

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.**

**Elementary School Lunch Menu (Grade 1 -5)
FEBRUARY 17TH TO FEBRUARY 21ST, 2020**

| | Monday | Kcal | Tuesday | Kcal | Wednesday | Kcal | Thursday | Kcal | Friday | Kcal |
|-----------------------------|--|------------|-------------------------------------|-----------|------------------------------------|------------|-----------------------------|------|-----------------------------|------|
| Soup | Veg Noodle | 74 | Sweet Pumpkin & Roast Garlic | 100 | Basil Tomato | 56 | Meat Broth w/Vegetables | 100 | Indian Tamater Shorba | 56 |
| Appetizer | Humus with Pita | 52 | Boiled Egg | 71 | Papadum | 50 | Bruschetta | 44 | French mini Croissant | 120 |
| Main Course Option 1 | Penne Tetrizzini (Chicken & Cream) | 220 | Chicken Cutlet with Mashed Potatoes | 180 79 | Chicken Tomato Curry w/ Pulao Rice | 260 100 | Sloppy Joe | 178 | American Macaroni Cheese | 200 |
| Main Course Option 2 | Tuna in Rye bread | 150 | Bagel with Cream Cheese | 159 | Hamburger | 286 | Pancake with Fruit Compotte | 150 | Oriental Chicken Fried Rice | 210 |
| Vegetarian | ~Creamy Veg Penne ~Cole Slaw Cheese | 200 200 | ~Veg Cutlet | 230 | ~Vegetable Curry ~Vegburger | 140 200 | ~Tomato Corn Sauce | 50 | Mid-eastern Falafel in Pita | 120 |
| Dessert | Vanilla Ice cream | 90 | Fresh Fruit Buffet | 33 | Fresh Fruit Buffet | 33 | Fresh Fruit Buffet | 33 | International Lemon Sorbet | 77 |
| Drink of the day | ~Plain Milk ~Water | 75 | ~Plain Milk ~Water | 75 | ~Plain Milk ~Water | 75 | ~Plain Milk ~Water | 75 | ~Plain Milk ~Water | 75 |

FEBRUARY 24TH TO FEBRUARY 28TH, 2020

| | Monday | Kcal | Tuesday | Kcal | Wednesday | Kcal | Thursday | Kcal | Friday | Kcal |
|-----------------------------|-------------------------------|------|---------------------------------------|------------|--|------------|---|------------|----------------------------|------------|
| Soup | Sweetcorn | 74 | Meat Lemon | 100 | Lentil Crouton | 80 | Minestrone | 41 | Mushroom | 56 |
| Appetizer | ~ | | Vegetable Noodles in Black bean sauce | 115 | Veg Sushi rolls | 58 | Baked Potato | 52 | Momos-Chicken/Veg | 88 |
| Main Course Option 1 | Pizza with Mince topping | 270 | Chicken Veg Stew, Parsley Potatoes | 200 80 | Meat Lasagna | 330 | Korean BBQ Beef with Steamed Rice (Bulgogi) | 190 100 | Shepherd's Pie - Gravy | 297 |
| Main Course Option 2 | Egg Salad in Multigrain bread | 210 | Grilled Ham and Cheese | 27 | Chicken Tikka in Panini | 215 | Bacon & Tomato Toast | 275 | Chickenburger | 230 |
| Vegetarian | Margarita Pizza | 221 | ~Veg Stew ~Grilled Cheese S/w | 275 | ~Spinach Lasagna ~Grilled Paneer Panini | 280 250 | ~Manchurian Veggies ~Veg sandwich | 150 200 | ~Veggie Pie ~Veg burger | 200 200 |
| Dessert | Mint Choco-chip Ice cream | 120 | Fresh Fruit Buffet | 160 250 | Fresh Fruit Buffet | 33 | Fresh Fruit Buffet | 33 | Raspberry Sorbet | 77 |
| Drink of the day | ~Plain Milk ~Water | 75 | ~Plain Milk ~Water | 75 | ~Plain Milk ~Water | 75 | ~Plain Milk ~Water | 75 | ~Plain Milk ~Water | 75 |

MARCH 02ND TO MARCH 06TH, 2020

| | Monday | Kcal | Tuesday | Kcal | Wednesday | Kcal | Thursday | Kcal | Friday | Kcal |
|-----------------------------|---------------------------------------|------------|-------------------------------|------------|---------------------------------|------------|-------------------------|------|------------------------------------|-----------|
| Soup | Tomato Cream | 60 | Onion | 60 | Chicken Pho | 57 | Consomme w/Tomatoes | 120 | Potato Leek (with optional) | 69 |
| Appetizer | Organic Boiled Egg | 71 | Korean Baby Potatoes | 80 | Corn on the Cob | 131 | Focacia square | 80 | Spring Roll | 93 |
| Main Course Option 1 | Roast Filet, Gratinated Potatoes | 280 79 | Stir-fried Chow Mein | 188 | Stroganoff, Organic Brown Rice | 150 100 | Spaghetti Bolognese | 336 | Meat Veg Stew with Mashed Potatoes | 220 70 |
| Main Course Option 2 | Chicken Qesadilla | 266 | Chicken Hot Dog | 185 | Chicken Kabab Roll | 115 | Chicken & Egg Submarine | 220 | Bagel Pizza | 210 |
| Vegetarian | ~Grilled Veggies ~Veg Qesadilla | 120 255 | ~Veg Chow Mein ~Veggie Dog | 150 171 | ~Broccoli Stew ~ Paneer Roll | 160 115 | Spaghetti Napolitano | 200 | Mushroom Stew | 160 |
| Dessert | Coffee ice cream (On special request) | 93 | Fresh Fruit Buffet | 33 | Fresh Fruit Buffet | 33 | Fresh Fruit Buffet | 33 | Orange Sorbet | 77 |
| Drink of the day | ~Plain Milk ~Water | 75 | ~Plain Milk ~Water | 75 | ~Plain Milk ~Water | 75 | ~Plain Milk ~Water | 75 | ~Plain Milk ~Water | 75 |

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).

Salad Choices Help yourself to the Carrot & Cucumber Sticks (20 Kcal)on your table.
Do enjoy the selection of cold organic Vegetables and dressings @ the Salad Bar(30 Kcal) too.

Some new things to note: We are working on a few new parent-suggested items like offering only plain milk and water as drink choices. We are cutting back frozen desserts to only twice a week, with 3 days being fruit choice days.