

Cafeteria Menu - Oct '26

International Cuisine



5 Oct (Monday)	6 Oct (Tuesday)	7 Oct (Wednesday)	8 Oct (Thursday)	9 Oct (Friday)
Roasted Beef, Chicken & Veggie, Mashed Potatoes, Veg Quesadilla, and Steamed Veg	Chicken or Veg Manchurian, Veg Noodle, Mix Veg in Schezwan sauce & Grilled Vegetables	Jamaican Jerk Chicken/Veggies, Potato Wedges, Mix Veg in Schezwan Sauce & Grilled Veg	Stir Fried Veg or Chicken, Cheese Macaroni, Veggies Cheese Balls and Grilled Vegetables	Assorted Pizza, Corn on the Cob, & Grilled Vegetables
2 Oct (Monday)	13 Oct (Tuesday)	14 Oct (Wednesday)	15 Oct (Thursday)	16 Oct (Friday)
Shoyu Chicken or Veg, Fried Rice, Tofu & Bok choy in Garlic sauce and Sauté mixed Veg	BBQ Chicken or Veg, Potato wedges, Veg Cannelloni, Veg Quiche and Grilled Veg	Chicken or Veg Lasagna, Crispy Wing, Paneer Tikka, Grilled Veg & Garlic Bread	Bulgogi, Tongdak -Gui, Beoseot Tongsu, Broccoli with Tofu, Veg Noodle and Soup	Beef, Chicken or Vegetarian Burger, French Fries and Mixed Steamed Vegetables
26 Oct (Monday)	27 Oct (Tuesday)	28 Oct (Wednesday)	29 Oct (Thursday)	30 Oct (Friday)
Pasta with Bolognese, Alfredo, Marinara & Mushroom Cream Sauce, Garlic Bread & Grilled Veg	Steak, Wings Chilly, Enchiladas, Veg Cutlet, Potato wedges & Steamed Beans	Crispy Fry Veg & Fish, Butter Chicken or Paneer, Veg Shashlik, Paratha and Grilled Vegetables	Chicken Cacciatore, Ratatouille, Veg Cutlets, Pasta Arrabiata and Steamed Veg	Chicken or Vegetarian Hotdog, French Fries and Steamed Broccoli

List of Morning Snacks

Mon - Cheese & Sausage Rolls

Thu - Cinnamon Rolls,

Tue - Chicken Sandwiches

Fri - Grilled Cheese Sandwiches.

Wed - Pizza Rolls or Danish Pastry

Sandwiches (Jam & Vegetable), and Fresh cut fruits are served daily along with the above mentioned snacks.

Please note, there is a salad bar, Carrot, Cucumber, Tomato, Mix Salad everyday along with 2 salad from below list.

Cucumber rings Salad, Shredded Mix Salad, Coleslaw, Greek Salad, Avocado Salad, Quinoa Salad, Pesto Pasta, Cherry Tomato Pasta Salad, Sriracha Noodle Salad, Moroccan Carrot & Chickpea Salad, Nicoise Salad, Mix Sprout Salad, Roasted Beetroot Salad, Tabbouleh, Roasted Pumpkin Salad, Caesar Salad, Broccoli Salad, Cherry Mozzarella Salad, Rainbow Salad, Watermelon Feta Salad, Tomato Couscous Salad, Spring Salad and Con & Black bean Salad.

Plain yoghurt, and fresh fruit available each day in addition to the above meals.

Cafeteria Menu - Oct '26

Indian Cuisine



STONEHILL
INTERNATIONAL SCHOOL

An Embassy Group Education Initiative

5 Oct (Monday)	6 Oct (Tuesday)	7 Oct (Wednesday)	8 Oct (Thursday)	9 Oct (Friday)
Egg Masala, Mushroom Curry, Methi Aloo, Chapati Dal Fry and Rice	Veg Kadai, Chana Masala. Puri, Lauki Curry, Dal fry and Rice	Chicken Curry, Shahi Paneer, Cabbage Mutter, Chapati, Dal Fry and Rice	Veg Pulao with Raita, Bhindi Fry, Bonda, Sambar and Rice	Tandoori Chicken or Veg, Paneer Kofta, Dal Makhni, Chapati and Rice
12 Oct (Monday)	13 Oct (Tuesday)	14 Oct (Wednesday)	15 Oct (Thursday)	16 Oct (Friday)
Veg Kofta, Veg do Pyaza, Chapati, Dal Palak and Rice	Lemon Rice, Aloo Capsicum, Bonda, Papad, Dal Palak and Rice	Fish and Veg Chilly, Noodle, Sauté Mix Veg, Rasam and Rice	Set Dosa with Chutney, Dry Potatoes, Mix Veg, Sambar & Rice	Mutton Curry, Veg Korma, Mudde, Dal Fry, Cabbage Mutter and Rice
19 Oct (Monday)	20 Oct (Tuesday)	21 Oct (Wednesday)	22 Oct (Thursday)	23 Oct (Friday)
Chole Bhature, Bhindi Aloo, Rasam and Rice	Assorted Burger Samabar and Rice	Holiday	Fish Curry, Stuffed Veg Curry, Chapati Aloo Tuk, Dal Fry and Rice	Chicken or Veg MO-MO, Fried Rice and Mix veg in garlic Sauce
26 Oct (Monday)	27 Oct (Tuesday)	28 Oct (Wednesday)	29 Oct (Thursday)	30 Oct (Friday)
Mix Vegetable Kurma, Chapati, Egg or Paneer Burji, Dal and Rice	Methi Mutter Malai, Dry Potato, Puri, Dal Palak and Rice	Paneer or Chicken Masala, Gobi aloo, Paratha, Dal and Rice	Utthapam with Chutney, Dry Potatoes, Bhindi dry, Sambar & Rice	Tandoori Chicken or Veg, Paneer Kofta, Dal Makhni, Chapati and Rice

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