

Cafeteria Menu – November 2024

| CONTINENTAL MENU | | | | |
|--|---|---|---|--|
| 4 Nov (Monday) | 5 Nov (Tuesday) | 6 Nov (Wednesday) | 7 Nov (Thursday) | 8 Nov (Friday) |
| Holiday | Pasta with Bolognese, Alfredo, Marinara & Mushroom Cream Sauce, Garlic Bread & grilled Veg, | Beef Steak, Roasted Chicken, Vegetarian Cannelloni, Roasted Potatoes, Quiche and Mix Steamed Veg, | Afghan Chicken, Paneer/Mushroom Malai Tikka, Vegetable Cutlet & Steamed Broccoli, | Beef, Chicken or Vegetarian Burger, French Fries and Mixed Steamed Vegetables, |
| 11 Nov (Monday) | 12 Nov (Tuesday) | 13 Nov (Wednesday) | 14 Nov (Thursday) | 15 Nov (Friday) |
| Grilled honey Chicken, Soft tacos, Cheese Macaroni, Cheese Ball and Grilled Vegetables | Chicken or Paneer Malai Tikka, Quiche, Veg Manchurian and Grilled Vegetables, | Roasted Beef, Chicken, Baked Veg, Mashed Potatoes, Veg Burritos, and Steamed Green Beans | Buffalo Wings, Egg Fried Rice, Mixed Veg Chili, Grilled Broccoli with Cheese Sauce, Steamed Veggies | Assorted Pizza, Corn On the Cob and Grilled Mixed Vegetables, |
| 18 Nov (Monday) | 19 Nov (Tuesday) | 20 Nov (Wednesday) | 21 Nov (Thursday) | 22 Nov (Friday) |
| Spaghetti with Bolognese, Alfredo, Marinara & Mushroom Cream Sauce, Garlic Bread & Grilled Veg | Roasted Greek Chicken, Roasted Potatoes, Quiche, Paneer Tikka & Grilled Veg | Grilled Vegetables and Fish, Butter Chicken or Paneer, Paratha and Steamed Beans | Chicken Escalope, Vegetable Cutlet, Pasta Primavera, Veg Ratatouille & Steamed Veg, | Chicken or Vegetable Hot Dogs, French fries & Grilled Vegetables |
| 25 Nov (Monday) | 26 Nov (Tuesday) | 27 Nov (Wednesday) | 28 Nov (Thursday) | 29 Nov (Friday) |
| Chicken and Veg Manchurian, Fried Rice, Tofu & Bok Choy in Garlic Sauce, Soup and Grilled Veg, | Chicken Cafreal, Veg Wrap, Veg Fingers, Mushroom & Tofu and Steamed Mix | Yangnyeom Chicken, Bulgogi, Hakka Noodle, Veg Chilly, Algamja Jorim and Steamed Broccoli | BBQ Chicken, Veg Shashlik, Roast Potatoes, Vegetarian Cripes, Rollatini & Steamed veg | PD Day |
| <p>Please note, there is a salad bar, plain yoghurt, and fresh fruit available each day in addition to the above meals.</p> | | | | |

INDIAN MENU

| 4 Nov (Monday) | 5 Nov (Tuesday) | 6 Nov (Wednesday) | 7 Nov (Thursday) | 8 Nov (Friday) |
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| Holiday | Egg Masala, Gobi Aloo, Palak Paneer, Dal Fry & Rice | Bhindi masala, Chana Masala, Puri, Rasam and Rice | Baingan Bharta, Lovia Masala, Mix Veg, Dal and Rice | Mutton or Veg Biryani with Raita, (Dal and Rice) |
| 11 Nov (Monday) | 12 Nov (Tuesday) | 13 Nov (Wednesday) | 14 Nov (Thursday) | 15 Nov (Friday) |
| Set Dosa with Chutney, Dry Potatoes, Mix Veg, Sambar & Rice | Chicken Curry, Mutter Paneer, Chapati, Dum Chily Potato, Dal and Rice | Black Dry Chana, Pori, Aloo curry, Veg Kadaai, Dal and Rice | Vegetable Kofta, Avial, Chapati, Dal Palak and Rice | Grilled Fish, Aloo Tuk, Mutter Paneer, Dal fry and Rice |
| 18 Nov (Monday) | 19 Nov (Tuesday) | 20 Nov (Wednesday) | 21 Nov (Thursday) | 22 Nov (Friday) |
| Egg Masala, Mushroom Curry, Methi Aloo, Chapati, Dal Fry and Rice | Bitter Gourd Fry, Bisi bele Bath, Beans & Carrot Poriyal, Sambar and Rice | Chicken Curry, Mutter Paneer, Paratha, Gobi Aloo, Dal and Rice, | Onion Dosa with Chutney, Dry Potatoes, Mix Veg, Sambar & Rice | Butter Chicken or Paneer, Chapati, Mix Veg dry, Dal Palak and Rice |
| 25 Nov (Monday) | 26 Nov (Tuesday) | 27 Nov (Wednesday) | 28 Nov (Thursday) | 29 Nov (Friday) |
| Lemon Rice With Chutney, Bonda, Mix Vegetables, Sambar and Rice | Chicken Curry, Mushroom pepper dry, Veg Cury, Dal Tadka and Rice | Chicken Masala, Mutter Paneer, Chapati, Cabbage Mutter, Mix Dal and Rice | Veg Pulao with Raita, Sautéed Lovia & Pumpkin, Sambar and Rice | PD Day |

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