ISD Cafeteria Service

November 2026

International School Dhaka

MEAL PLAN

Sunday 1st (East Asia)

Snacks:

Teriyaki Chicken Pattie (G)(S)	320 Kcal
Chocolate Shake (D)	200 Kcal
Fresh Seasonal Fruit Basket	66 Kcal

Lunch:

Chicken Sweet Corn Soup (E)	89 Kcal
Soft Milk Bread Roll (G)(D)	256 Kcal
Bulgogi-Style Chicken Leg (G)(S)	303 Kcal
Or	
Vegetable Hakka Noodles (V)(G)(S)	435 Kcal
Egg & Veg Fried Rice, Sweet & Sour Sauce (E)(S)	321 Kcal
Soy-Garlic Roasted Potatoes (S)	165 Kcal
Soy Boiled Egg (E)(S)	75 Kcal
Fruit Yogurt Cup (D)	102 Kcal

Monday 2nd (South Asia)

Snacks:

Chicken Tikka Sandwich (G)(D)	313 Kcal
Lassi (D)	181 Kcal
Fresh Seasonal Fruit Basket	66 Kcal

Lunch:

Masoor Dal Shorba – Lentil Soup (V)	144 Kcal
Garlic Naan (G)(D)	329 Kcal
Beef Tehari / Chicken Option	518 / 484 Kcal
Or	
Vegetable Tehari (V)	468 Kcal
Roast Potatoes	182 Kcal
Mixed Vegetable Bhaji with Chana (V)	182 Kcal
Egg Bhurji (E)	158 Kcal
Raisin Kheer (D)	239 Kcal

Tuesday 3rd (Italian)

Snacks:

Chicken on Focaccia (G)	336 Kcal
Watermelon Juice	96 Kcal
Fresh Seasonal Fruit Basket	66 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

Wednesday 4th (Tex-Mex)

Snacks:

Herbs Chicken Qusadilla	275 Kcal
Fresh Seasonal Fruit Basket	66 Kcal

Lunch:

Chicken Tortilla Soup (G)	118 Kcal
Chicken Leg Fajitas (G)	486 Kcal
Or	
Black Bean & Vegetable Bowl (V)	397 Kcal
Mexican Brown Rice	268 Kcal
Cajun Potato Wedges	185 Kcal
Scrambled Egg (D)(E)	153 Kcal
Churro Fingers (G) with Chocolate Sauce	465 Kcal

Thursday 5th (Thai-Malaysia)

Snacks:

Chicken Curry Puff (G)	333 Kcal
Lemongrass Iced Tea	69 Kcal
Fresh Seasonal Fruit Basket	66 Kcal

Lunch:

Tom Yum Vegetable Soup	23 Kcal
Multigrain Roll (G)	221 Kcal
Chicken Rendang	401 Kcal
Or	
Thai Basil Tofu & Vegetables (V)(S)	140 Kcal
Coconut Rice (Nasi Lemak style)	311 Kcal
Roasted Potatoes (S)	167 Kcal
Boiled Egg (E)(S)	74 Kcal
Cream Caramel	

Sunday 8th (East Asia)

Snacks:

Chicken Manchurian Bun – Whole Wheat (G)(S)	237 Kcal
Fresh Seasonal Fruit Basket	66 Kcal

Lunch:

Hot & Sour Vegetable Soup (S)	57 Kcal
Sesame Bread Roll (G)	231 Kcal
Fish Tempura / Chicken Tempura (G)	335 / 358 Kcal
Soy-Ginger Tofu & Vegetable (V)(G)(S)	139 Kcal
or	
Roast Potatoes with Sesame (S)	145 Kcal
Spring Onion Scrambled Egg (E)	142 Kcal
Lemon Yogurt Cake (G)(D)	253 Kcal

Monday 9th (Snacks Only -Early Release)

Snacks:

Chicken Slider (G)	327 Kcal
Fresh Juice	113 Kcal
Fresh Seasonal Fruit Basket	66 Kcal

Lunch:

No lunch service

Tuesday 10th (Italian)

Snacks:

Chicken Parmigiana (G)(D)	255 Kcal
Mint Mojito	83 Kcal
Fresh Seasonal Fruit Basket	66 Kcal

Lunch:

Tomato & Basil Soup (V)	72 Kcal
Herb Bread (G)	227 Kcal
Chicken Mac & Cheese (G)(D)	719 Kcal
or	
Penne Pomodoro Vegetables (V)(G)	474 Kcal
Sautéed Green Beans with Garlic (V)	62 Kcal
Mashed Potato (D)	203 Kcal
Boiled Egg (E)	72 Kcal
Chocolate Tart (G)(D)(E)	469 Kcal

Wednesday 11th (Tex-Mex)

Snacks:

Sausage Sub	342 Kcal
Fresh Seasonal Fruit Basket	66 Kcal

Lunch:

