

LUNCH MENU

*All vegetables are locally sourced where possible *Vegetables or side salad are served with each main meal

*Bakes have low sugar and salt content *Packaging is biodegradable

All Meals Are Prepared In A Kitchen That Handles Gluten, Dairy, Egg, Lupin/legumes, Celery, Fish, Soy, and Mustard

We Offer Meals Without Gluten However We Do Not Have A Separate Gluten Free Kitchen – Meals May Contain Traces Of Allergens

 **Vegetarian**  **Vegan** Use our **traffic-light icons** to guide you toward healthier options:  ALWAYS  OFTEN  SOMETIMES

MONDAY-THURSDAY PASTA/ RICE POTS



Whole-Wheat Pasta  OR Basmati Rice OR Corn/Quinoa Pasta AED5 Extra
Served with Choice Of Toppings:



Protein/Fibre Rich Tomato Sauce  AED16/18

Blended Tomato, **Lentil**, Zucchini, **Celery**, Carrot, Garlic, Onion, Italian, Cinnamon, Olive Oil, Sugar, Salt, Pepper



Grated Cheese  AED16/18  Extra Topping Grated Cheese AED4 Cheese



Beef Bolognese Sauce  AED18/20

Minced Beef, Tomato Paste, Carrot, Tomato, Onion, Celery, Garlic, Italian Herbs, Olive Oil, Sugar, Salt, Pepper

**All Our Pasta/Rice Pots Are Made With Scratch-made Sauces
Blending Vegetables, Beans & Pulses To Add Fibre & Protein**



Jacket Potatoes Pre-Order At First Break For Lunch Break with a choice of topping AED20



Baked Beans  L

Sweetcorn

Chicken Mayo  E/S/M

BBQ Chicken  S/M

Beef Bolognese  C

Extra Topping AED4



Cheddar Cheese  / Tuna Mayo  F/E/M/S

MONDAY - THURSDAY

Sandwiches AED16 Baguettes AED22

Wraps AED18 (Veg) AED20 (Non-Veg)

Toasted Panini (Veg) AED19 AED20 (Non-Veg)

Side Garden Salad (Available as An Add-on) AED12

Freshly Packed Salads and Poke Bowls From AED22-25



FRIDAY

NO Jacket Potatoes Are Served On Fridays
Breakfast And Snacks Available

*Vegetarian, Vegan And Gluten Free Options Daily *All Vegetables Are Locally Sourced Where Possible *Vegetables Or Side Salad Are Served With Each Main Meal *Bakes Have Low Sugar And Salt Content

Beans, Pulses, And Vegetables Are Added To Many Main Dishes To Provide Extra Fibre And Nutritional Benefits

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MONDAY

-   **Macaroni Cheese G/D/M/L/C/S AED17/19**
Macaroni Pasta, Cauliflower, Carrot, Onion, Sweet Potato, **Vegetable Stock, White Beans, Ricotta Cheese, Cheddar Cheese**, Olive Oil, Low Fat Milk, Mustard, Black Pepper
-  **Roast chicken, gravy C With Mash Potato/Cauliflower D AED17/19**
Chicken Breast, Chicken Stock, **Celery**, Corn Flour, Potato, Cauliflower, **Milk**, Salt, Pepper
-  **Both Served With: Seasonal Vegetables**



TUESDAY

-   **Vegetable Egg Noodles G/E/L/S AED17/19**
Egg, **Egg Noodles, Wholewheat Noodles**, Carrot Noodles, Bean Sprouts, Cabbage, Capsicum, Green **Beans**, Onion, Garlic, Lite **Soy**, Olive Oil
-  **Beef Loaded Corn Crackers L/D AED22**
Lean minced beef, **Brown Lentils**, tomato, **kidney bean**, mixed bell peppers, carrot, garlic, cumin, coriander, paprika, olive oil, salt, pepper, sugar, avocado, lemon, corn crackers, low fat **cheddar cheese**



