

**DUBAI INTERNATIONAL ACADEMY AL BARSHA PRE-KG, KG 1, KG 2, & GRADE 1
LUNCH BOX MENU FOR THE MONTH OF NOVEMBER 2018**

WEEK 1	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
THURSDAY 01/11/2018	Chinese Roast Chicken Stripes Steamed Sweet Corn and Green Peas White Rice	Chinese Vegetable Stir-Fry Steamed Sweet Corn and Green Peas White Rice	Grilled Chicken Wrap	Grilled Vegetable Wrap	Rock Melon Sticks

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WEEK 2	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 04/11/2018	Beef Stroganoff Carrots in Dill Lemon and Parsley Potato	Mushroom Stroganoff Carrots in Dill Lemon and Parsley Potato	Tuna Salad Sandwich in Whole Wheat Roll	Iceberg Sweet Corn and Orange Salad	Fruit Yoghurt
MONDAY 05/11/2018	Grilled Fish with Lemon Chive Sauce Honey-glazed Beetroots and Carrots Tomato Rice	Paneer Mutter with Light Curry Sauce Honey-glazed Beetroots and Carrots Tomato Rice	Chicken Tandoori Salad	Cheese and Tomato Sandwich	Fruit Trifle with Custard
TUESDAY 06/11/2018	Chicken Cacciatore Sauté Sweet Corn and Green Peas Coriander Potato	Vegetable Cacciatore Sauté Sweet Corn and Green Peas Coriander Potato	Roast Beef with Whole Wheat Bread	Pasta Salad with Artichoke	Fruit Salad
WEDNESDAY 07/11/2018	Pasta Formaggio with Turkey & Three Herbs Assorted Grilled Vegetables	Pasta in Pink Sauce with Asparagus & Artichoke Assorted Grilled Vegetables	Beef Salad with Grilled Pepper and Mushroom	Grilled Vegetable Sandwich	Fresh Watermelon Cubes
THURSDAY 08/11/2018	Baked Chicken with Sautee Tomato and Pepper Sauté Green Beans Jasmine Rice	Vegetable Greek Style Sauté Green Beans Jasmine Rice	Roast Chicken with Guacamole in Baguette	Mango Paneer Sandwich	Mohalabieh

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WEEK 3	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 11/11/2018	Baked Chicken with Spinach and Cream Sauce Boiled Carrots and Sweet Peas Lemon Rice	Vegetable Korma Boiled Carrots and Sweet Peas Lemon Rice	Chicken Hawaiian Salad	Four Beans Salad	Fruit Yoghurt
MONDAY 12/11/2018	Beef Steak with Puttanesca Sauce Steamed Sweet Corn and Green Peas Creole Roast Potato	Stir Fry Vegetables Steamed Sweet Corn and Green Peas Creole Roast Potato	Beef Fajita in Tortilla Roll	Rainbow Salad	Diced Pineapple
TUESDAY 13/11/2018	Fish Fillet Italian Sauté Cut Green Beans and Carrots Mint & Coriander Rice	Vegetable Ala King Sauté Cut Green Beans and Carrots Mint & Coriander Rice	Tuna Chef Salad	Lentil Salad	Lemon Pie
WEDNESDAY 14/11/2018	Pasta Casserole with Turkey, Vegetables & Cheese Assorted Grilled Vegetables	Mini Pasta with Spinach in Creamy Sauce Assorted Grilled Vegetables	Grilled Chicken Wrap	Panini Sandwich in Whole Wheat Roll	Rock Melon Cubes
THURSDAY 15/11/2018	Chicken Marengo Sauté Cabbage and Red Pumpkin Jasmine Rice	Vegetable Chopsuey Sauté Cabbage and Red Pumpkin Jasmine Rice	Beef Salad with Grilled Pepper and Mushroom	Rocca and Sweet Corn Salad	Apple Crumble

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WEEK 4	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 18/11/2018	Sweet Chicken Cube Masala Sauté Corn and Zucchini Jasmine Rice	Vegetable Makhanwala Sauté Corn and Zucchini Jasmine Rice	Beef Salad with Grilled Pepper & Mushrooms	Aegean Summer Salad	Fruit Yoghurt
MONDAY 19/11/2018	Italian Meatballs in Tomato Sauce Sauté Peas and Carrots Chateau Potato	Vegetable Fajitas with Tofu Sauté Peas and Carrots Chateau Potato	Omelette in Tortilla Bread	Rocca & Sweet Corn Salad	Banana Oats Cake
TUESDAY 20/11/2018	Grilled Fish Ala Greek Honey-glazed Beetroot and Carrots Mushroom Rice	Grandmas Vegetable Casserole Honey-glazed Beetroot and Carrots Mushroom Rice	Chicken Panini Sandwich	Panini Sandwich in Whole Wheat Roll	Watermelon Cubes
WEDNESDAY 21/11/2018	Shell Pasta Ala Ortolano Assorted Grilled Vegetable	Shell Pasta with Vegetables Assorted Grilled Vegetable	Tuna Sandwich in Multi Cereal Bread	Vegetable Tikka Sandwich	Sticky Toffee Pudding
THURSDAY 22/11/2018	Chicken Biryani Vegetable Cacciatore	Vegetable Biryani Vegetable Cacciatore	Oriental Chicken Salad	Russian Salad	Low Fat Yoghurt

