

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

WEEK 1	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
	<h1 style="color: red; margin: 0;">SPRING BREAK 2019</h1>				
MONDAY 01.04.19					
TUESDAY 02.04.19					
WEDNESDAY 03.04.19					
THURSDAY 04.04.19					

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WEEK 2	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 07.04.19	<h1 style="color: red; margin: 0;">SPRING BREAK 2019</h1>				
MONDAY 08.04.19					
TUESDAY 09.04.19					
WEDNESDAY 10.04.19					
THURSDAY 11.04.19					

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WEEK 3	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 14.04.19	Beef Stew with Baby Corn & Mushrooms Sauté Mixed Pumpkin & Green Peas Twice Baked Potato	Vegetable Stew with Baby Corn & Mushrooms Sauté Mixed Pumpkin & Snow Peas Twice Baked Potato	Roast Beef Sandwich in Brown Bread	Asian Coleslaw Salad	Fruit Salad
MONDAY 15.04.19	Asian Barbeque Chicken Steamed Sweet Corn & Carrots Vegetable Rice	Vegetable Cacciatore Steamed Sweet Corn & Carrots Vegetable Rice	Beef Salad with Grilled Pepper and Mushroom	Italian Broccoli & Pasta Salad	Profiterole (Custard)
TUESDAY 16.04.19	Tuna Balls with Roasted Pepper Sauce Steamed Sweet Corn & Green Peas Rosemary Roast Potato	Mixed Vegetable Manchurian Steamed Sweet Corn & Green Peas Rosemary Roast Potato	Chicken Fajita in Tortilla Roll	Vegetable Fajita Wrap	Fruit Yoghurt
WEDNESDAY 17.04.19	Pasta Shells with Grilled Chicken Sliced Carrots Ala Camille	Pasta Shells with Grilled Vegetables Sliced Carrots Ala Camille	Tuna Chef Salad	Pasta salad with Artichoke	Diced Pineapple
THURSDAY 18.04.19	Balsamic Grilled Chicken with Orange Rosemary Sauce Sauté Cut Green Beans & Sweet Corn Lemon Rice	Balsamic Grilled Vegetables with Orange Rosemary Sauce Sauté Cut Green Beans & Sweet Corn Lemon Rice	Turkey Panini Sandwich	Iceberg Sweetcorn and Orange Salad	Carrot Pudding

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WEEK 4	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 21.04.19	Chicken Molokhia Steamed Carrot Cubes and Sweet Corn Saffron Rice	Vegetable Ragout Steamed Carrot Cubes and Sweet Corn Saffron Rice	Omelette in Tortilla Roll	Beetroot & Apple Salad	Fruit Salad
MONDAY 22.04.19	Beef with Baby Onion & Mushroom Boiled Green Peas Mashed Potato	Vegetable Patties in Onion & Mushroom Gravy Boiled Green Peas Mashed Potato	Beef Hawaiian Salad	Grilled Vegetable & Feta Crumble Panini	Apple Crumble
TUESDAY 23.04.19	Salmon Balls with Lemon Dill Sauce Roasted Beetroots and Turnips Vermicelli Rice	Vegetable Makhani Roasted Beetroots and Turnips Vermicelli Rice	Tuna Sandwich in Whole Wheat Roll	Fattouch	Fruit Yoghurt
WEDNESDAY 24.04.19	Pasta Casserole with Turkey, Vegetables & Cheese Assorted Grilled Vegetables	Pasta Casserole with Vegetables & Cheese Assorted Grilled Vegetables	Turkey with Iceberg Lettuce in Chappati Bread	Cheese and Tomato Sandwich	Fresh Watermelon Cubes
THURSDAY 25.04.19	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	Mango Custard

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WEEK 5	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 28.04.19	Kung Pao Fish Balls Buttered Sweetcorn and Peas Sumak Roasted Potato	Baked Falafel Buttered Sweetcorn and Peas Sumak Roasted Potato	Tuna Nicoise Salad	Halloumi Cheese Sandwich	Fruit Salad
MONDAY 29.04.19	Mini Pasta Arabiatta with Turkey Zesty Parsnip and Squash	Mini Pasta Arabiatta with Vegetables Zesty Parsnip and Squash	Turkey & Cranberry in Ciabatta Bread	Spinach Chickpea and Mushroom salad	Lemon Pie
TUESDAY 30.04.19	Mongolian Style Chicken Sauté Peas and Carrot Sticks Jasmine Rice	Vegetable Chopsuey Sauté Peas and Carrot Sticks Jasmine Rice	Chicken Caesar Salad	Mango Paneer Sandwich	Fruit Yoghurt

LUNCH MENU FOR THE MONTH OF APRIL 2019

Week 1	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Mon 01.04.19	<h1 style="color: red;">SPRING BREAK 2019</h1>								
Tue 02.04.19									
Wed 03.04.19									
Thu 04.04.19									

LUNCH MENU FOR THE MONTH OF APRIL 2019

Week 2	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 07.04.19	<h1 style="color: red; margin: 0;">SPRING BREAK 2019</h1>								
Mon 08.04.19									
Tue 09.04.19									
Wed 10.04.19									
Thu 11.04.19									

