

AIC MENU



SAVORY MENU

SANDWICH MENU





Savory Menu 1



Recipe Name: Hummus dip			Recipe Name: Avocado toast		
VEGAN			VEGETARIAN		
SN	Ingredients		SN	Ingredients	
1	Chick pea		1	Onions	
2	Olive oil		2	Chilly	
3	Salt		3	Tomatoes	
4	Garlic		4	Herbs	
5	Cumin		5	Lemons	
6	Water		6	oil	
7	Black pepper		7	Salt	
			8	Black pepper	
			9	Mozzarella cheese	
			10	Avocado	



Savory Menu 2



Recipe Name: Italian bruschetta(Dakos)		Recipe Name: Italian bruschetta(Dakos)	
VEGETARIAN		YIELD:VEGAN	
SN	Ingredients	SN	Ingredients
1	Mayonnaise	1	Mayonnaise
2	Mozzarella	2	Tomato
3	Spinach	3	Chilly
4	Onions	4	Onions
5	Salt	5	Oil
6	Oil	6	Salt
7	Black pepper	7	Black pepper
8	Garlic	8	Garlic





Savory Menu 3



Recipe Name: Onion Rings With Cocktail sauce

Recipe Name: Vegetable crudité's

VEGAN

VEGAN

SN	Ingredients
1	Onion ring
2	Flour
3	Oil
4	Corn flour
5	Salt
6	Black pepper
7	Water
8	Mayonnaise
9	Bread crumbs



SN	Ingredients
1	Carrot
2	Cucumber





Savory Menu 4



Recipe name: Avocado dip		Recipe Name: Yogurt dip	
VEGAN		VEGETARIAN	
SN	Ingredients	SN	Ingredients
1		1	
2		2	
3		3	
4			
5			
6			
7			
8			
9			



Savory Menu 5



Recipe Name; Hot dog sliders Beef or chicken

Recipe Name: Nachos

NON VEGAN

SN Ingredients

- 1 Sausage beef
- 2 Hot dog bun
- 3 Mayonnaise



NON VEGAN

SN Ingredients

- 1 Ground Beef
- 2 Mozzarella cheese
- 3 Boiled beans
- 4 Tortilla chips
- 5 Avocado
- 6 Chilly
- 7 Tomato
- 8 Onions
- 9 Oil
- 10 Salt





Savory Menu 7



Recipe Name: Grilled vegetable

VEGAN

- | SN | Ingredients |
|----|--------------|
| | Broccoli |
| 1 | |
| 2 | Carrot |
| 3 | Zucchini |
| 4 | Onions |
| 5 | Leek |
| 6 | Chilly |
| 7 | Oil |
| 8 | Salt |
| 9 | Black pepper |



Recipe Name: Savory potato skins

VEGAN

- | SN | Ingredients |
|----|---------------|
| | Boiled potato |
| 1 | |
| 2 | Garlic |
| 3 | Onions |
| 4 | Chilly |
| 5 | Oil |
| 6 | Salt |
| 7 | Black pepper |
| 8 | pesto{Basel} |





Savory Menu 8



Recipe Name: Meatball With Mozzarella Cheese

NON VEGAN

SN	Ingredients
1	Beef
2	Garlic
3	Onions
4	Parsley
5	Egg
6	Bread crumb
7	Oil
8	Mozzarella cheese
9	Black pepper
10	Salt



Recipe Name: Cheese & fruit skewer

VEGAN

SN	Ingredients
1	Papaya
2	Orange
3	Water melon
4	Pineapple
5	Cheese Mozzarella





Savory Menu 9



Recipe Name: Quesadilla chicken		Recipe Name: Quesadilla Beef	
NON VEGAN		NON VEGAN	
SN	Ingredients	SN	Ingredients
1	Chicken breast	1	Beef
2	Fajita seasoning	2	Rosmarino powder
3	OIL	3	oil
4	Green bell pepper	4	Green bell pepper
5	Red bell pepper	5	Red bell pepper
6	Onions	6	Onions
7	Flour tortillas	7	Flour tortillas
8	Mozzarella cheese	8	Mozzarella cheese
9	Salt	9	Salt
10	Black peppers	10	Black peppers





Savory Menu 10



Recipe NAME: QUESADILLA VEGGIE

|| Recipe Name:Quesadilla cheese

VEGAN

SN	Ingredients
	Flour tortillas
1	
2	Carrot
3	zucchini
4	Cabbage
5	Bell pepper
6	Sweet corns
7	Onions
8	Oil
9	salt
10	Black peppers



NON VEGAN

SN	Ingredients
1	Flour tortillas
2	Onions
3	Bell peppers
4	Coriander Leaf
5	Cheese





Savory Menu 12



Recipe Name: Baba Ganoush

VEGAN

SN	
1	Egg plant
2	Lemon
3	Garlic clove
4	Yogurt
5	Red pepper
6	olive oil
7	Coriander leaf
8	Cumun
9	Vegetable crudites
10	Black peppers