WEDNESDAY

-   **Paneer & Vegetable Curry V/D/L/M AED17/19**
Paneer, Pea, Carrot, (Blended Carrot-Capsicum-Ginger-Onion-Garlic Coriander, Cumin Garam Masala-Turmeric-**Mustard** Seed-Tomato-Honey-**Ricotta Cheese, Natural Yogurt-Butter-Cream**) Rice
-  **Butter Chicken With Rice D/M AED17/19**
Chicken Breast, (Blended Carrot-Capsicum-Ginger-Onion-Garlic Coriander, Cumin Garam Masala-Turmeric-**Mustard** Seed-Tomato-Honey-**Ricotta Cheese, Natural Yogurt-Butter-Cream**) Rice
-  **Both Served With: Seasonal Vegetables**



THURSDAY

-   **Margarita Pizza Fingers & Skin On Potato Wedges G/D/L/C AED17/19**
Flour, Yeast, Sugar, Olive Oil, Seasoning, **Cheese**, (Blended Tomato-**Lentil**-Zucchini-**Celery**-Carrot-Garlic- Onion-Basil-Cinnamon-Olive Oil-Salt-Pepper
-Brown Sugar-Oregano) Potato
-  **Chicken Hotdog & Skin On Potato Wedges G/S/M AED19**
Fresh Chicken Sausage (Chicken-Onion powder-Garlic-**Mustard**-Salt), **Bread Roll**
-  **Both Served With: Sweetcorn & Garden Peas L**
Tomato dip L/C Tomato, **Lentil**, Zucchini, **Celery**, Carrot, Garlic, Onion, Basil, Cinnamon Olive Oil Salt Pepper Brown Sugar Oregano



FRIDAY

-   **French Toast (Banana Berry) G/E/D AED17**
Brioche **Bread**, **Egg**, Low Fat **Milk**, Date Syrup, Banana, Blueberry
-  **Teriyaki Chicken Bao Buns With Carrot Sticks G/S AED18**
Bao buns, Chicken Breast, **Soy** Lite, Ginger, Garlic, Shredded Carrot, Shredded Cabbage, Coriander



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MONDAY



Halloumi Rice Bake **D/L** AED17/19

Halloumi Cheese, Basmati Rice, Onion Baby Spinach, Baked **Beans**, Red Pepper. Cherry Tomato, Olive Oil, Cumin, Paprika, Coriander



Swedish Chicken Meatballs with Mashed Potato **G/L/D/E/M** AED17/19

Chicken Breast, Mushroom, Onion, Carrot, Whole-wheat **Bread**, Low Fat **Milk**, **Egg**, Dijon **Mustard**, Garlic, Nutmeg, Parsley, Olive Oil, Salt, Pepper, Lemon juice, Cream **Cheese**, **Flour**, Potato, Cauliflower, **Butter**



Both Served With: Seasonal Vegetables



TUESDAY



Vegetable/Bean Enchilada Seasonal Vegetables **C/L/D/V** AED17/19

Black beans, sweetcorn, spinach, green onion, (Blended tomato-sugar-onion-garlic-lentil-celery-carrot-cumin-vegetable broth-salt-pepper) corn tortilla, **Cheese**



Mex Chicken loaded Corn Crackers **L/D** AED22

Chicken breast, tomato, **kidney bean**, mixed bell peppers, carrot, **lentil**, garlic, cumin, coriander, paprika, olive oil, salt, pepper, avocado, lemon, corn crackers, low fat **cheddar cheese**



WEDNESDAY



Egg Stir Fried Rice **E/L/S** AED17/19

Rice, **Egg**, **Peas**, Onion, Carrot, Garlic, **Soy** Lite



Chicken Katsu Curry with Basmati Rice **G/E/M** AED17/19

Chicken Breast, **Egg**, **Breadcrumbs**, Ginger Onion, (Blended Carrot-Vegetable Oil-Garlic- Curry Powder-Turmeric-**Mustard**-Tomato-Carrot-Fresh Coconut Milk) Basmati Rice



Both Served With: Seasonal Vegetables



THURSDAY



Margarita Pizza Fingers & Skin On Potato Wedges **G/D/L/C** AED17/19

Flour, Yeast, Sugar, Olive Oil, Seasoning, **Cheese**, (Blended Tomato-**Lentil**-Zucchini-**Celery**-Carrot-Garlic- Onion-Basil-Cinnamon-Olive Oil-Salt-Pepper-Brown Sugar-Oregano) Potato



