0.200</b>	Tetra pack milk & juice	Tetra pack milk & juice	Tetra pack milk & juice	Tetra pack milk & juice	Tetra pack milk & juice