Ingredients



SANDWICH MENU

SANDWICH MENU





Sandwich Menu 1



Recipe Name: GRILLED PANINI SANDWICH

SN	Ingredients
1	CHICKEN BREAST
2	LETTUCE
3	TOMATTO
4	CHILLY
5	ONION
6	PROVOLONE CHEESE
	*GLUTEN FREE BREAD OPTION
1	BARLEY BREAD
2	OATS BREAD
3	RYE BREAD



Recipe Name: GRILLED BEEF SANDWICH

SN	Ingredients
1	GRILLED BEEF
2	LETTUCE
3	TOMATO
4	CHILLY
5	ONION
6	PROVOLONE CHEESE
	*GLUTEN FREE BREAD OPTION
1	BARLEY BREAD
2	OATS BREAD
3	RYE BREAD





Sandwich Menu 2



Recipe Name; ROSTED CHICKEN ANDWICH

YIELD:

SN Ingredients

- 1 ROASTED CHICKEN BREAST
- 2 LETTUCE
- 3 TOMATTO
- 4 ONION
- 5 CHILLY
*GLUTEN FREE BREAD OPTION

- 1 BARLEY BREAD
- 2 OATS BREAD
- 3 RYE BREAD



Recipe Name; ROSTED BEEF SANDWICH

YIELD:

SN Ingredients

- 1 RASTED BEEF
- 2 LETTUCE
- 3 TOMATO
- 4 ONION
- 5 CHILLY
*GLUTEN FREE BREAD OPTION

- 1 BARLEY BREAD
- 2 OATS BREAD
- 3 RYE BREAD





Sandwich Menu 3



Recipe Name: BEEF BURGER		Recipe Name: SPECIAL BURGER	
Ingredients		Ingredients	
1	BEEF PATTY	GRILLED BEEF	
2	TOMATO		LETTUCE
3	LETTUCE		TOMATO
4	ONION		CHILLY
5	CHILLY		ONION
	* GLUTEN FREE BREAD OPTION		PROVOLONE CHEESE
1	BARELY BREAD	*GLUTEN FREE BREAD OPTION	
2	OATS BREAD	BARLEY BREAD	
3	RYE BREAD	OATS BREAD	
4	RYE BREAD	RYE BREAD	





Sandwich Menu 4



Recipe Name: CHEESE TRIANGLE

SN	Ingredients
1	CHESE
	*GLUTEN FREE BREAD OPTION
1	BARLEY BREAD
2	OATS BREAD
3	RYE BREAD



Recipe Name: TUNA SANDWICH

SN	Ingredients
1	TUNA
2	TOMATO
3	ONION
4	CHILLY
5	LETTUCE
	*GLUTEN FREE BREAD OPTION
1	BARLEY BREAD
2	OATS BREAD
3	REY BREAD





Sandwich Menu 5



Recipe Name: GRILLED VEGETABLE SANDWICH

YIELD:

SN	Ingredients	
1	CARROT	
2	ZUCUNI	
3	ONION	
4	TOMATO	
5	CABBAGE	
	CHILLY	
	*GLUTEN FREE BREAD OPTION	
1	BARLEY BREAD	
2	OATS BREAD	
3	REY BREAD	

JUICES & SMOOTHIES

SANDWICH MENU





JUICE & SMOOTHIES



	Monday	Tuesday	Wednesday	Thursday	Friday
	<u>JUICE & SMOOTH</u>	<u>JUICE & SMOOTHIE</u>	<u>JUICE & SMOOTHIE</u>	<u>JUICE & SMOOTHIE</u>	<u>JUICE & SMOOTHIE</u>
	PAPAYA JUICE(GF & V)	CARROT –Pineapple juice(GF & V)	SPINACH WITH APPLE(GF & V)	CARROT WITH ORANGE(GF & V)	WATERMELON JUICE(GF & V)
	MANGO, STRAWBERRY SMOOTHIE(GF & P)	WATERMELON JUICE(GF & V)	WATERMELON BANANA SMOOTHIE(GF & P)	PAPAYA-BANANA SMOOTHIE(GF & P)	SPINACH WITH APPLE
					