Parmesan Chicken Tenders & Skin On Potato Wedges **G/E/D** AED17/19

Chicken Breast, **Egg**, **Bread**, **Parmesan**, Garlic, Olive Oil, Potato



Both Served With Sweetcorn & Peas **L**

Tomato Dip **L/C** Tomato, **Lentil**, Zucchini, **Celery**, Carrot, Garlic, Onion, Basil, Cinnamon, Sugar, Olive Oil



VEGETARIAN FRIDAY



5 Mini Vegetable Spring Rolls On A Bed Of Shredded Carrot/Cabbage With & Sweet Chili Sauce **G/L/S** AED18

Spring Roll Sheets, **Green Beans**, Carrot, Cabbage, Onions, Bell Peppers, garlic, Ginger, Soy Sauce, Seasoning, **Sweet Chili Sauce**



4 Vegetable Dumpling With Sweet Chili Sauce **G/C** AED18

Garden Pea, Carrot, Turnip, Mushroom, Cabbage, **Beans**, Spring Onion, Garlic, pepper, Seasoning, Salt, **Flour**, Corn Flour, Water, sweet Chili Sauce



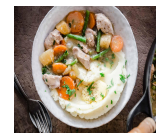
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MONDAY

-   **Spinach & Ricotta Lasagna G/D/L AED17/19**
Pasta Sheet, Zucchini, **Lentil**, Carrot, Spinach, **Ricotta Cheese**, **White Beans**, Tomato, Onion, Olive Oil, Basil, Pepper
-  **Chicken Stew With Mash Potato/Cauliflower L/C/G/M/S AED17/19**
 Chicken Breast, Carrot, Onion, Butternut, Swede, **Green Beans**, **Celery**, Chicken Stock, Olive Oil, Garlic, Rosemary, Thyme, **Worcestershire Sauce**, Corn Flour, Pepper, salt, Parsley, Potato, cauliflower
-  **Both Served With: Seasonal Vegetables**


TUESDAY

-   **Smoky Chickpea & Butternut Squash With Rice L AED17/19**
Chickpea, Butternut, Onion, Carrot, Red Capsicum, Tomato Paste, Passata, Cumin, Smoked Paprika, Salt, Pepper, Basmati Rice
-  **Beef Loaded Corn Crackers L/D AED22**
 Lean minced beef, tomato, **kidney bean**, mixed bell peppers, carrot, garlic, cumin, coriander, paprika, olive oil, salt, pepper, sugar, avocado, lemon, corn crackers, **Cheddar Cheese**
- All Served With: Seasonal Vegetables**


WEDNESDAY

-   **Nut Free Pea Pesto Penne Pasta V/G/D/L AED17/19**
 Wholewheat **Penne pasta**, **garden peas**, baby spinach, garlic, onion, Basil, olive oil, seasoning, oregano, **parmesan cheese**
-  **Chicken Noodles G/E/L/S AED17/19**
 Chicken Breast, **Egg Noodles**, **Wholewheat Noodles**, Carrot Noodles, Bean Sprouts, Cabbage, Capsicum, Green **Beans**, Onion, Garlic, Lite **Soy**, Olive Oil


THURSDAY

-   **Margarita Pizza Fingers With Skin on Baked Wedges G/D/L/C AED17/19**
Flour, Yeast, Sugar, Olive Oil, Seasoning, **Cheese**, (Blended Tomato-Lentil-Zucchini-Celery-Carrot-Garlic- Onion-Basil-Cinnamon-Olive Oil-Salt-Pepper-Brown Sugar-Oregano) Potato
-  **Beef Burger With Skin on Baked Wedges G/M AED22**
 Lean Beef Mince, Onion, Carrot, Baby Marrow, **Mustard**, Seasoning, Lettuce, Tomato, **Potato Bun**, Potato, Olive Oil, Salt Pepper
-  **Both Served With Sweetcorn & garden Peas L**
Tomato Dip L/C Tomato, **Lentil**, Zucchini, **Celery**, Carrot, Garlic, Onion,