Coleslaw with Yogurt Dressing (D)	48 Kcal
Crumb Fried Fish Fillet (G)(D)	445 Kcal
Or	
Cheese & Bean Enchiladas (V)(G)(D)	598 Kcal
Cilantro-Lime Rice (V)	278 Kcal
Baked Potato Wedges	134 Kcal
Fried Egg with Spring Onion (E)	114 Kcal
Cinnamon Tortilla Crisps with Fruit Salsa (G)	158 Kcal

Thursday 12th (Thai-Malaysia)

Snacks:

Chicken Murtabak	330 Kcal
Teh Tarik – Malaysian Milk Tea (D)	146 Kcal
Fresh Seasonal Fruit Basket	66 Kcal

Lunch:

Soto Ayam – Malay Chicken Soup	54 Kcal
Whole Wheat Bread Roll (G)	202 Kcal
Thai Green Curry Chicken	374 Kcal
Or	
Vegetable Mee Goreng (V)(G)(S)	490 Kcal
Steamed Rice	270 Kcal
Baked Potatoes (S)	135 Kcal
Boiled Egg (E)	74 Kcal
Banana in Coconut Milk (Pengat Pisang)	283 Kcal

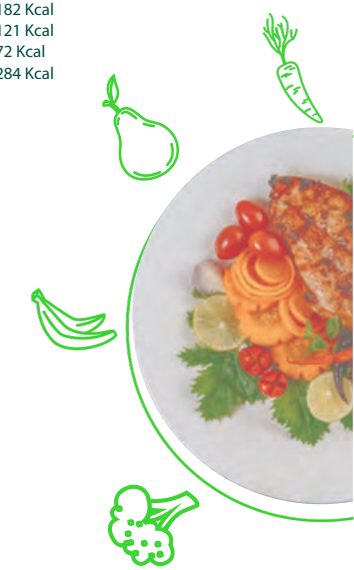
Sunday 15th (Pizza Day)

Snacks:

Chicken Calzone (G)(D)	350 Kcal
Watermelon Juice	96 Kcal
Fresh Seasonal Fruit Basket	66 Kcal

Lunch:

Garden Salad with Italian Dressing (V)	64 Kcal
Chicken Supreme Pizza (G)(D)	630 Kcal
Or	
Vegetable Pizza (V)(G)(D)	580 Kcal
Herbed Potato Wedges	182 Kcal
Chicken BBQ Wings (2 pcs)	121 Kcal
Boiled Egg (E)	72 Kcal
Crème Brûlée (D)(E)	284 Kcal



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MEAL PLAN

Monday 16th South Asia

Snacks:

Chicken Tikka Sandwich (G)(D)	313 Kcal
Lassi (D)	181 Kcal
Fresh Seasonal Fruit Basket	66 Kcal

Lunch:

Masoor Dal Shorba – Lentil Soup (V)	144 Kcal
Garlic Naan (G)(D)	329 Kcal
Beef Tehari / Chicken Option	518 / 484 Kcal
Or	
Vegetable Tehari (V)	468 Kcal
Roast Potatoes	182 Kcal
Mixed Vegetable Bhaji with Chana (V)	182 Kcal
Egg Bhurji (E)	158 Kcal
Raisin Kheer (D)	239 Kcal

Tuesday 17th (Italian)

Snacks:

Chicken on Focaccia (G)	336 Kcal
Watermelon Juice	96 Kcal
Fresh Seasonal Fruit Basket	66 Kcal

Lunch:

Minestrone Soup (V)	111 Kcal
Garlic Bread (G)(D)	261 Kcal
Chicken & Vegetable Lasagna (G)(D)	582 Kcal
Or	
Vegetable Baked Pasta (V)(G)(D)	455 Kcal
Roasted Seasonal Vegetables (V)	82 Kcal
Garlic Roast Potatoes	185 Kcal
Salt & Pepper Egg (E)	98 Kcal
Tiramisu (G)(D)(E)	401 Kcal

Wednesday 18th (Tex-Mex)

Snacks:

Herbs Chicken Qusadilla	275 Kcal
Fresh Seasonal Fruit Basket	66 Kcal

Lunch:

Chicken Tortilla Soup (G)	118 Kcal
Chicken Leg Fajitas (G)	486 Kcal
Or	
Black Bean & Vegetable Bowl (V)	397 Kcal
Mexican Brown Rice	268 Kcal
Cajun Potato Wedges	185 Kcal
Scrambled Egg (D)(E)	153 Kcal
Churro Fingers (G) with Chocolate Sauce	465 Kcal

Thursday 19th (Barbecue Day)

Snacks:

Chicken Pattie (G)	315 Kcal
Fresh Seasonal Fruit Basket	66 Kcal

Lunch:

