

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

WEEK 1	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
WEDNESDAY 01.05.2019	Mini Pasta Arabiatta with Turkey Roasted Vegetable Medley	Mini Pasta Arabiatta with Vegetables Roasted Vegetable Medley	Turkey & Cranberry in Ciabatta Bread	Spinach Chickpea and Mushroom salad	Lemon Pie
THURSDAY 02.05.2019	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	Mixed Melon

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WEEK 2	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 05.05.2019	Beef in Hong Kong Style Sauté Cabbage and Red Pumpkin Lemon Rice	Vegetable Fajitas with Tofu Sauté Cabbage and Red Pumpkin Lemon Rice	Chicken Tandoori Salad	Four Beans Salad	Fruit Salad
MONDAY 06.05.2019	Chicken Fricasse Sauté Peas and Carrots Baked Croquette Potato	Vegetable Cacciatore Sauté Peas and Carrots Baked Croquette Potato	Omelette in Tortilla Bread	Panini Sandwich in Whole Wheat Roll	Banana Pudding
TUESDAY 07.05.2019	Fish Balls with Red Pepper Sauce Steamed Coin Carrots and Marrow Saffron Rice	Grandmas Vegetable Casserole Steamed Coin Carrots and Marrow Saffron Rice	Tuna Nicoise Salad	Rainbow Salad	Fruit Yoghurt
WEDNESDAY 08.05.2019	Shell Pasta with Minced Meat in Bechamel Sauce Sliced Carrots Ala Camille	Shell Pasta with Vegetables in Bechamel Sauce Sliced Carrots Ala Camille	Beef Salad with Grilled Pepper and Mushroom	Grilled Vegetable and Feta Crumble Panini	Fresh Watermelon Cubes
THURSDAY 09.05.2019	Chicken Florentine Steamed Sweetcorn and Green Peas Lemon and Parsley Potato	Vegetable Florentine Steamed Sweetcorn and Green Peas Lemon and Parsley Potato	Grilled Chicken Wrap	Lentil Salad	Rice Pudding

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WEEK 3	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 12.05.2019	Roast Beef with Homemade Gravy Green Beans and Mushroom Medley Oriental Rice	Mini Vegetable Patties in Onion Gravy Green Beans and Mushroom Medley Oriental Rice	Beef Fajita in Tortilla Roll	Mediterranean Vegetable Salad	Fruit Salad
MONDAY 13.05.2019	Chicken Ala King Sauté Cut Green Beans and Carrots Harra Potato	Vegetable Ala King Sauté Cut Green Beans and Carrots Harra Potato	Chicken Hawaiian Salad	Vegetable Tikka Sandwich	Mango Pudding
TUESDAY 14.05.2019	Fish Cake with Sweet Pepper Sauce Zesty Green Peas & Squash White Rice	Ravioli Provencale Zesty Green Peas & Squash White Rice	Tuna Sandwich in Multi-Cereal Bread	Russian Salad	Fruit Yoghurt
WEDNESDAY 15.05.2019	Bow Tie Pasta with Sundried Tomato and Turkey Roasted Vegetable Medley	Bow Tie Pasta with Sundried Tomato Roast Vegetable Medley	Turkey with Iceberg Lettuce in Chapatti Bread	Rocca & Sweet Corn Salad	Profiterole(Custard)
THURSDAY 16.05.2019	Chicken Salona Style Boiled Carrot Sticks and Peas Rosemary Roast Potato	Vegetable Salona Style Boiled Carrot Sticks and Peas Rosemary Roast Potato	Oriental Chicken Salad	Aegean Summer Salad	Fresh Sweet Melon