FRIDAY

-   **Scrambled Eggs, Grilled Halloumi, Baked Beans, Potato Rosti, Grilled Tomato E/L/D AED19**
 Egg, Low Fat **Milk**, Olive Oil, Salt, Pepper, **Halloumi**, Baked **Beans**, Potato Rosti, Tomato
-  **Barbeque Chicken Bao Buns With Carrot Sticks G/S/M AED18**
Bao Buns, Chicken Breast, **Barbeque Sauce**, Shredded Carrot, Shredded Cabbage, Coriander
-  **Chicken Dumpling With Sweet Chili Sauce G AED18**
 Chicken, **Flour**, Water, Cabbage, Carrot, Capsicum, Salt, Vegetable Stock, Pepper

SERVED WEEK: 4

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MONDAY



Chickpea, Butternut & Spinach Curry With Rice L AED17/19

Chickpea, Spinach, Butternut, (Blended Carrot-Capsicum-Ginger-Onion-Garlic Coriander, Cumin Garam Masala-Turmeric) Basmati Rice



Beef Lasagna G/D/C/L AED22

Minced Beef, **Pasta** Sheet, tomato, **Lentil**, Zucchini, **Celery**, Carrot, Garlic, Onion, Basil, Cinnamon, Olive Oil, Salt, Pepper, Sugar, Oregano, **Milk**, Cauliflower, **Flour**, Ricotta **Cheese**, **White Beans**, Bay Leaf, **Cheese**



Both Served With: Seasonal Vegetables



TUESDAY



Pasta Bake With Sweetcorn V/G/D/L/C AED17/19

Wholewheat **Penne pasta**, Blended Tomato, **Lentil**, Zucchini, **Celery**, Carrot, Garlic, Onion, Italian, Cinnamon, Olive Oil, Sugar, Salt, Pepper, **Cheese**



Chicken Sausage, Mash Potato/Cauliflower And Gravy G/C/M/D/S AED17/19

Fresh Chicken Sausage (Chicken-Onion powder-Garlic-Mustard-Salt) , Potato, Cauliflower, **Butter**, (Blended **Vegetable Stock**, flour, Carrot, Onion, **Celery**)

Both Served With: Seasonal Vegetables



WEDNESDAY



Veggie Burrito With Corn Crackers G/L/D AED19

Tomato, Kidney **Bean**, Sweetcorn, Garlic, Onion, Paprika , Coriander, Cumin, **Tortilla**, Basmati Rice, **Cheese**, Low Fat **Yogurt**, Avocado, Corn Crackers



Sweet & Sour Chicken Meatballs With Rice G/D AED17/19

Chicken Breast, **Breadcrumbs**, Pineapple, Onion, Ginger, Garlic, Mixed Capsicum, Tomato Ketchup, Pepper

Both Served With: Seasonal Vegetables



THURSDAY



Margarita Pizza Fingers & Skin On Potato Wedges G/D/L/C AED17/19

Flour, Yeast, Sugar, Olive Oil, Seasoning, **Cheese**, (Blended Tomato-Lentil-Zucchini-Celery-Carrot-Garlic- Onion-Basil-Cinnamon-Olive Oil-Salt-Pepper-Brown Sugar-Oregano) Potato



Chicken Shish Tawook & Skin On Potato Wedges D AED17/19

Chicken Breast, Mixed Capsicum, Low Fat **Yogurt**, Garlic, Lemon, Sweet Paprika, Salt, Pepper, Potato



Both Served With: Sweetcorn & Peas **L** Tomato dip **L/C**

Garden **Peas**, Sweetcorn, Tomato, **Lentil**, Zucchini, **Celery**, Carrot, Garlic, Onion, Basil, Cinnamon, Sugar, Olive Oil



FRIDAY



Toasted Bagel With Cream Cheese & Chia Berry Jam D/G AED17

Bagel, **Cream Cheese**, Chia Seed, Mixed Berries, date Syrup, Lemon Juice



Sausage, Scrambled Egg Potato Rosti, Baked Beans, Grilled Tomatoes E/G/D/L/M AED19

Fresh Chicken Sausage, **Egg**, Olive Oil, Low Fat Milk, Salt, Pepper, Potato Rosti, Baked **Beans**, Tomato