LUNCH MENU FOR THE MONTH OF APRIL 2019

Week 3	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 14.04.19	Beans and Vegetable Soup	Chipotle Lime Grilled Chicken with Salsa	Steamed Vegetables	Lasagna Al Forno	Lamb Potato Stew		Fish Piccatta	Harra Potato	White Rice
			Vegetable Chopsuey						Vermicelli Rice
			Dahi Curry						
Mon 15.04.19	Carrot Honey Ginger Soup		Grilled Vegetables	Nut-Free Chicken Pad Thai	Beef Meatballs with Asparagus Sauce	Chicken Casserole with Vegetable	Fish Tikka Masala	Parsley Potato	White Rice
			Vegetable Manchurian						Brown Rice
			Red Pumpkin with Black Eye Beans Masala						
Tue 16.04.19	Chicken Manchow Soup	Grilled Steak with Pepper Sauce	Steamed Vegetables	Mini Pasta with Turkey Meatballs in Tomato Sauce		Butter Chicken	Fish Fillet with Garlic Sauce	Mashed Potato	White Rice
			Vegetable Pad Thai						
			Navratan korma						
Wed 17.04.19	Vegetable Broth Soup	Grilled Fish with Green Peas Puree	Grilled Vegetables	Baked Macaroni and Cheese	Beef Mediterranean	Chicken Teriyaki		Sauté Potato with Onion and Garlic	White Rice
			Vegetable Moussaka						Garlic Rice
			Paneer Mushroom with Light Curry Sauce						
Thu 18.04.19	Heart Italian Soup	<u>Thursday's Pizza Day</u>	Steamed Vegetables	Mini Pasta Arabiatta with Turkey	Beef in Hong Kong Style	Chicken Biryani (Boneless)	Fish Fillet Escabeche	Baked Croquette Potato	White Rice
			Three Beans Casserole						
			Vegetable Makhani						

LUNCH MENU FOR THE MONTH OF APRIL 2019

Week 4	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 21.04.19	Mexican Beans Soup	Grilled Chicken Tandoori	Steamed Vegetables	Lasagna Al Forno	Lamb Tagine with Apricots		Fish Cajun with Tomato Salsa	Creole Roast Potato	White Rice
			Mixed Vegetable Manchurian						Vermicelli Rice
			Chole Palak						
Mon 22.04.19	Clear Vegetable Mint Soup		Grilled Vegetables	Mini Pasta with Turkey and Spinach in Creamy Sauce	Beef Stew with Bok Choy Cabbage and Green Beans	Chicken Shish Taouk	Fish Chettinadu	Sumak Roasted Potato	White Rice
			American Chopsuey						Peas Pilaf Rice
			Kaddu Channa						
Tue 23.04.19	Sweet Corn Soup	Roast Lamb with Mint Sauce	Steamed Vegetables	Beefy Macaroni and Cheese		Chicken Marengo	Fish Biryani	Minted Potato	White Rice
			Vegetable Ratatouille						
			Eggplant and Potato Curry						
Wed 24.04.19	Home Style Vegetable Beef Soup	Saffron Marinated Grilled Fish	Grilled Vegetables	Pasta Formaggio with Turkey and 3 Herbs	Beef Stroganoff	Chicken and Broccoli Stir Fry		Champ Potato	White Rice
			Vegetable Patties with Onion Gravy						Saffron Rice
			Shahi Korma						
Thu 25.04.19	Red Cabbage and Apple Soup	<u>Thursday's Pizza Day</u>	Steamed Vegetables	Pasta in Pink Sauce with Asparagus and Artichoke	Daoud Basha	Chicken Tikka Biryani (Boneless)	Fish Fillet Italian	Broccoli Potato	White Rice
			Vegetable Fajita with Tofu						
			Ragu with Vegetables						

LUNCH MENU FOR THE MONTH OF APRIL 2019

Week 5	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 28.04.19	Tomato Rasam Soup	Grilled Chicken with Cardinal Sauce	Steamed Vegetables	Lasagna Al Forno	Lamb Navarin		Baked Tuna and Potato Patties with Salsa	Roasted Potato with Herbs	White Rice
			Carrot and Peas Salona						
			Tendly Channa Bhaji						
Mon 29.04.19	Chicken Mushroom Soup		Grilled Vegetables	Pasta with Lentils	Beef and Potato Curry	Chicken Escalope	Fish Ala Portuguese	Oven Baked Potato Wedges	White Rice
			Three Beans Casserole						Lemon Rice
			Vegetable Do Pyaza						
Tue 30.04.19	Louisiana Vegetable Soup	Roasted Fish Fillet with Harra Sauce	Steamed Vegetables	Chicken and Mushroom Lasagna	Italian Meatballs in Tomato Sauce	Chicken Sukka		Lyonnaise Potato	White Rice
			Fresh Vegetable Spring Roll						
			Paneer Mushroom with Light Curry Sauce						