

SCHOOLS MENU

September 15-19, 2019

<u>OPTION</u>	<u>SUNDAY</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>
1ST	CHICKEN BIRYANI	CHICKEN W/ ARABIC RICE	CHICKEN KABSA	CHICKEN MAQLOOBA	CHICKEN MAJBOOS
	<i>chicken fillet cubes, corn oil, onion, garlic, ginger, tomato, basmati rice & biryani spices</i>	<i>chicken fillet cubes, basmati rice, tomato, onion, garlic, carrot, all spice, dry lemon & nutmeg powder</i>	<i>chicken fillet, basmati rice, olive oil, onion, garlic, tomato & Arabic spice</i>	<i>chicken fillet cubes, olive oil, onion, garlic, tomato, Arabic spices, potato, marrow, eggplant & rice</i>	<i>chicken fillet cubes, basmati rice, olive oil, garlic, tomato, onion, Arabic spices, cloves, cardamom & dry lemon</i>
2ND	PERI-PERI CHICKEN W/ PORTUGUESE RICE	STIR FRIED BEEF W/ BEANS, BROCCOLI & JASMINE RICE	GRILLED BBQ CHICKEN W/ VEGETABLE FRIED RICE	GRILLED BEEF W/ PEPPER SAUCE & MASH POTATO	CHICKEN CHASSEUR W/ PLAIN RICE
	<i>mild spicy grilled chicken served w/ saffron rice & peri-peri sauce</i>	<i>slices of beef tenderloin w/ beans & broccoli seasoned w/ Chinese spices served w/ jasmine rice</i>	<i>marinated chicken breast fillet w/ BBQ sauce served & vegetable fried rice</i>	<i>marinated beef fillet steak w/ pepper brown sauce & mash potato</i>	<i>chicken fillet, mushroom, demi-glace, tomato Paste, tomato & chopped parsley</i>
3ND	PASTA ALLA MILANO	MACARONI BECHAMEL	CHICKEN & PASTA W/ ROASTED GARLIC CREAM SAUCE	CAJUN CHICKEN ALFREDO	CHICKEN & SAUSAGE VEGGIE PASTA
	<i>pasta, garlic, onion, butter, chicken, sundried tomato, mushroom, red capsicum, bechamel sauce & parmesan cheese</i>	<i>penne pasta, bolognaise sauce, bechamel sauce & cheddar cheese</i>	<i>chicken strips, pasta, butter, roasted garlic, onion, cream sauce, parmesan cheese & parsley</i>	<i>chicken strips, chicken sausage, pasta, olive oil, garlic, Cajun spices, cream sauce, parsley & parmesan cheese</i>	<i>chicken cubes, bacon, pasta, garlic, onion, milk, spinach, zucchini, carrots & parmesan cheese</i>
HEALTHY OPTION	CHICKEN SALTIMBOCCA W/ BAKED POTATO WEDGES	FISH TERIYAKI & STIR-FRY NOODLES	SWISS STEAK	ROMAN STYLE CHICKEN W/ STEAMED BROWN RICE	GRILLED FISH W/ SAUTEED VEGETABLES
	<i>baked pounded chicken, turkey ham, parmesan cheese & tomato sauce</i>	<i>baked fish fillet marinates w/ teriyaki sauce served w/ stir fry rice noodles</i>	<i>tendered beef fillet steak in tomato sauce served w/ broccoli & mash potato</i>	<i>chicken fillet, olive oil, herbs, pepper, capers & tomato</i>	<i>grilled marinated fish fillet w/ lemon herbs sauce & sautéed broccoli, brussels sprouts & carrot</i>
COMPLIMENTARY	MINI MUFFINS & WATER	BANANA & WATER	MINI MUFFINS & WATER	RED APPLE & WATER	MINI MUFFINS & WATER