

DUBAI INTERNATIONAL ACADEMY AL BARSHA

January 2019

[Lunch Box Menu](#)

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**DUBAI INTERNATIONAL ACADEMY AL BARSHA PRE-KG, KG 1, KG 2, & GRADE 1
LUNCH BOX MENU FOR THE MONTH OF JANUARY 2019**

WEEK 2	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 06.01.19	Healthy Beef Casserole Steamed Coin Carrots and Turnip Champ Potato	Vegetable Patties in Onion Gravy Steamed Coin Carrots and Turnip Champ Potato	Chicken Tandoori Salad	Vegetable Fajitas	Fruit Salad
MONDAY 07.01.19	Chicken Machboos Vegetable Casserole	Vegetable Machboos Vegetable Casserole	Roast Chicken with Guacamole in Baguette	Beetroot and Apple Salad	Fruity Mini Muffin
TUESDAY 08.01.19	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	Fruit Yoghurt
WEDNESDAY 09.01.19	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	Rock Melon Sticks
THURSDAY 10.01.19	Chicken Dumplings Boiled Carrots and Sweet Peas Jasmine Rice	Vegetable Dumplings Boiled Carrots and Sweet Peas Jasmine Rice	Chicken Caesar Salad	Lentil Salad	Carrot Pudding

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WEEK 3	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 13.01.19	Sweet Chicken Cube Masala Sauté Cabbage and Red Pumpkin Jasmine Rice	Vegetable Makhanwala Sauté Cabbage and Red Pumpkin Jasmine Rice	Beef Salad with Grilled Pepper & Mushrooms	Aegean Summer Salad	Fruit Salad
MONDAY 14.01.19	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 15.01.19	Grilled Fish Ala Greek Honey-glazed Beetroot and Carrots Mushroom Rice	Red Pumpkin with Black Eye Beans Masala Honey-glazed Beetroot and Carrots Mushroom Rice	Chicken Panini Sandwich	Panini Sandwich in Whole Wheat Roll	Fruit Yoghurt
WEDNESDAY 16.01.19	Mini Pasta Ala Ortolano Roasted Vegetable Medley	Mini Pasta with Vegetables Roasted Vegetable Medley	Tuna Sandwich in Multi Cereal Bread	Vegetable Tikka Sandwich	Sticky Toffee Pudding
THURSDAY 17.01.19	Chicken Biryani Mixed Vegetable Manchurian	Vegetable Biryani Mixed Vegetable Manchurian	Oriental Chicken Salad	Russian Salad	Low Fat Yoghurt

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WEEK 4	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 20.01.19	Baked Chicken with Spinach and Cream Sauce Boiled Carrots and Sweet Peas Lemon Rice	Paneer Mushroom with Light Curry Sauce Boiled Carrots and Sweet Peas Lemon Rice	Chicken Hawaiian Salad	Four Beans Salad	Lemon Pie
MONDAY 21.01.19	Beef Steak with Puttanesca Sauce Steamed Sweet Corn and Green Peas Creole Roast Potato	Butter Beans Stew Steamed Sweet Corn and Green Peas Creole Roast Potato	Beef Fajita in Tortilla Roll	Rainbow Salad	Diced Pineapple
TUESDAY 22.01.19	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	Fruit Yoghurt
WEDNESDAY 23.01.19	Pasta Casserole with Turkey, Vegetables & Cheese Assorted Grilled Vegetables	Pasta Casserole with Vegetables & Cheese Assorted Grilled Vegetables	Grilled Chicken Wrap	Panini Sandwich in Whole Wheat Roll	Rock Melon Cubes
THURSDAY 24.01.19	Chicken Menudo 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 5	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 27.01.19	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 Salad
MONDAY 28.01.19	Grilled Fish with Lemon Chive Sauce Sauté Green Beans Tomato Rice	Paneer Mutter with Light Curry Sauce Sauté Green Beans Tomato Rice	Chicken Tandoori Salad	Cheese and Tomato Sandwich	Fruit Trifle with Custard
TUESDAY 29.01.19	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 Yoghurt
WEDNESDAY 30.01.19	Pasta Formaggio with Turkey & Three Herbs Assorted Grilled Vegetables	Pasta Formaggio with Three Herbs Assorted Grilled Vegetables	Beef Salad with Grilled Pepper and Mushroom	Grilled Vegetable Sandwich	Fresh Watermelon Cubes
THURSDAY 31.01.19	Baked Chicken with Sautee Tomato and Pepper Honey-glazed Beetroots and Carrots Jasmine Rice	Three Beans Casserole Honey-glazed Beetroots and Carrots Jasmine Rice	Roast Chicken with Guacamole in Baguette	Mango Paneer Sandwich	Mohalabieh