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WEEK 5	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 25/11/2018	Healthy Beef Casserole Steamed Coin Carrots and Turnip Champ Potato	Butter Beans Stew Steamed Coin Carrots and Turnip Champ Potato	Chicken Tandoori Salad	Vegetable Fajitas	Fruit Yoghurt
MONDAY 26/11/2018	Chicken Machboos Vegetable Casserole	Vegetable Machboos Vegetable Casserole	Roast Chicken with Guacamole in Baguette	Beetroot and Apple Salad	Fruity Mini Muffin
TUESDAY 27/11/2018	Fish Fillet with Garlic Sauce Zesty Green Peas & Squash Savoury Roast Potato	Ravioli Provencal Zesty Green Peas & Squash Savoury Roast Potato	Tuna Sandwich in Multi Cereal Bread	Russian Salad	Lemon Pie
WEDNESDAY 28/11/2018	Bow Tie Pasta with Sundried Tomato and Turkey Sliced Carrots Ala Camille	Bow Tie Pasta with Sundried Tomato Sliced Carrots Ala Camille	Turkey with Ice berg Lettuce in Chappati Bread	Rocca and Sweet Corn Salad	Carrot Pudding
THURSDAY 29/11/2018	Grilled Chicken with Rosemary Sauce Steamed Coin Carrots and Marrow Steamed Rice	Vegetable Fajitas with Tofu Steamed Coin Carrots and Marrow Steamed Rice	Omeletter in Tortilla Bread	Panini Sandwich in Whole Wheat Roll	Mini Apple Pie

LUNCH MENU FOR THE MONTH OF NOVEMBER 2018

Week 1	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Thu 01.11.18	Sweetcorn Soup	<u>Thursday's Pizza Day</u>	Steamed Vegetables Dahi Curry Mushroom Ala King	Vegetable Lasagna	Bamya Bil Laham	Chicken Biryani (Boneless)	Fish Fajita Con Salsa	Rosemary Roast Potato	White Rice

LUNCH MENU FOR THE MONTH OF NOVEMBER 2018

Week 2	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 04.11.18	Provencal Soup		Steamed Vegetables	Lasagna Al Forno	Stuffed Vine Leaves and Marrow	Chicken Kabsa	Sweet and Sour Fish	Roast Potato Wedges	White Rice
			Vegetable Do Pyaza						
			Broccoli and Carrots with Mornay Sauce						
Mon 05.11.18	Lentil and Spinach Soup	Grilled Chicken with Cardinal Sauce	Grilled Vegetables	Shell Pasta with Turkey and Napolitana Sauce	Beef and Vegetable Stew		Cajun Fish with Tomato Salsa	Broccoli Potato	White Rice
			Avial						Lemon Rice
			Vegetable Fajita with Tofu						
Tue 06.11.18	Italian Crock Pot Soup		Steamed Vegetables	Vegan Fettuccini Pomodoro	Beef Stroganoff	Chicken Steak with Dried Fig Sauce	Local Style Grilled Fish with Biryani Rice	Chives Mashed Potato	White Rice
			Harra Chana Masala						
			California Mixed Vegetables						
Wed 07.11.18	Harira Soup	Arabic Mixed Grill	Grilled Vegetables	Pasta with Honey Basil Sauce		Chicken Teriyaki	Baked Fish Portuguese Style	Lyonnais Potato	White Rice
			Paneer Mushroom Kolapuri						Saffron Rice
			Vegetable Ratatouille						
Thu 08.11.18	Broccoli Soup	<u>Thursday's Pizza Day</u>	Steamed Vegetables	Pasta Moong Bolonese	Lamb Salona with Dried Apricot and Prunes	Chicken Tikka Biryani (Boneless)	Mediterranean Baked Fish in Tomato Sauce	Parsley Potato	White Rice
			Tendly Chana Masala						
			Vegetable Pad Thai						