Red Cabbage Salad (V)	66 Kcal
BBQ Beef Steak / Chicken Option	230 / 189 Kcal
Or	
Grilled Vegetable Pattie (V)	249 Kcal
BBQ Potato	170 Kcal
Scrambled Egg (D)(E)	153 Kcal
Chocolate Fondue with Fruit (D)	283 Kcal

Sunday 22nd (East Asia)

Snacks:

Teriyaki Chicken Pattie (G)(S)	320 Kcal
Chocolate Shake (D)	200 Kcal
Fresh Seasonal Fruit Basket	66 Kcal

Lunch:

Chicken Sweet Corn Soup (E)	89 Kcal
Soft Milk Bread Roll (G)(D)	256 Kcal
Bulgogi-Style Chicken Leg (G)(S)	303 Kcal
Or	
Vegetable Hakka Noodles (V)(G)(S)	435 Kcal
Egg & Veg Fried Rice, Sweet & Sour Sauce (E)(S)	321 Kcal
Soy-Garlic Roasted Potatoes (S)	165 Kcal
Soy Boiled Egg (E)(S)	75 Kcal
Fruit Yogurt Cup (D)	102 Kcal

Monday 23rd (South Asia)

Snacks:

Chicken Slider (G)	327 Kcal
Fresh Juice	113 Kcal
Fresh Seasonal Fruit Basket	66 Kcal

Lunch:

Vegetable Tikki (V)(D)	199 Kcal
Hyderabadi Chicken Biryani (D)	685 Kcal
Vegetable Biryani (V)(D)	489 Kcal
Cucumber Raita (D)	42 Kcal
Roasted Spiced Potatoes	184 Kcal
Boiled Egg (E)	72 Kcal
Rasmalai (D)	222 Kcal

Tuesday 24th (Italian)

Snacks:

Chicken Parmigiana (G)(D)	255 Kcal
Fresh Seasonal Fruit Basket	66 Kcal
Mint Mojito	83 Kcal

Lunch:

Chicken Supreme Pizza (G)(D)	630 Kcal
Or	
Vegetable Pizza (V)(G)(D)	580 Kcal
Herbed Potato Wedges	182 Kcal
Boiled Egg (E)	72 Kcal
Fresh Fruit Salad with Honey	

Wednesday 25th (Tex-Mex)

Snacks:

Sausage Sub	342 Kcal
Fresh Seasonal Fruit Basket	66 Kcal

Lunch:

Coleslaw with Yogurt Dressing (D)	48 Kcal
Crumb Fried Fish Fillet (G)(D)	445 Kcal
Or	
Cheese & Bean Enchiladas (V)(G)(D)	598 Kcal
Cilantro-Lime Rice (V)	278 Kcal
Baked Potato Wedges	134 Kcal
Fried Egg with Spring Onion (E)	114 Kcal
Cinnamon Tortilla Crisps with Fruit Salsa (G)	158 Kcal

Thursday 26th (Thai-Malaysia)

Snacks:

Chicken Murtabak	330 Kcal
Teh Tarik – Malaysian Milk Tea (D)	146 Kcal
Fresh Seasonal Fruit Basket	66 Kcal

Lunch:

Soto Ayam – Malay Chicken Soup	54 Kcal
Whole Wheat Bread Roll (G)	202 Kcal
Thai Green Curry Chicken	374 Kcal
Or	
Vegetable Mee Goreng (V)(G)(S)	490 Kcal
Steamed Rice	270 Kcal
Baked Potatoes (S)	135 Kcal
Boiled Egg (E)	74 Kcal
Banana in Coconut Milk (Pengat Pisang)	283 Kcal

Sunday 29th (East Asia)

Snacks:

Chicken Manchurian Bun – Whole Wheat (G)(S)	237 Kcal
Fresh Seasonal Fruit Basket	66 Kcal

Lunch:

Hot & Sour Vegetable Soup (S)	57 Kcal
Sesame Bread Roll (G)	231 Kcal
Fish Tempura / Chicken Tempura (G)	335 / 358 Kcal
Soy-Ginger Tofu & Vegetable (V)(G)(S)	139 Kcal
or	
Roast Potatoes with Sesame (S)	145 Kcal
Spring Onion Scrambled Egg (E)	142 Kcal
Lemon Yogurt Cake (G)(D)	253 Kcal

Monday 30th (Pizza Day)

Snacks:

Chicken Calzone (G)(D)	350 Kcal
Watermelon Juice	96 Kcal
Fresh Seasonal Fruit Basket	66 Kcal

Lunch:

Garden Salad with Italian Dressing (V)	64 Kcal
Chicken Supreme Pizza (G)(D)	630 Kcal
Or	
Vegetable Pizza (V)(G)(D)	580 Kcal
Herbed Potato Wedges	182 Kcal
Chicken BBQ Wings (2 pcs)	121 Kcal
Boiled Egg (E)	72 Kcal
Crème Brûlée (D)(E)	284 Kcal