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WEEK 4	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 19.05.2019	Chicken Morengo Steamed Carrot Cubes and Sweet Corn Vegetable Rice	Vegetable Ragout Steamed Carrot Cubes and Sweet Corn Vegetable Rice	Omelette in Tortilla Roll	Beetroot & Apple Salad	Fruit Salad
MONDAY 20.05.2019	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	Carrot Cake
TUESDAY 21.05.2019	Salmon Balls with Lemon Dill Sauce Roasted Beetroots and Turnips Tomato Rice	Vegetable Makhani Roasted Beetroots and Turnips Tomato Rice	Tuna Sandwich in Whole Wheat Roll	Fattouch Salad	Fruit Yoghurt
WEDNESDAY 22.05.2019	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	Mouhalabieh
THURSDAY 23.05.2019	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 5	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 26.05.2019	Chicken Opor Solo Sautéed Green Beans Mexican Rice	Vegetable Ragout Sautéed Green Beans Mexican Rice	Chicken Caesar Salad	Oriental Salad	Fruit Salad
MONDAY 27.05.2019	Beef Stew with Baby Corn and Mushroom Boiled Carrots and Sweet Peas Broccoli Potato	Italian Vegetables Boiled Carrots and Sweet Peas Broccoli Potato	Beef Salad with Grilled Pepper and Mushroom	Rocca and Sweet Corn Salad	Lemon Pie
TUESDAY 28.05.2019	Grilled Fish Fillet with Dill Sauce Saute Corn and Zucchini Peas Pilaf Rice	Ragu with Vegetables Saute Corn and Zucchini Peas Pilaf Rice	Turkey and Cranberry in Ciabatta Bread	Four Beans Salad	Fruit Yoghurt
WEDNESDAY 29.05.2019	Shell Pasta with Turkey and Napolitana Sauce Carrots In Dill	Shell Pasta with Vegetables in Napolitana Sauce Carrots In Dill	Chicken Hawaiian Salad	Italian Broccoli and Pasta Salad	Rice Pudding
THURSDAY 30.05.2019	Chicken Steak with Dried Fig Sauce Steamed Sweetcorn and Green Peas Lemon and Parsley Potato	Vegetable Steak with Dried Fig Sauce Steamed Sweetcorn and Green Peas Lemon and Parsley Potato	Grilled Chicken Wrap	Lentil Salad	Diced Pineapple

LUNCH MENU FOR THE MONTH OF MAY 2019

Week 1	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Wed 01.05.19	Egg Drop Soup	Grilled Fish with Creole Sauce	Grilled Vegetable	Penne Pasta Arabiatta	Beef Irish Stew	Chicken Do Pyaza		Mashed Potato	White Rice
			Vegetable Chopsuey						Saffron Rice
			Dahi Pakoda						
Thu 02.05.19	Hearty Vegetable Soup	<u>Thursday's Pizza Day</u>	Steamed Vegetable	Pasta with Napolitano Sauce	Daoud Basha	Chicken Biryani (Boneless)	Fish Provencal	Garlic Potato	White Rice
			Vegetable Biryani						
			Eggplant and Potato Curry						

LUNCH MENU FOR THE MONTH OF MAY 2019

Week 2	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 05.05.19 <i>(Ramadan)</i>	Provencal Soup		Steamed Vegetable	Lasagna Al Forno	Roasted Leg of Lamb with Oriental Rice	Chicken Peshwari	Sweet and Sour Fish	Roast Potato Wedges	White Rice
			Vegetable Ratatouille						
			Tendly Channa Bhaji						
Mon 06.05.19	Broccoli Soup	Iranian Grilled Fish with Saffron Sauce	Grilled Vegetable	Shell Pasta with Turkey and Napolitana Sauce	Beef and Vegetable Stew	Butter Chicken		Anna Potato	White Rice
			Italian Vegetables						Green Lentil and Rice
			Aloo Kerala						
Tue 07.05.19	Italian Crock Pot Soup		Steamed Vegetable	Bowtie Pasta with Sundried Tomato and Turkey	Beef Stroganoff	Chicken Steak with Dried Fig Sauce	Local Style Grilled Fish with Biryani Rice	Hungarian Paprika Potato	White Rice
			Stir Fried Vegetable						
			Paneer Jalfrezi						
Wed 08.05.19	Roasted Pumpkin Soup	Arabic Mixed Grill	Grilled Vegetable	Pasta with Creamy Honey Basil Sauce		Chicken Machboos	Baked Fish with Tomato and Herbs Sauce	Harra Potato	White Rice
			Butter Beans Stew						
			Dahi Curry						
Thu 09.05.19	Cauliflower Soup	<u>Thursday's Pizza Day</u>	Steamed Vegetable	Baked Macaroni Bolognese	Lamb Salona with Dried Apricot and Prunes	Chicken Tikka Biryani (Boneless)	Grilled Fish with Lemon Chives Sauce	Baked Croquette Potato	White Rice
			Vegetable Biryani						
			Vegetable Kolapuri						