LUNCH MENU FOR THE MONTH OF JANUARY 2019

Week 2	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 06.01.19	Broccoli Soup		Steamed Vegetables	Lasagna Al Forno	Lamb Machboos	Chicken Supreme	Herbed Crusted Fish in Carrot Sauce	French Bistro Potato	White Rice
			Vegetable Greek Style						
			Chole Palak						
Mon 07.01.19	Mexican Beans soup	Grilled Steak with Pepper Sauce	Grilled Vegetables	Mini Pasta with Grilled Chicken		Chicken Salona Local Style	Fish Fillet Escabeche	Mashed Potato	White Rice
			Vegetable Fajita with Tofu						Vermicelli Rice
			Ragu with Vegetables						
Tue 08.01.19	Leek and Potato Soup	Grilled Chicken with Cardinal Sauce	Steamed Vegetables	Pasta Moong Bolognese	Beef in Hong Kong Style		Fish Mango Curry	Hungarian Paprika Potato	White Rice
			Chinese Vegetable Stir Fry						Kashmiri Pulao
			Red Spinach and Potato Bhaji						
Wed 09.01.19	Hot and Sour Chicken Soup	Grilled Fish with Lemon Chives Sauce	Grilled Vegetables	Mini Pasta Arabbiata with Turkey	Lamb Tagine with Apricot	Chicken Do-Pyaza		Rosemary Roast Potato	White Rice
			Vegetable Patties in Onion Gravy						Green Lentil and Rice
			Harra Channa Masala						
Thu 10.01.19	Heart Italian Soup	<u>Thursday's Pizza Day</u>	Steamed Vegetables	Pasta in Pink Sauce with Asparagus and Artichoke	Beef Stew with Bok Choy Cabbage and Green Beans	Chicken Biryani (Boneless)	Samak Harra	Oven Baked Potato Wedges	White Rice
			Zucchini Au Gratin						
			Eggplant and Potato Curry						

LUNCH MENU FOR THE MONTH OF JANUARY 2019

Week 3	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 13.01.19	Asparagus Soup		Steamed Vegetables	Lasagna Al Forno	Lamb Kofta with Potato Salona	Chicken Kabsa	Sweet and Sour Fish Fillet	Minted Potato	White Rice
			Mushroom Ala King						
			Kaddu Channa						
Mon 14.01.19	Chicken Mushroom Soup	Grilled Steak with Barbeque Sauce	Grilled Vegetables	Pasta with Lentils		Chicken Korma	Fish Provencal	Anna Potato	White Rice
			Vegetable Shepherd's Pie						Peas Pilaf Rice
			Aloo Karela						
Tue 15.01.19	Yellow Lentil Soup	Grilled Chicken Tandoori	Steamed Vegetables	Pasta Formaggio with Turkey and 3 Herbs	Beef Stroganoff		Fish Kebab Arabic Style	Chateau Potato	White Rice
			Vegetable Ratatouille						Saffron Rice
			Beetroot Thoran						
Wed 16.01.19	Roasted Pumpkin Soup	Grilled Fish with Green Peas Puree	Grilled Vegetables	Rigatoni Primavera	Malfouf Mahshi	Chicken Teryaki		Harra Potato	White Rice
			Vegetable Ravioli						Garlic Rice
			Shahi Korma						
Thu 17.01.19	Tomato Rasam Soup	<u>Thursday's Pizza Day</u>	Steamed Vegetables	Roasted Pumpkin Cannelloni	Beef Irish Stew	Chicken Tikka Biryani (Boneless)	Fish Fillet with Garlic Sauce	Baked Croquette Potato	White Rice
			Butter Beans Stew						
			Paneer Mushroom Kolapuri						

