

ISD Cafeteria Service

October 2026



International
School
Dhaka

MEAL PLAN

Thursday 1st (East Asia)

Snacks:

Baked Chicken Rolls (G)(D)(E)	180 Kcal
Fresh Seasonal Fruit Basket	60 Kcal

Lunch:

Miso Soup with Tofu & Seaweed (S)	50 Kcal
Korean Soy-Ginger Grilled Chicken Leg (G)(S)	210 Kcal
Or	
Mapo Tofu (G)(S)	150 Kcal
Steamed Jasmine Rice with Stir-Fried Bokchoy (G)(S)	200 Kcal
Potato Wedges	150 Kcal
Boiled Egg (E)	75 Kcal
Mini Mango Pudding (D)	190 Kcal

Sunday 4th (South Asia)

Snacks:

Baked Chicken and Veg Cutlet (G)(E)	150 Kcal
Lassi (D)	130 Kcal
Fresh Seasonal Fruit Basket	60 Kcal

Lunch:

Tomato Shorba (D)	60 Kcal
Chicken Karahi	200 Kcal
Or	
Bengali Lentil Dal	110 Kcal
Basmati Pulao with Cucumber Raita (D)	220 Kcal
Potato Fries	180 Kcal
Scrambled Egg (D)(E)	110 Kcal
Mini Rasgulla (D)	180 Kcal

Monday 5th (Italian (Pizza / Pasta Classics))

Snacks:

Whole Wheat Margherita Mini Pizza (G)(D)	180 Kcal
Mini Lemon Muffin (G)(D)(E)	130 Kcal
Fresh Seasonal Fruit Basket	60 Kcal

Lunch:

Tomato & Basil Soup	70 Kcal
Garlic Bread (G)(D)	130 Kcal
Whole Wheat Chicken Leg Lasagne (G)(D)(E)	280 Kcal
Or	
Penne Alfredo (G)	300 Kcal
Roasted Seasonal Vegetables	60 Kcal
Mashed Potato (D)	120 Kcal
Salt & Pepper Eggs (E)	100 Kcal
Tiramisu (G)(D)(E)	250 Kcal

Tuesday 6th (French)

Snacks:

Herbed Vegetable Croquettes with Yogurt Dip (D)	170 Kcal
Strawberry Milkshake (D)	170 Kcal
Fresh Seasonal Fruit Basket	60 Kcal

Lunch:

French Onion Soup (G)(D)	130 Kcal
Whole Wheat Baguette (G)	110 Kcal
Chicken Leg Provençal	200 Kcal
Or	
Ratatouille	80 Kcal
Roast Potatoes	130 Kcal
Egg Bhurji (E)	120 Kcal
Mini Fruit Tart (G)(D)(E)	120 Kcal

Wednesday 7th (Students' Choice)

Snacks:

Meat Box (G)(D)	250 Kcal
Mini Chocolate Chip Cookie (G)(D)(E)	100 Kcal
Fresh Seasonal Fruit Basket	60 Kcal

Lunch:

Chicken Noodle Soup (G)	110 Kcal
Mac N Cheese (G)(D)	300 Kcal
Crumbed Boneless Chicken Leg (G)(E)	250 Kcal
Or	
Whole Wheat Crumbed Vegetable Cutlet (G)(E)	150 Kcal
Roasted Seasonal Vegetable Medley	60 Kcal
Potato Wedges	150 Kcal
Boiled Egg (E)	75 Kcal
Frozen Yoghurt (D)	90 Kcal

Thursday 8th (Barbecue Day)

Snacks:

Tandoori Chicken Sandwich (G)(D)	260 Kcal
Mint Lemonade	60 Kcal
Fresh Seasonal Fruit Basket	60 Kcal

Lunch:

Smoky Roasted Tomato & Red Pepper Soup	70 Kcal
Naan (G)(D)	160 Kcal
Tandoori BBQ Chicken Leg (D)	190 Kcal
Beef Seekh Kebab	160 Kcal
Veg Skewer	60 Kcal
Potato Fries	180 Kcal
Scrambled Egg (D)(E)	110 Kcal
Grilled Pineapple with Honey Drizzle	170 Kcal

Sunday 11th (East Asia)

Snacks:

Yachaejeon (G)(E)	130 Kcal
Fresh Seasonal Fruit Basket	60 Kcal

Lunch:

Clear Chicken & Sweetcorn Soup (G)(E)(S)	80 Kcal
Chicken Teriyaki (G)(S)	220 Kcal
Or	
Japchae (G)(S)	210 Kcal
Steamed Rice with Sesame Spinach (S)	190 Kcal
Mashed Potato (D)	120 Kcal
Salt & Pepper Eggs (E)	100 Kcal
Mini Tteok with Fruit Syrup	210 Kcal

Monday 12th (South Asia)

Snacks:

Chicken Pattie (G)(D)	170 Kcal
Chatpati Fruit Chaat	70 Kcal
Fresh Seasonal Fruit Basket	60 Kcal

Lunch:

Chicken Yakhni Soup	70 Kcal
Chinigura Rice Pulao with Kachumber Mix	210 Kcal
Tandoori Butter Chicken (D)	240 Kcal
Or	
Vegetable with Chana Masala	170 Kcal
Roast Potatoes	130 Kcal
Egg Bhurji (E)	120 Kcal
Mini Kheer (D)	210 Kcal

Tuesday 13th (Italian)

Snacks:

Baked Focaccia Chicken Bites with Herbs (G)	150 Kcal
Mint Lemonade	60 Kcal
Fruit Juice	60 Kcal
Fresh Seasonal Fruit Basket	