		Yogurt with cereal		Yogurt with cereal	

ICS DAILY SPECIAL MENU

SANDWICH MENU



	Monday	Tuesday	Wednesday	Thursday	Friday
	<u>SALAD SPECIAL</u>	<u>SALAD SPECIAL</u>	<u>SALAD SPECIAL</u>	<u>SALAD SPECIAL</u>	<u>SALAD SPECIAL</u>
	Iceberg With Roasted Chickpeas Salad (GF & NV)	Mechouia Salad GF & V)	Panatella Salad (GF & NV)	Iceberg With Roasted Chickpeas Salad (GF & NV)	Mechouia Salad GF & V)
	Horiatiki Salad (GF & NV)	Mediterranean Orzo Salad (GF & NV)	Texas Caviar Salad (GF & V)	Horiatiki Salad (GF & NV)	Mediterranean Orzo Salad (GF & NV)
	Shopska Salad (GF & V)	Cabo Salad (GF & NV)	Fattoush Salad (GF & V)	Shopska Salad (GF & V)	Cabo Salad (GF & NV)
	Farro Salad (GF & V)	Ovcharska Salad (GF & V)	Radicchio Salad (GF & V)	Ferro Salad (GF & V)	Ovcharska Salad (GF & V)
	Butternut Squash Salad (GF & V)			Butternut Squash Salad (GF & V)	
	<u>SAVORY SPECIAL</u>	<u>SAVORY SPECIAL</u>	<u>SAVORY SPECIAL</u>	<u>SAVORY SPECIAL</u>	<u>SAVORY SPECIAL</u>
	Avocado Toast (NV & GF)	Quesadilla Chicken (G & NV)	Italian Bruschetta (Dakos) (G & NV)	Avocado Toast (NV & GF)	Quesadilla Chicken (G & NV)
	Ring Onion W/ Cocktail Sauce (V &)	Baba Ganoush (GF & V)	Avocado Dip (GF & V)	Ring Onion W/ Cocktail Sauce (V &)	Baba Ganoush (GF & V)
	Savory Potato Skin (V & GF)	Hummus Dip (GF & V)	Nachos (GF & NV)	Savory Potato Skin (V & GF)	Hummus Dip (GF & V)
	Meat Ball (NV & G)	Vegetable Crudites (GF & V)	Grilled Vegetable (GF & V)	Meat Ball (NV & G)	Vegetable Crudites (GF & V)
	Yogurt Mint Dip (NV & GF)	Hot Dog Sliders Beef/Chicken (GF & NV)	Quesadilla Veg (GF & V)	Yogurt Mint Dip (NV & GF)	Hot Dog Sliders Beef/Chicken (GF & NV)

	Monday	Tuesday	Wednesday	Thursday	Friday
	<u>PIZZA SPECIAL</u>	<u>PIZZA SPECIAL</u>	<u>PIZZA SPECIAL</u>	<u>PIZZA SPECIAL</u>	<u>PIZZA SPECIAL</u>
	Margarita Pizza (G & NV)	Margarita Pizza (G & NV)	Margarita Pizza (G & NV)	Margarita Pizza (G & NV)	Margarita Pizza (G & NV)
	Chicken Pizza (G & NV)	Spinach & Mushroom Pizza (G & NV)	Grilled Vegetable Pizza (G & NV)	Chicken & Black Olive Pizza (G & NV)	Beef & Mushroom Pizza (G & NV)
	<u>COOKIES SPECIAL</u>	<u>COOKIES SPECIAL</u>	<u>COOKIES SPECIAL</u>	<u>COOKIES SPECIAL</u>	<u>COOKIES SPECIAL</u>
	Shortbread Cookies (G & NV)	Coconut Cookies(G & NV)	Vanilla Cookies (GF & NV)	Shortbread Cookies(G & NV)	Coconut Cookies(G & NV)
	Chocolate Cookies (GF & NV)	Ginger Teff Cookies (GF & NV)	Farmhouse Cookies(G & NV)	Oats & Raisin Cookies (GF & NV)	Ginger Teff Cookies (GF & NV)

	Monday	Tuesday	Wednesday	Thursday	Friday
	<u>PASTRY SPECIAL</u>	<u>PASTRY SPECIAL</u>	<u>PASTRY SPECIAL</u>	<u>PASTRY SPECIAL</u>	<u>PASTRY SPECIAL</u>
	1. Chocolate Croissant (G & D)	Chocolate Croissant(G&NV)	chocolate croissant(G & NV)	vanilla donuts (G & NV)	<i>plain donuts (g & NV)</i>
	2. Plain Croissant(G &NV)	Plain Muffin (G & NV)	plain croissant(G & D)	plain croissant(G & D)	<i>Banana cake(D & G)</i>
	3. Chocolate Donuts(G & NV)	Cinnamon Roll(G & V)	fruit cake(D & G)	chocolate Muffin (G & V)	<i>chocolate croissant(G & NV)</i>
	4. Fruit Cup(GF &V)	Fruit Cup (GF & V)	Fruit Cup(GF & V)	Fruit Cup(GF & V)	<i>Fruit Cup(GF & V)</i>
	5. Vegetable Spring Roll (G & V)	Meat Samosa(G & NV)	Lentil Samosa(G & V)	Chicken Calzone	<i>Lentil Samosa(G & V)</i>
	6. Brownie (G & NV)	Plain Croissant (G & NV)	Banana Cake (G & NV)	Chocolate Croissant (G & NV)	Chickpeas Brownie (GF & NV)
	7. Granola Bar (GF &NV)	Apple Pie (G & NV)	Fruit Danish (G & NV)	Fruit Tart (G & NV)	English Cake(G & NV)