

LUNCH MENU

*All vegetables are locally sourced where possible *Vegetables or side salad are served with each main meal

*Bakes have low sugar and salt content *Packaging is biodegradable

All Meals Are Prepared In A Kitchen That Handles Gluten, Dairy, Egg, Lupin/legumes, Celery, Fish, Soy, and Mustard

We Offer Meals Without Gluten However We Do Not Have A Separate Gluten Free Kitchen – Meals May Contain Traces Of Allergens

Vegetarian Vegan Use our traffic-light icons to guide you toward healthier options: ● ALWAYS ● OFTEN ● SOMETIMES

MONDAY-THURSDAY PASTA/ RICE POTS



Whole-Wheat Pasta G OR Basmati Rice OR Corn/Quinoa Pasta AED5 Extra
Served with Choice Of Toppings:



Protein/Fibre Rich Tomato Sauce L/C AED16/18

Blended Tomato, Lentil, Zucchini, Celery, Carrot, Garlic, Onion, Italian, Cinnamon, Olive Oil, Sugar, Salt, Pepper



Grated Cheese D AED16/18 ● Extra Topping Grated Cheese AED4 Cheese



Beef Bolognese Sauce C AED18/20

Minced Beef, Tomato Paste, Carrot, Tomato, Onion, Celery, Garlic, Italian Herbs, Olive Oil, Sugar, Salt, Pepper



**All Our Pasta/Rice Pots Are Made With Scratch-made Sauces
Blending Vegetables, Beans & Pulses To Add Fibre & Protein**



Jacket Potatoes Pre-Order At First Break For Lunch Break with a choice of topping AED20



Baked Beans L

Extra Topping AED4

Sweetcorn

Chicken **Mayo E/S/M**

BBQ Chicken S/M

Beef Bolognese C



Cheddar Cheese D / Tuna Mayo F/E/M/S

MONDAY - THURSDAY

Sandwiches AED16 Baguettes AED22

Wraps AED18-20

Toasted Panini (Veg) AED19 AED20 (Non-Veg)

Side Garden Salad (Available as An Add-on) AED12

Freshly Packed Salads and Poke Bowls From AED22-25



FRIDAY

NO Jacket Potatoes Are Served On Fridays
Breakfast And Snacks Available

*Vegetarian, Vegan And Gluten Free Options Daily *All Vegetables Are Locally Sourced Where Possible *Vegetables Or Side Salad Are Served With Each Main Meal *Bakes Have Low Sugar And Salt Content

Beans, Pulses, And Vegetables Are Added To Many Main Dishes To Provide Extra Fibre And Nutritional Benefits

All Meals Are Prepared In A Kitchen That Handles Gluten, Dairy, Egg, Lupin/legumes, Celery, Fish, Soy, and Mustard
 Vegetarian  Vegan  ** Some Meals May Contain Traces Of These Allergens **

MONDAY

-  **Macaroni Cheese G/D/M/L/C/S AED17/19**
 Macaroni Pasta, Cauliflower, Carrot, Onion, Sweet Potato, Vegetable Stock, White Beans, Ricotta Cheese, Cheddar Cheese, Olive Oil, Low Fat Milk, Mustard, Black Pepper
 - **Roast chicken, gravy C With Mash Potato/Cauliflower D AED17/19**
 Chicken Breast, Chicken Stock, Celery, Corn Flour, Potato, Cauliflower, Milk, Salt, Pepper
-  **Both Served With: Seasonal Vegetables**


TUESDAY

-  **Paneer & Vegetable Curry V/D/L/M AED17/19**
 Paneer, Pea, Carrot, (Blended Carrot-Capsicum-Ginger-Onion-Garlic Coriander, Cumin Garam Masala-Turmeric-Mustard Seed-Tomato-Honey-Ricotta Cheese, Natural Yogurt-Butter-Cream) Rice
 - **Butter Chicken With Rice D/M AED17/19**
 Chicken Breast, (Blended Carrot-Capsicum-Ginger-Onion-Garlic Coriander, Cumin Garam Masala-Turmeric-Mustard Seed-Tomato-Honey-Ricotta Cheese, Natural Yogurt-Butter-Cream) Rice
-  **Both Served With: Seasonal Vegetables**


WEDNESDAY

-  **Vegetable Egg Noodles G/E/L/S AED17/19**
 Egg, Egg Noodles, Wholewheat Noodles, Carrot Noodles, Bean Sprouts, Cabbage, Capsicum, Green Beans, Onion, Garlic, Lite Soy, Olive Oil
- **Chicken Noodles G/E/L/S**
 Chicken Breast, Egg Noodles, Carrot Noodles, Bean Sprouts, Cabbage, Capsicum, Green Beans, Onion, Garlic, Lite Soy, Olive Oil


