

AISJ Cafeteria - Modern Foods Catering Menu

Feb-19

	Sunday	Monday	Tuesday	Wednesday	Thursday
Breakfast	BOILED EGGS OMELETTE HASH BROWN BEEF BACON WAFFLES	BOILED EGGS OMELETTE HASH BROWN SLICED CHICKEN BREAST PANCAKES	BOILED EGGS OMELETTE HASH BROWN SMOKED TURKEY WAFFLES	BOILED EGGS OMELETTE HASH BROWN BEEF BACON PANCAKES	BOILED EGGS OMELETTE HASH BROWN SLICED CHICKEN BREAST WAFFLES
Week3 - Lunch	Fresh Vegetable Soup Steamed rice and peas Gratinated Chicken (topped with mozzarella cheese and red, green & yellow pepper) Vegetable noodles with oyster sauce Homemade meatballs, mushroom sauce with penne pasta FEB. 3	Lentil Soup Steamed rice and corn Creamy Beef Stroganoff Steamed mixed vegetable selection Indian Chicken Tandoori with flat bread Oven roasted potato wedges FEB. 4	Fresh Fish Soup Steamed rice and onion Fresh homemade Pizza Shish Tawook Steamed mixed vegetable selection FEB. 5	Roasted Tomato Soup Steamed rice and peas Maccaroni and cheese sauce Zingy Mexican Chicken Sweetcorn and broccoli mix Oven roasted potato wedges FEB. 6	Sweetcorn and egg broth Steamed rice and corn Whole crispy chicken nuggets Grilled beef in a rich mushroom sauce Steamed mixed vegetable selection Creamed mash potatoes FEB. 7
Week 4 - Lunch	Red lentil soup Steamed rice and peas Chicken in a smokey BBQ sauce Steamed mixed vegetable selection Japanese Teryaki chicken FEB. 10	Vegetable broth Steamed rice and mushroom Maccaroni and cheese sauce Grilled Turkish kebab Vegetable noodles with oyster sauce Oven roasted potato wedges Sweetcorn and broccoli mix FEB. 11	Classic Italian Minestrone Soup Steamed rice and corn Whole crispy chicken nuggets Creamy Beef Stroganoff Steamed green beans Creamed mash potatoes FEB. 12	Cream of vegetable soup Steamed rice and peas Fresh homemade Pizza Chicken Shish Tawook Roasted eggplant and onion Oven roasted potato wedges FEB. 13	Creamy mushroom soup Steamed rice and mushroom Chicken in a smokey BBQ sauce Homemade beef burgers, tomato, lettuce French fries Roasted vegetables with garlic FEB. 14
Week5 - Lunch	Roasted Tomato Soup Steamed rice and corn Beef with mushrooms, garlic and onions Indian Chicken Tikka with flat bread Sweetcorn and broccoli mix Oven roasted potato wedges FEB. 17	Red lentil soup Steamed rice and corn Traditional spaghetti bolognese Grilled fish with tartar sauce Steamed mixed vegetable selection Baked baby potatoes FEB. 18	Fresh Fish Soup Steamed rice and corn Fresh homemade Pizza Shish Tawook Sweetcorn and broccoli mix Creamed mash potatoes FEB. 19	Traditional chicken soup Steamed rice and corn Baked chicken with tomato sauce, melted mozzarella Crispy fresh fish fingers Steamed mixed vegetable selection Baked baby potatoes FEB. 20	Fresh Fish Soup Steamed rice and corn Grilled fajitas with Mexican vegetables, flatbread Homemade beef lasagna, garlic bread French fries Steamed mixed vegetable selection FEB. 21
Week 4 - Lunch	Traditional chicken soup Steamed rice and corn CHICKEN P.CATTA Beef with mushrooms, garlic and onions Steamed mixed vegetable selection Oven roasted potato wedges FEB. 24	Rich potato soup Steamed rice and peas Grilled fajitas with Mexican vegetables, flatbread Homemade beef lasagna, garlic bread Oven roasted potato wedges Roasted eggplant and onion FEB. 25	Vegetable broth Steamed rice and carrot Maccaroni and cheese sauce Roast chicken, rosemary and garlic sauce Vegetable noodles with oyster sauce Creamed mash potatoes Sweetcorn and broccoli mix FEB. 26	Fresh Fish Soup Steamed rice and corn Fresh homemade Pizza Grilled Turkish kebab Steamed mixed vegetable selection Baked baby potatoes FEB. 27	Fresh Fish Soup Steamed rice and peas Baked chicken with tomato sauce, melted mozzarella Homemade beef burgers, tomato, lettuce French fries Roasted vegetables with garlic FEB. 28
Week 5 - Lunch					

SANDWICH

- CIABBATA CHICKEN WITH CHEESE S/W
- CIABBATA TURKEY WITH CHEESE S/W
- CIABBATA GRILLED CHICKEN S/W
- VIENNESE HALOUMI S/W
- CROISSANT TURKEY WITH CHEESE S/W
- CROISSANT CHEDDAR CHEESE S/W
- TRIANGLE CHEDDAR CHEESE BROWN S/W
- TRIANGLE FETA CHEESE S/W
- TRIANGLE BOILED EGG S/W
- TRIANGLE TUNA S/W
- CHICKEN WRAP S/W

SALAD

- SALAD BAR GREEK SALAD
- SALAD BAR CHICKEN CAESAR SALAD
- SALAD BAR GARDEN SALAD
- PARFAIT FRUIT SALAD
- FRUIT SALAD PKT. / CUP

FRESH JUICES

- ORANGE JUICE 8/14 OZ