



**ICE SCHOOL CANTEEN
3RD TERM MENU
DATES: 06.05.24-09.05.24**



MEATLESS MONDAY

TUESDAY



WEDNESDAY

THURSDAY

NON-VEGETARIAN		Chicken Hot dog, Stuffed Baked Potato (E)	Cuban Picadillo With Fragrant Rice (DF)	Beef Teriyaki with Noodles (DF)(E)(S)
VEGETARIAN OPTION	Tacos with Vegetarian Chilli Con Carne (V)	Vegetarian Jambalaya (V) (GF)	Chick pea Picadillo With Frangrant Rice(V)(GF)(DF)	Tofu Teriyaki with Vegetables Noodles (V)(DF)(E)(S)
VEGETABLES	Steamed Vegetables (V)(VG) (DF)(GF)	Southern Corn on The Cob (V) (VG)(DF)(GF)	Mediterranean Roasted Vegetables (V)(VG)(DF)	Stir Fry Vegetables (V)(VG)(DF) (S)
SALAD OF THE DAY	SALAD / SOUP OF THE DAY (V)(VG) (DF)(GF) BREAD ROLL	SALAD /SOUP OF THE DAY(V) (VG)(DF)(GF)/ BREAD ROLL	SALAD /SOUP OF THE DAY(V) (VG)(DF)(GF) /BREAD ROLL	SALAD /SOUP OF THE DAY (V) (VG)(DF)(GF) /BREAD ROLL
DESSERT	Rock Melon (V)(VG)(DF)(GF)	FRUIT YOGHURT(V)	Fruit Pot (V)(VG)(DF)(GF)	Date bar (V)

AVERAGE CALORIES PER A DAY: 580 -650 CALORIES

(V) - Vegetarian/ (VG) - Vegan /(GF) - Gluten free/DF) - Dairy free / (E) - Contains egg/ (E) - Fish /(S) - Contains soya



ICE SCHOOL CANTEEN
3RD TERM MENU
DATES:13.05.24-16.05.24

MEATLESS MONDAY

TUESDAY

WEDNESDAY

LEBANESE THURSDAY



NON-VEGETARIAN		Chicken Mandi with salata Hara(GF)(DF)	Baked Dory in Pink Sauce with Fusilli Pasta (F)	Chicken Shawarma (E)(DF)
VEGETARIAN OPTION	Vegan Meatball In Marinara Sauce with Spaghetti (V)	Mixed Vegetables Mandi with Salata Hara(V)(GF)(DF)	Fusilli Pasta in Pink sauce (V)	Falafel (V)
VEGETABLES	Sauteed Broccoli with Gralic(V)(VG)(DF)(GF)	Peas (V)(VG)(DF)(GF)	Med Veg with Nut Free Pesto (V)(GF)	Rice/Garlic Toum/ Cucumber/ Tomatoes (V)(GF)(E)
SALAD OF THE DAY	SALAD/SOUP OF THE DAY (V) (VG)(DF)(GF)/ BREAD ROLL	SALAD/SOUP OF THE DAY (V) (VG)(DF)(GF)/ BREAD ROLL	SALAD SOUP OF THE DAY I(IV) (VG)(DF)(GF) /BREAD ROLL	Fattoush /Arabic Bread (V)(S)
DESSERT	Fresh Banana (V)(VG)(DF) (GF)	Blueberry Muffin (V)(E)(DF)	Grapes (V)(VG)(DF)(GF)	Fruit Yoghurt (V)

AVERAGE CALORIES PER A DAY: 580 -650 CALORIES

(V) - Vegetarian/ (VG) - Vegan /(GF) - Gluten free/DF) - Dairy free / (E) - Contains egg/ (E) - - Fish /(S) - Contains soya



ICE SCHOOL CANTEEN
3RD TERM MENU
DATES: 20.05.24-23.05.24



MEATLESS MONDAY

TUESDAY

WEDNESDAY

THURSDAY

NON-VEGETARIAN		Chicken Salona with saffron Rice (DF)	Breaded Fish Cake with Herb Couscous W/ Tomato Sauce (F)(E)	Sweet and Sour Chickpea W Garlic Rice
VEGETARIAN OPTION	Meatless Penne Pasta Bake(V)	Vegetable Salona with Saffron Rice (V)(DF)	Mediterranean Veg With Herb Couscous and Tomato Sauce(V)(VG)(DF)	Sweet and Sour Tofu W/ Garlic Rice(V)(DF)
VEGETABLES	Pan Roasted Carrots (V)(VG)(Df)(DF)(GF)	Steamed Broccoli(V)(VG)(DF)(GF)	Steamed Kale Leeks (V)(VG)(DF)(GF)	Sauteed Snow Peas(V)(VG)(DF)(GF)
SALAD OF THE DAY	SALAD/SOUP OF THE DAY (V)(VG)(DF)(GF) / BREAD ROLL	SAALD /SOUP OF THE DAY (V)(VG)(DF)(GF) / BREAD ROLL	SALAD /SOUP OF THE DAY (V)(VG)(DF)(GF) / BREAD ROLL	SALAD/SOUP OF THE DAY(V)(VG)(DF)(GF) / BREAD ROLL
DESSERT	Cinnamon Bread(V)(E)	Banana bread (V)(E)	Fruit Yoghurt (V)	Mandarin (V)(VG)(DF)(GF)

AVERAGE CALORIES PER A DAY: 580 -650 CALORIES

(V) - Vegetarian/ (VG) - Vegan / (GF) - Gluten free/ (DF) - Dairy free / (E) - Contains egg/ (F) - Fish / (S) - Contains soya



ICE SCHOOL
3RD TERM MENU
DATES: 27.05.24-30.05.24



**MEATLESS
MONDAY**

TUESDAY

WEDNESDAY

**VIETNAMESE
THURSDAY**

NON-VEGETARIAN		Shepherds Pie (S)	Thai Baked Dory W/ Sticky Rice (F)(S)	Pho (E)(DF)(S)
VEGETARIAN OPTION	Vegan Swedish Meatballs W/ Pasta Farfelle (V)	Vegetarian Shepherds Pie (S) (V)	Thai baked Eggplant w/ Sticky Rice (V)(S)	Vegetable Pho (V)
VEGETABLES	Sauteed Green Beans (V) (VG)(DF)(GF)	Minted Peas (V)(VG)(DF)(GF)	Steamed Kangkong (V) (VG)(DF)(GF)	Beans Sprouts (V) (VG)(DF)(GF)
SALAD OF THE DAY	SALAD/ SOUP OF THE DAY(V) (VG)(DF)(GF) / BREAD ROLL	SALAD/ SOUP OF THE DAY(V) (VG)(DF)(GF) / BREAD ROLL	SALAD/SOUP OF THE DAY (V) (VG)(DF)(GF) / BREAD ROLL	SALAD /SOUP OF THE DAY(V) (VG)(DF)(GF) / BREAD ROLL
DESSERT	Madeline (V)	Banana bread	Vanilla Muffin (V)(E)	Fruit Yoghurt (V)

Average calories per a day: 580 -650 calories

(V) - Vegetarian/ (VG) - Vegan /(GF) - Gluten free/DF) - Dairy free / (E) - Contains egg/ (E) - Fish /(S) - Contains soya