THURSDAY

-  **Margarita Pizza Fingers & Skin On Potato Wedges G/D/L/C AED17/19**
 Flour, Yeast, Sugar, Olive Oil, Seasoning, Cheese, (Blended Tomato-Lentil-Zucchini-Celery-Carrot-Garlic- Onion-Basil-Cinnamon-Olive Oil-Salt-Pepper -Brown Sugar-Oregano) Potato
 - **Chicken Hotdog & Skin On Potato Wedges G/S/M AED19**
 Fresh Chicken Sausage (Chicken-Onion powder-Garlic-Mustard-Salt), Bread Roll
-  **Both Served With: Sweetcorn & Garden Peas L**
Tomato dip L/C Tomato, Lentil, Zucchini, Celery, Carrot, Garlic, Onion, Basil, Cinnamon, Olive Oil, Salt, Pepper, Brown Sugar, Oregano


FRIDAY

-  **French Toast (Banana Berry) G/E/D AED17**
 Brioche Bread, Egg, Low Fat Milk, Date Syrup, Banana, Blueberry
- **Teriyaki Chicken Bao Buns With Carrot Sticks G/S AED18**
 Bao buns, Chicken Breast, Soy Lite, Ginger, Garlic, Shredded Carrot, Shredded Cabbage, Coriander



*Vegetarian, Vegan And Gluten Free Options Daily *All Vegetables Are Locally Sourced Where Possible *Vegetables Or Side Salad Are Served With Each Main Meal *Bakes Have Low Sugar And Salt Content

Beans, Pulses, And Vegetables Are Added To Many Main Dishes To Provide Extra Fibre And Nutritional Benefits

All Meals Are Prepared In A Kitchen That Handles Gluten, Dairy, Egg, Lupin/legumes, Celery, Fish, Soy, and Mustard

Vegetarian  Vegan  ** Some Meals May Contain Traces Of These Allergens **

MONDAY

Halloumi Rice Bake D/L AED17/19

Halloumi Cheese, Basmati Rice, Onion Baby Spinach, Baked **Beans**, Red Pepper, Cherry Tomato, Olive Oil, Cumin, Paprika, Coriander


Swedish Chicken Meatballs with Mashed Potato G/L/D/E/M AED17/19

Chicken Breast, Mushroom, Onion, Carrot, Whole-wheat **Bread**, Low Fat **Milk**, **Egg**, Dijon **Mustard**, Garlic, Nutmeg, Parsley, Olive Oil, Salt, Pepper, Lemon juice, Cream **Cheese**, **Flour**, Potato, Cauliflower, **Butter**



Both Served With: Seasonal Vegetables


TUESDAY

Egg Stir Fried Rice E/L/S AED17/19

Rice, **Egg**, **Peas**, Onion, Carrot, Garlic, **Soy** Lite


Chicken Katsu Curry with Basmati Rice G/E/M AED17/19

Chicken Breast, **Egg**, **Breadcrumbs**, Ginger Onion, (Blended Carrot-Vegetable Oil-Garlic- Curry Powder-Turmeric-**Mustard**-Tomato-Carrot-Fresh Coconut Milk) Basmati Rice



Both Served With: Seasonal Vegetables


WEDNESDAY

Vegetable/Bean Enchilada Seasonal Vegetables C/L/D/V AED17/19

Black beans, sweetcorn, spinach, green onion, (Blended tomato-sugar-onion-garlic-lentil-celery-carrot-cumin-vegetable broth-salt-pepper) corn tortilla, **Cheese**


Beef Loaded Corn Crackers L/D AED22

Lean minced beef, tomato, **kidney bean**, mixed bell peppers, carrot, garlic, cumin, coriander, paprika, olive oil, salt, pepper, sugar, avocado, lemon, corn crackers, **Cheddar Cheese**


THURSDAY

Margarita Pizza Fingers & Skin On Potato Wedges G/D/L/C AED17/19

Flour, Yeast, Sugar, Olive Oil, Seasoning, **Cheese**, (Blended Tomato-Lentil-Zucchini-Celery-Carrot-Garlic- Onion-Basil-Cinnamon-Olive Oil-Salt-Pepper-Brown Sugar-Oregano) Potato