LUNCH MENU FOR THE MONTH OF NOVEMBER 2018

Week 3	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 11.11.18	Cream of Pea Soup	Grilled Fish Ala Greek	Steamed Vegetables	Lasagna Al Forno	Lamb and Potato Stew	Chicken Do Piazza		Coriander Roast Potato	White Rice
			Eggplant and Potato Curry						
			Vegetable Greek Style						
Mon 12.11.18	Yellow Lentil Soup	Chinese Pepper Steak	Grilled Vegetables	Bowtie Pasta with Sundried Tomato and Turkey		Hawaiian Barbeque Chicken Balls	Samak Harra	Savory Roast Potato	White Rice
			Spring Vegetable with Eggplant Cacciatore						Vermicelli Rice
			Aloo Karela						
Tue 13.11.18	Mediterranean Tomato Soup		Steamed Vegetables	Homemade Macaroni Pasta with Chicken and Vegetables	Stir Fry Beef with Broccoli	Chicken Kabsa	Californian Fish Stew	Anna Potato	White Rice
			Aloo Mint Tikki Baked						
			Butter Beans Stew						
Wed 14.11.18	Chicken Cilantro Lime Soup	Grilled Fish with Chives Sauce	Grilled Vegetables	Pasta in Pink Sauce with Asparagus and Artichoke	Hong Kong Style Beef	Butter Chicken		Balsamic Roast Potato Wedges	White Rice
			Grandma's Veg. Casserole						Tomato Rice
			Aloo Rajma Masala						
Thu 15.11.18	Indonesian Carrot Soup	<u>Thursday's Pizza Day</u>	Steamed Vegetables	Penne Pasta Ala Ratatouille	Kofta Kebab with Condiments	Chicken Biryani (Boneless)	Jamaican Brown Fish Stew	Twice Baked Potato	White Rice
			Chinese Veggies. Stir Fry						
			Cabbage and Potato Bhaji						

LUNCH MENU FOR THE MONTH OF NOVEMBER 2018

Week 4	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 18.11.18	Roasted Pumpkin Soup	Beef Steak with Puttanesca Sauce	Steamed Vegetables	Lasagna Al Forno		Chicken Supreme	Fish Biryani	Mashed Apple and Potato	White Rice
			Aloo Gobi Masala						
			American Chopsuey						
Mon 19.11.18	Chicken and Mushroom Soup	Grilled Chicken Strips with Lemon and Pepper Sauce	Grilled Vegetables	Mini Pasta Arabiatta with Turkey	Healthy Beef Casserole		Fish Fillet with Garlic Sauce	Broccoli Potato	White Rice
			Beans and Red Pumpkin Curry						Tomato Rice
			Italian Vegetable						
Tue 20.11.18	Tomato and Basil Soup		Steamed Vegetables	Spaghetti Bolognese	American Meatballs with Red Sauce	Chicken Mackloubeh	Baked Fish with Dill and Taragon Sauce	Smiley Potato	White Rice
			Loubieh Bil Zeit						
			Paneer Jalfrezi						
Wed 21.11.18	Mushroom and Tofu Broth Soup	Grilled Fish with Asparagus Sauce	Grilled Vegetables	Penne Al Fredo	Sheikh Al Mashi	Butter Chicken		Lyonnais Potato	White Rice
			Spring Vegetable with Eggplant Cacciatore						Vermicelli Rice
			Aloo Karela						
Thu 22.11.18	Parsnip Soup	<u>Thursday's Pizza Day</u>	Steamed Vegetables	Lasagna Verde	Stir Fry Beef with Vegetables	Chicken Tikka Biryani (Boneless)	Arabic Style Fish Kebab	Coriander Roast Potato	White Rice
			Aloo Mint Tikki Baked						
			Butter Beans Stew						

LUNCH MENU FOR THE MONTH OF NOVEMBER 2018

Week 5	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 25.11.18	Leek and Potato Soup	Iranian Grilled Fish with Saffron Sauce	Steamed Vegetables	Lasagna Al Forno	Lamb Biryani	Chicken Ala King		Baked Potato	White Rice
			Beans and Cabbage Thoran						
			Carrot and Peas Salona						
Mon 26.11.18	Mexican Beans Soup		Grilled Vegetables	Chicken Lo Mein Linguine Pasta	Hungarian Beef Goulash	Chicken Escalope	Sweet and Sour Fish	Anna Potato	White Rice
			Cauliflower Tomato Masala						Brown Rice
			Vegetable Moussaka						
Tue 27.11.18	Butternut Squash Soup	Beef Paprika with Roasted Pepper	Steamed Vegetables	Mini Penne Pasta Bolognese		Chicken Mandy with Tomato Sauce	Fish Steak Layer with Eggplant, Tomato & Cinnamon	Baked Croquette Potato	White Rice
			Shahi Korma						
			Green Beans and Mushroom Medley						
Wed 28.11.18	Macaroni Chicken Soup	Grilled Chicken with Rosemary Sauce	Grilled Vegetables	Mini Pasta Arabiatta with Turkey	Italian Meatballs in Tomato Sauce		Kung Pao Fish Fillet	Harra Potato	White Rice
			Aloo Bhindi Masala						Mushroom Rice
			Anti Pasti Ragout						
Thu 30.11.18	Sweetcorn Soup	Grilled Fish Fillet with Basil Sauce	Steamed Vegetables	Baked Pasta with Roasted Pumpkin and Ricotta	Beef and Mushroom Pie	Chicken Biryani (Boneless)	<u>Thursday's Pizza Day</u>	Greek Style Roast Potato	White Rice
			Dahi Pakoda						
			Vegetable Ravioli						