



Cafeteria Menu - February 2024

CONTINENTAL MENU				
5 Feb (Monday) Spaghetti with Bolognese, Alfredo, Marinara & Mushroom Cream Sauce, Garlic Bread & Grilled Veg	6 Feb (Tuesday) Roasted Beef, Chicken, Vegetable baked, Mashed Potatoes, Veg soft Tacos, and Steamed Green Beans	7 Feb (Wednesday) Chicken and Veg Manchurian, Fried Rice, Tofu & Bok Choy in Garlic Sauce, Soup and Grilled Veg,	8 Feb (Thursday) Jamaican Jerk Chicken, Potato wedges, Mix Veg Schezwan, Vegetable Creps & Steamed Vegetables	9 Feb (Friday) Assorted Pizza, Corn on the Cob, & Grilled Vegetables
12 Feb (Monday) Creamy Tuscan Chicken or Vegetable Pasta Primavera, Veg Ratatouille and Steamed Broccoli	13 Feb (Tuesday) Chicken, Beef & Veg Stroganoff, Roasted Potato, Spinach Cannelloni, And Steamed Veg,	14 Feb (Wednesday) Crispy Fry Vegetables and Fish, Butter Chicken or Paneer, Paratha and Grilled Vegetables	15 Feb (Thursday) Sijang –Tongdak Dubu Jorim, Egg Fried Rice, Beoseot Tansu, Steamed Veg, and Kimchi	16 Feb (Friday) Beef, Chicken or Vegetarian Burger, French Fries and Mixed Steamed Vegetables
19 Feb (Monday) Kung Pao Chicken or Mushroom, Chicken or Veg Noddle, Cheese Corn Ball & Grilled Vegetables	20 Feb (Tuesday) Steak, Chicken Wings in garlic Sauce, Enchiladas, Paneer tikka, Potato wedges & Steamed Beans,	21 Feb (Wednesday) Stir Fried Chicken and Vegetable, Corn on the Cob, Veg Rollatini , Veg Wrap and Grilled Veg,	22 Feb (Thursday) Chicken Escalope, Crispy Veg Finger, Roasted Baby Potato, Veg Burritos & Steamed Veg	23 Feb (Friday) PD day
26 Feb (Monday) Roasted Greek Chicken, Potato Chips, Quiche, Vegetables Crepes & Grilled Mixed Vegetables	27 Feb (Tuesday) Buffalo Wings, Egg Fried Rice, Mixed Veg Chili, Grilled Broccoli with Cheese Sauce, Steamed Veggies	28 Feb (Wednesday) Chicken Cacciatore, Sicilian Caponata, Veg Cutlets, Pasta Arrabiata, Baked Cauliflower and Steamed Beans	29 Feb (Thursday) Chicken or Paneer Malai Tikka, Chicken Curry, Mutter Mushroom Kadai, Paratha and Grilled Vegetables,	1 March (Friday) Chicken or Vegetarian Hotdog, French Fries and Steamed Broccoli,
<p><i>Please note, there is a salad bar, plain yoghurt, and fresh fruit available each day in addition to the above meals.</i></p>				

INDIAN MENU

5 Feb (Monday)	6 Feb (Tuesday)	7 Feb (Wednesday)	8 Feb (Thursday)	9 Feb (Friday)
Egg Curry, Vegetable Kofta, Palak aloo, Dal tadka and Rice	Chicken Masala, Mutter Paneer, Gobi Aloo, Mix Dal and Rice	Khara Pongal, Chutney, Bhindi Masala, Bonda, Sambar and Rice	Vegetable Jalfrezi, Chana Masala, Puri, Dry Aloo, Rasam and Rice	Fish Curry, Stuffed Veg Curry, Aloo Tuk, Dal Fry and Rice
12 Feb (Monday)	13 Feb (Tuesday)	14 Feb (Wednesday)	15 Feb (Thursday)	16 Feb (Friday)
Dosa with Chutney, Dry Aloo, Mix Vegetable, Sambar and Rice	Mix Veg Chilli, Fried Rice, Bok choy and Mushroom in Schezwan Sauce,	Chicken Curry, Mutter Paneer, Paratha, Bhindi Aloo, Dal and Rice,	Veg Pulao with Raita, Veg Pasanda, Rajma Masala, Rasam and Rice	Mutton Curry Palak Paneer, Gobi Mutter, Dal fry and Rice
19 Feb (Monday)	20 Feb (Tuesday)	21 Feb (Wednesday)	22 Feb (Thursday)	23 Feb (Friday)
Egg Masala, Mushroom Curry, Methi Aloo, Dal Fry and Rice	Vegetable Kadai, Beans Carrot, Dal Palak and Rice	Set Dosa with Chutney, Dry Potatoes, Sambar & Rice,	Pepper Chicken and Mixed Veg, Hakka Noodle and Mix Veg in Garlic sauce,	IB workshop
26 Feb (Monday)	27 Feb (Tuesday)	28 Feb (Wednesday)	29 Feb (Thursday)	1 March (Friday)
Paneer Kofta, Aloo Palak, Lovia Masala, Rasam and Rice	Fish or Veg finger, Kadai Veg, Dal Fry and Rice	Chana Masala with Puri, Bhindi Aloo, Rasam and Rice	Egg Curry, Dum Aloo, Paneer Makhani, Paratha, Mix dal and Rice	Mutton or Veg Biryani, Raita, (Dal and Rice)

Please note, there is a salad bar, plain yoghurt, and fresh fruit available each day in addition to the above meals.