Lunch:

Minestrone Soup (G)(D)	80 Kcal
Whole Wheat Garlic Bread (G)(D)	130 Kcal
Chicken Leg Cacciatore	210 Kcal
Or	
Vegetable Risotto (D)	240 Kcal
Fusilli Alfredo (G)	200 Kcal
Potato Wedges	150 Kcal
Boiled Egg (E)	75 Kcal
Mini Panna Cotta (D)	130 Kcal

Wednesday 14th (Tex-Mex)

Snacks:

Quesadilla Bites (G)(D)	240 Kcal
Vanilla Shake (D)	150 Kcal
Fresh Seasonal Fruit Basket	106 Kcal

Lunch:

Chicken Tortilla Soup (G)	110 Kcal
Chicken Leg Fajita Bowl (D)	280 Kcal
Or	
Mexican Rice	190 Kcal
Corn & Black Bean Salsa; Grilled Seasonal Vegetables	190 Kcal
Potato Fries	180 Kcal
Scrambled Egg (D)(E)	110 Kcal
Baked Churro Bites (G)(D)(E)	220 Kcal

Thursday 15th (Food Heaven)

Snacks:

Bruschetta al Pomodoro (G)	110 Kcal
Limonata	70 Kcal
Fresh Seasonal Fruit Basket	60 Kcal

Lunch:

Zuppa Toscana (D)	180 Kcal
Focaccia al Rosmarino (G)	130 Kcal
Crumb Fried Fish & Chips (G)(D)	280 Kcal
Or	
Roast Vegetable with Italian Herbs (V)	80 Kcal
Penne Mix Sauce (G)(D)	240 Kcal
Panzanella (G)	130 Kcal
Mashed Potato (D)	120 Kcal
Salt & Pepper Eggs (E)	100 Kcal
Chocolate Fondue	



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Sunday 25th (Thai)

Snacks:

Thai Chicken Puff (G)(D)	150 Kcal
Mixed Fruit Slice Cake (G)(D)(E)	130 Kcal
Fresh Seasonal Fruit Basket	60 Kcal

Lunch:

Thai Chicken & Vegetable Soup	90 Kcal
Basil Chicken (G)(S)	210 Kcal
or	
Green Vegetable Curry	180 Kcal
Stir Fried Noodles (G)(E)(S)	260 Kcal
Roast Potatoes	130 Kcal
Egg Bhurji (E)	120 Kcal
Mini Mango Sticky Rice (S)	140 Kcal

Monday 26th (South Asia)

Snacks:

Baked Chicken Bun (G)(D)(E)	220 Kcal
Baked Samosa Chaat (G)(D)	180 Kcal
Fresh Seasonal Fruit Basket	60 Kcal

Lunch:

Lentil & Vegetable Mulligatawny Soup	100 Kcal
Basmati Pulao with Cucumber-Tomato Salad	210 Kcal
Beef Bhuna Curry / Chicken	230 Kcal
Or	
Aloo Gobi	190 Kcal
Potato Wedges	120 Kcal
Boiled Egg (E)	150 Kcal
Baked Sweet Yogurt (D)	75 Kcal
	110 Kcal

Tuesday 27th (East Asia)

Snacks:

Mini Soya Chicken Roll (G)(D)	180 Kcal
Mixed Fruit Juice	150 Kcal
Fresh Seasonal Fruit Basket	60 Kcal

Lunch:

Chicken & Egg Drop Soup (G)(E)(S)	70 Kcal
Spring Onion Pancake (G)	150 Kcal
Egg Fried Rice (G)(E)(S)	260 Kcal
Or	
Vegetable Yaki Udon (G)(S)	250 Kcal
Soya Tossed Vegetables (G)(S)	90 Kcal
BBQ Chicken with Kimchi (G)(S)	200 Kcal
Potato Fries	180 Kcal
Scrambled Egg (D)(E)	110 Kcal
Mini Dorayaki (G)(E)	130 Kcal

Wednesday 28th (Pizza Day)

Snacks:

Mini Chicken Calzone (G)(D)	220 Kcal
Mini Chocolate Chip Cookie (G)(D)(E)	100 Kcal
Fresh Seasonal Fruit Basket	60 Kcal

Lunch:

Roasted Pumpkin Soup (D)	90 Kcal
Garlic Bread with Cheese Toast (G)(D)	170 Kcal
Meat Heaven Pizza (G)(D)	260 Kcal
Or	
Vegetable Pizza (V) (G)(D)	220 Kcal
Chicken Wings (2)	180 Kcal
Mixed Garden Salad	30 Kcal
Mashed Potato (D)	120 Kcal
Salt & Pepper Eggs (E)	100 Kcal
Mixed Fruit Panna Cotta (D)	130 Kcal

Thursday 29th (East Asia)

Snacks:

Gimbap Soseji (G)(D)	190 Kcal
Kkul-Uyu (D)	110 Kcal
Fresh Seasonal Fruit Basket	60 Kcal

Lunch:

Doenjang-guk (G)(S)	60 Kcal
Onion & Herb Toast (G)(D)	120 Kcal
Kung Pao-Style Chicken (nut-free) (G)(S)	230 Kcal
Or	
Baked Vegetable Katsu with Japanese Curry Sauce (G)(E)	260 Kcal
Kimchi Fried Rice (G)(S)	250 Kcal
Korean Crunchy Veggie Salad with Sesame Dressing (S)	70 Kcal
Roast Potatoes	130 Kcal
Egg Bhurji (E)	120 Kcal
Chocolate Swirl Swiss Cake (G)(D)(E)	150 Kcal