LUNCH MENU FOR THE MONTH OF MAY 2019

Week 3	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 12.05.19	Tomato and Basil Soup		Steamed Vegetables	Lasagna Al Forno	Lamb and Potato Stew	Chicken Florentine	Fish Sayadieh	Creole Potato	White Rice
			Chinese Vegetable Stir Fry						
			Aloo Gobi Masala						
Mon 13.05.19	Barley Vegetable Soup	Grilled Salisbury Steak with Brown Gravy	Grilled Vegetables	Pasta Shell with Grilled Chicken		Butter Chicken	Samak Harra	Savory Roast Potato	White Rice
			Vegetable Manchurian						Vegetable Pulao
			Red Pumpkin with Black Eye Beans Masala						
Tue 14.05.19	Mediterranean Tomato Soup		Steamed Vegetables	Homemade Macaroni Pasta with Chicken and Vegetables	Stir Fry Beef with Broccoli	Chicken Kabsa	Californian Fish Stew	Cajun Roast Potato Wedges	White Rice
			Vegetable Lo Mein						
			Navratan korma						
Wed 15.05.19	Chicken Cilantro Lime Soup	Grilled Fish with Chives Sauce	Grilled Vegetables	Pasta in Pink Sauce with Asparagus and Artichoke	Hong Kong Style Beef	Chicken Saagwala		Balsamic Roast Potato Wedges	White Rice
			Vegetable Moussaka						Garlic Rice
			Paneer Mushroom with Light Curry Sauce						
Thu 16.05.19	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
			Three Beans Casserole						
			Vegetable Biryani						

LUNCH MENU FOR THE MONTH OF MAY 2019

Week 4	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 19.05.19	Artichoke Soup		Steamed Vegetables	Lasagna Al Forno	Lamb Biryani	Chicken Ala King	Sweet and Sour Fish	Baked Potato	White Rice
			Mushroom Ala King						
			Kaddu Channa						
Mon 20.05.19	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
			Vegetable Shepherd's Pie						Nasi Goreng
			Aloo Methi Mattar						
Tue 21.05.19	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
			California Mixed Vegetables						
			Beetroot Thoran						
Wed 22.05.19	Mexican Beans Soup		Grilled Vegetables	Chicken Lo Mein Linguine Pasta	Hungarian Beef Goulash	Chicken Escalope	Fish Mango Curry	French Bistro Potato	White Rice
			Vegetable Ravioli						Mexican Rice
			Shahi Korma						
Thu 23.05.19	Sweetcorn Soup	Grilled Fish Fillet with Capers Sauce	Steamed Vegetables	Baked Pasta with Roasted Pumpkin and Ricotta	Beef and Mushroom Pie	Chicken Tikka Biryani (Boneless)	<u>Thursday's Pizza Day</u>	Greek Style Roast Potato	White Rice
			Vegetable Biryani						
			Paneer Mushroom Kolapuri						

LUNCH MENU FOR THE MONTH OF MAY 2019

Week 5	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 26.05.19	Asparagus Soup	Beef Steak with Puttanesca Sauce	Steamed Vegetables	Lasagna Al Forno		Chicken Supreme	Fish Biryani	Mashed Apple and Potato	White Rice
			Carrot and Peas Salona						
			Vegetable Curry						
Mon 27.05.19	Mushroom and Tofu Broth Soup	Grilled Fish with Asparagus Sauce	Grilled Vegetables	Penne Al Fredo	Sheikh Al Mashi	Butter Chicken		Sumak Roasted Potato	White Rice
			Vegetable Ala King						Brown Rice
			Vegetable Do-Pyaza						
Tue 28.05.19	Leek and Potato Soup		Steamed Vegetables	Spaghetti Bolognese	Beef Vindaloo	Chicken Mackloubeh	Baked Fish with Dill and Taragon Sauce	Oven Baked Potato	White Rice
			Loubieh Bil Zeit						
			Dahi Pakoda						
Wed 29.05.19	Chicken and Mushroom Soup	Grilled Chicken Strips with Lemon and Pepper Sauce	Grilled Vegetables	Mini Pasta with Minced Meat and Béchamel Sauce Turkey	Healthy Beef Casserole		Fish Fillet with Garlic Sauce	Broccoli Potato	White Rice
			Vegetable Ragout						Lemon Rice
			Cauliflower Tomato Masala						
Thu 30.05.19	Parsnip Soup	<u>Thursday's Pizza Day</u>	Steamed Vegetables	Lasagna Verde	Stir Fry Beef with Vegetables	Chicken Biryani (Boneless)	Arabic Style Fish Kebab	Coriander Roast Potato	White Rice
			Vegetable Biryani						
			Beans and Cabbage Thoran						