

Pls see the calories per dish, which we are inserting alongside, per portion. These have been arrived at by calculating our recipes with the numbers of portions being consumed per day, and arriving at an average. We hope some of this information will be useful to you. **Gluten free options may be requested from counter man.**

Middle School Lunch Menu
FEBRUARY 17TH TO FEBRUARY 21ST, 2020

	Monday	Kcal	Tuesday	Kcal	Wednesday	Kcal	Thursday	Kcal	Friday	Kcal
Soup	Veg Noodle	74	Sweet Pumpkin & Roast Garlic	160	Basil Tomato	88	Meat Broth w/Vegetables	192	Indian TamaterShorba	88
Appetizer	Humus with Pita	52	Boiled Egg	71	Papadum	50	Bruschetta	44	French mini Croissant	120
Main Course Option 1	Penne Tetrzzini (Chicken & Cream)	475	Chicken Cutlet with Mashed Potatoes	270 118	Chicken Tomato Curry w/ Pulao Rice	350 120	Sloppy Joe	343	American Macaroni Cheese	370
Main Course Option 2	Tuna in Rye bread	150	Bagel with Cream Cheese	159	Hamburger	420	Chicken Enchilada	268	Oriental Chicken Fried Rice	250
Vegetarian	~Creamy Veg Penne ~Cole Slaw Cheese	400 230	~Veg Cutlet	300	~Vegetable Curry ~Vegburger	250 380	~Tomato Corn Sauce ~Veg Enchiladas	70 255	Mid-eastern Falafel in Pita	130
Dessert	Vanilla Ice cream	90	Kiwi Square	120	Blueberry Frozen Yogurt	98	Small chocolate muffin	135	International Lemon Sorbet	77
Drink of the day	Fresh Lemonade	66	Chocolate Milk	172	Fruit Punch	90	Orange Lemonade	70	Orange Juice	90

FEBRUARY 24TH TO FEBRUARY 28TH, 2020

	Monday	Kcal	Tuesday	Kcal	Wednesday	Kcal	Thursday	Kcal	Friday	Kcal
Soup	Sweetcorn	115	Meat Lemon	140	Lentil Crouton	140	Minestrone	120	Mushroom	80
Appetizer	Vegetable Noodles in Black bean sauce	150	~		Veg Sushi rolls	88	Baked Potato	52	Momos-Chicken/Veg	88
Main Course Option 1	Chicken Veg Stew, Parsley Potatoes	300 70	Pizza with Mince topping	240	Meat Lasagna	400	Korean BBQ Beef with Rice (Bulgogi)	280 120	Shepherd's Pie - Gravy	310
Main Course Option 2	Grilled Ham and Cheese	275	Egg Salad in Multigrain bread	210	Chicken Tikka in Panini	215	Bacon & Tomato Toast	295	Chickenburger	465
Vegetarian	~Veg Stew ~Grilled Cheese Sandwich	150 250	Margarita Pizza	221	~Spinach Lasagna ~Grilled Paneer Panini	285 262	~Manchurian Veggies ~Veg sandwich	250 260	~Veggie Pie ~Veg burger	250 380
Dessert	Mint Choco-chip Ice cream	140	Vanilla Puff	90	Banana Frozen Yogurt	93	Fruit Custard	135	Raspberry Sorbet	77
Drink of the day	Lemon iced tea	72	Mixed Fruit Juice	90	Pink Lemonade	66	Fruit Punch	90	Strawberry Iced tea	90

MARCH 02ND TO MARCH 06TH, 2020

	Monday	Kcal	Tuesday	Kcal	Wednesday	Kcal	Thursday	Kcal	Friday	Kcal
Soup	Tomato Cream	90	Onion	90	Chicken Pho	120	Consomme w/Tomatoes	150	Potato Leek (optional bacon)	104
Appetizer	Organic Boiled Egg	71	Korean Baby Potatoes	80	Corn on the Cob	131	Spring Roll	93	Focacia square	80
Main Course Option 1	Roast Filet, Gratinated Potatoes	214 118	Stir-fried Chow Mein	310	Stroganoff, Organic Brown Rice	260 120	Meat Veg Stew with Mashed Potatoes	280 118	Spaghetti Bolognese	450
Main Course Option 2	Chicken Qesadilla	139	Chicken Hot Dog	210	Chicken Kabab Roll	230	Bagel Pizza	210	Chicken & Egg Submarine	215
Vegetarian	~Grilled Veggies ~Veg Qesadilla	100 118	~Veg Chow Mein ~Veggie Dog	230 171	~Broccoli Stew ~ Paneer Roll	150 220	Mushroom Stew	160	Spaghetti Napolitano	320
Dessert	Coffee ice cream (On special request)	90	Fruit Tart	135	Strawberry Frozen Yogurt	93	mini Pancake with fruit compote	150	Orange Sorbet	77
Drink of the day	Mint Lemonade	68	Apple Juice	90	Peach Iced tea	93	Chocolate Milk	172	Fresh Lemonade	66

Other Daily Items	Plain Cheese Sandwich-Gouda / Cheddar(230 Kcal), Peanut Butter Jelly Sandwich(244 Kcal), Mini Indian Meal (Rice, Daal, Vegetable Curry, Yoghurt), Fruit Cup (33 Kcal), Plain Milk (75 Kcal).
Salad Choices	At the center of the cafeteria, please find an additional choice of 3 veg/non-veg sandwiches, as well as a choice of 3 salads, which are available especially for MS. Do plan, however, on not taking more than 2 drinks with your daily lunch.