LUNCH MENU FOR THE MONTH OF JANUARY 2019

Week 4	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 20.01.19	Sweet Corn Soup		Steamed Vegetables	Lasagna Al Forno	Lamb Biryani	Chicken and Broccoli Stir Fry	Fish Tikka Masala	Creole Roast Potato	White Rice
			Vegetable Chopsuey						
			Dahi Curry						
Mon 21.01.19	Egg Drop Soup	Grilled Salisbury Steak with Brown Gravy	Grilled Vegetables	Shell Pasta with Turkey in Napolitana Sauce		Chicken Sukka	Grilled Fish Fillet with Dill Sauce	Champ Potato	White Rice
			Vegetable Manchurian						Tomato Rice
			Red Pumpkin with Black Eye Beans Masala						
Tue 22.01.19	Celery and Fuji Apple Soup	Asian Barbeque Chicken	Steamed Vegetables	Home Made Macaroni Pasta with Chicken and Vegetables	Beef and Potato Curry		Samak Machboos	Smiley Potato	White Rice
			Vegetable Pad Thai						
			Navratan korma						
Wed 23.01.19	Winter Root Vegetable Soup	Thai Fish Cake with Ketchup	Grilled Vegetables	Grilled Vegetable and Pasta Bake	Laban Immo	Chicken Opor Solo	Balsamic Roast Potato Wedges		White Rice
			Vegetable Moussaka						Vermicelli Rice
			Paneer Mushroom with Light Curry Sauce						
Thu 24.01.19	Chicken Noodles Soup	<u>Thursday's Pizza Day</u>	Steamed Vegetables	Beefy Macaroni and Cheese	Beef Meatballs in Asparagus Sauce	Chicken Biryani (Boneless)	Fish Baked with Parsley Sauce	Lemon and Parsley Potato	White Rice
			Three Beans Casserole						
			Vegetable Makhani						

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Week 5	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 27.01.19	Adas Bil Hamod		Steamed Vegetables	Lasagna Al Forno	Lamb Makhloubeh with Yoghurt	Chicken Menudo	Fish Jalfezi	Broccoli Potato	White Rice
			Carrot and Peas Salona						
			Tendly Channa Bhaji						
Mon 28.01.19	Caribbean Sweet Potato Soup	Beef Steak with Puttanesca Sauce	Grilled Vegetables	Pasta Casserole with Turkey Vegetable and Cheese		Chicken Florentine	Fisherman's Pie	Chives Mashed Potato	White Rice
			Vegetable Ala King						Nasi Goreng
			Vegetable Do-Pyaza						
Tue 29.01.19	Home Style Vegetable Beef Soup	Chicken Steak with Dried Fig Sauce	Steamed Vegetables	Shell Pasta Alla Ortolano	Beef Mediterranean		Fish Piccata	Greek Style Roast Potato	White Rice
			Loubieh Bil Zeit						Mushroom Rice
			Dahi Pakoda						
Wed 30.01.19	Cream of Pea Soup	Grilled Fish with Asparagus Sauce	Grilled Vegetables	Mini Pasta with Minced Meat and Béchamel Sauce	Lamb Navarin	Chicken Escalope		Sumak Roast Potato	White Rice
			Vegetable Ragout						Vegetable Rice
			Cauliflower Tomato Masala						
Thu 31.01.19	Pumpkin and New England Soup	<u>Thursday's Pizza Day</u>	Steamed Vegetables	Mini Pasta Bolognaise	Beef Stew with Baby Corn and Mushroom	Chicken Tikka Biryani (Boneless)	Fish Steak Layer with Eggplant, Tomato and Cinnamon Sauce	Twice-Baked Potato	White Rice
			Potato Mushroom and Onion Fritata Bread						
			Beans and Cabbage Thoran						