Parmesan Chicken Tenders & Skin On Potato Wedges G/E/D AED17/19

Chicken Breast, **Egg**, **Bread**, **Parmesan**, Garlic, Olive Oil, Potato



Both Served With Sweetcorn & Peas **L**

Tomato Dip L/C Tomato, **Lentil**, Zucchini, **Celery**, Carrot, Garlic, Onion, Basil, Cinnamon, Sugar, Olive Oil


VEGETARIAN FRIDAY

5 Mini Vegetable Spring Rolls On A Bed Of Shredded Carrot/Cabbage With & Sweet Chili Sauce G/L/S AED18

Spring Roll Sheets, **Green Beans**, Carrot, Cabbage, Onions, Bell Peppers, garlic, Ginger, Soy Sauce, Seasoning, **Sweet Chili Sauce**


4 Vegetable Dumpling With Sweet Chili Sauce G/C AED18

Garden Pea, Carrot, Turnip, Mushroom, Cabbage, **Beans**, Spring Onion, Garlic, pepper, Seasoning, Salt, **Flour**, Corn Flour, Water, sweet Chili Sauce



*Vegetarian, Vegan And Gluten Free Options Daily *All Vegetables Are Locally Sourced Where Possible *Vegetables Or Side Salad Are Served With Each Main Meal *Bakes Have Low Sugar And Salt Content

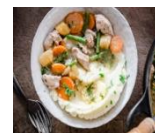
Beans, Pulses, And Vegetables Are Added To Many Main Dishes To Provide Extra Fibre And Nutritional Benefits

All Meals Are Prepared In A Kitchen That Handles Gluten, Dairy, Egg, Lupin/legumes, Celery, Fish, Soy, and Mustard

Vegetarian  Vegan  ** Some Meals May Contain Traces Of These Allergens **

MONDAY

-   **Spinach & Ricotta Lasagna G/D/L AED17/19**
Pasta Sheet, Zucchini, Lentil, Carrot, Spinach, Ricotta Cheese, White Beans, Tomato, Onion, Olive Oil, Basil, Pepper
 -  **Chicken Stew With Mash Potato/Cauliflower L/C/G/M/S AED17/19**
Chicken Breast, Carrot, Onion, Butternut, Swede, Green Beans, Celery, Chicken Stock, Olive Oil, Garlic, Rosemary, Thyme, Worcestershire Sauce, Corn Flour, Pepper, salt, Parsley, Potato, cauliflower
-  **Both Served With: Seasonal Vegetables**


TUESDAY

-   **Chickpea, Butternut & Spinach Curry With Rice L AED17/19**
Chickpea, Spinach, Butternut, (Blended Carrot-Capsicum-Ginger-Onion-Garlic Coriander, Cumin Garam Masala-Turmeric) Basmati Rice
 -  **Butter Chicken With Rice D/M AED17/19**
Chicken Breast, (Blended Carrot-Capsicum-Ginger-Onion-Garlic Coriander, Cumin Garam Masala-Turmeric-Mustard Seed-Tomato-Honey-Ricotta Cheese, Natural Yogurt-Butter-Cream) Rice
-  **Both Served With: Seasonal Vegetables**


WEDNESDAY

-   **Nut Free Pea Pesto Penne Pasta V/G/D/L AED17/19**
Wholewheat Penne pasta, garden peas, baby spinach, garlic, onion, Basil, olive oil, seasoning, oregano, parmesan cheese
-  **Chicken Noodles G/E/L/S AED17/19**
Chicken Breast, Egg Noodles, Wholewheat Noodles, Carrot Noodles, Bean Sprouts, Cabbage, Capsicum, Green Beans, Onion, Garlic, Lite Soy, Olive Oil


THURSDAY

-   **Margarita Pizza Fingers With Skin on Baked Wedges G/D/L/C AED17/19**
Flour, Yeast, Sugar, Olive Oil, Seasoning, Cheese, (Blended Tomato-Lentil-Zucchini-Celery-Carrot-Garlic-Onion-Basil-Cinnamon-Olive Oil-Salt-Pepper-Brown Sugar-Oregano) Potato
 -  **Beef Burger With Skin on Baked Wedges G/M AED22**
Lean Beef Mince, Onion, Carrot, Baby Marrow, Mustard, Seasoning, Lettuce, Tomato, Potato Bun, Potato, Olive Oil, Salt Pepper
-  **Both Served With Sweetcorn & garden Peas L**
Tomato Dip L/C Tomato, Lentil, Zucchini, Celery, Carrot, Garlic, Onion,


FRIDAY

-   **Scrambled Eggs, Grilled Halloumi, Baked Beans, Potato Rosti, Grilled Tomato E/L/D AED19**
Egg, Low Fat Milk, Olive Oil, Salt, Pepper, Halloumi, Baked Beans, Potato Rosti, Tomato
-  **Barbeque Chicken Bao Buns With Carrot Sticks G/S/M AED18**
Bao Buns, Chicken Breast, Barbeque Sauce, Shredded Carrot, Shredded Cabbage, Coriander
-  **Chicken Dumpling With Sweet Chili Sauce G AED18**
Chicken, Flour, Water, Cabbage, Carrot, Capsicum, Salt, Vegetable Stock, Pepper

*Vegetarian, Vegan And Gluten Free Options Daily *All Vegetables Are Locally Sourced Where Possible *Vegetables Or Side Salad Are Served With Each Main Meal *Bakes Have Low Sugar And Salt Content

Beans, Pulses, And Vegetables Are Added To Many Main Dishes To Provide Extra Fibre And Nutritional Benefits

All Meals Are Prepared In A Kitchen That Handles Gluten, Dairy, Egg, Lupin/legumes, Celery, Fish, Soy, and Mustard
 Vegetarian  Vegan  **** Some Meals May Contain Traces Of These Allergens ****

MONDAY

Smoky Chickpea & Butternut Squash With Rice L AED17/19

Chickpea, Butternut, Onion, Carrot, Red Capsicum, Tomato Paste, Passata, Cumin, Smoked Paprika, Salt, Pepper, Basmati Rice


Beef Lasagna G/D/C/L AED22

Minced Beef, **Pasta** Sheet, tomato, **Lentil**, Zucchini, **Celery**, Carrot, Garlic, Onion, Basil, Cinnamon, Olive Oil, Salt, Pepper, Sugar, Oregano, **Milk**, Cauliflower, **Flour**, Ricotta **Cheese**, **White Beans**, Bay Leaf, **Cheese**



Both Served With: Seasonal Vegetables


TUESDAY

Pasta Bake With Sweetcorn V/G/D/L/C AED17/19

Wholewheat **Penne pasta**, Blended Tomato, **Lentil**, Zucchini, **Celery**, Carrot, Garlic, Onion, Italian, Cinnamon, Olive Oil, Sugar, Salt, Pepper, **Cheese**


Chicken Sausage, Mash Potato/Cauliflower And Gravy G/C/M/D/S AED17/19

Fresh Chicken Sausage (Chicken-Onion powder-Garlic-Mustard-Salt) , Potato, Cauliflower, **Butter**, (Blended **Vegetable Stock**, flour, Carrot, Onion, **Celery**)

Both Served With: Seasonal Vegetables


WEDNESDAY

Veggie Burrito With Corn Crackers G/L/D AED19

Tomato, Kidney **Bean**, Sweetcorn, Garlic, Onion, Paprika , Coriander, Cumin, **Tortilla**, Basmati Rice, **Cheese**, Low Fat **Yogurt**, Avocado, Corn Crackers


Sweet & Sour Chicken Meatballs With Rice G/D AED17/19

Chicken Breast, **Breadcrumbs**, Pineapple, Onion, Ginger, Garlic, Mixed Capsicum, Tomato Ketchup, Pepper

Both Served With: Seasonal Vegetables


THURSDAY

Margarita Pizza Fingers & Skin On Potato Wedges G/D/L/C AED17/19

Flour, Yeast, Sugar, Olive Oil, Seasoning, **Cheese**, (Blended Tomato-Lentil-Zucchini-Celery-Carrot-Garlic- Onion-Basil-Cinnamon-Olive Oil-Salt-Pepper-Brown Sugar-Oregano) Potato


Chicken Shish Tawook & Skin On Potato Wedges D AED17/19

Chicken Breast, Mixed Capsicum, Low Fat **Yogurt**, Garlic, Lemon, Sweet Paprika, Salt, Pepper, Potato



Both Served With: Sweetcorn & Peas L Tomato dip L/C

Garden **Peas**, Sweetcorn, Tomato, **Lentil**, Zucchini, **Celery**, Carrot, Garlic, Onion, Basil, Cinnamon, Sugar, Olive Oil


FRIDAY

Toasted Bagel With Cream Cheese & Chia Berry Jam D/G AED17

Bagel, **Cream Cheese**, Chia Seed, Mixed Berries, date Syrup, Lemon Juice


Sausage, Scrambled Egg Potato Rosti, Baked Beans, Grilled Tomatoes E/G/D/L/M AED19

Fresh Chicken Sausage, **Egg**, Olive Oil, Low Fat Milk, Salt, Pepper, Potato Rosti, Baked **Beans**, Tomato

