



ICE SCHOOL - CANTEEN MENU

DATES: 07.04 25 - 10.04.25



MONDAY

TUESDAY

WEDNESDAY

**TURKISH
THURSDAY**

NON-VEGETARIAN	Breaded Dory (F) in Lemon Sauce with Baby Potatoes	Chicken Chasseur with Polenta	Beef Slider	Lamb Kofta with Sumac Onions and Bulgar Pilaf, Yogurt Sauce
VEGETARIAN OPTION	Vegetable Pie (V)	Mushroom Chasseur with Polentra (V)	Halloumi & Mushroom Slider with Tomato Chutney (V)	Kuru Fusullye (Stew White Beans), Yoghurt Sauce (V)
VEGETABLES	Sweet Corn and Carrots (V)(VG)(DF)(GF)	Green Beans (V)(VG)(DF)(GF)	Baked Chips (V)(VG)(GF)(DF)	Grilled Vegetables (V) (VG) (GF)(DF)
SALAD OF THE DAY	SALAD OF THE DAY / BREAD ROLL (V)	SALAD OF THE DAY / BREAD ROLL (V)	SALAD OF THE DAY / BREAD ROLL (V)	SALAD OF THE DAY / BREAD ROLL (V)
DESSERT	Fresh Banana (V) (VG)(GF)(DF)	Apple Pot (V) (VG)(GF)(DF)	Fruit Yoghurt (V)	Sutlac (Turkish Rice Pudding) (V)

AVERAGE CALORIES PER DAY : 580 - 650 CALORIES

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



ICE SCHOOL - CANTEEN MENU

DATES: 14.04.25-17.04.25



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

NON-VEGETARIAN	Beef lasagna	Sweet and Sour Chicken with Garlic Rice	Beef Stroganoff with mashed Potato	Pepperoni Pizza
VEGETARIAN OPTION	Vegetarian Lasagna (V)	Sweet and Sour Tofu with Garlic Rice (V)	Mushroom Stroganoff with Mashed Potato(V)	Margherita Pizza (V)
VEGETABLES	Pan Roasted Carrots (V) (VG) (DF)(GF)	Sauteed Snow Peas (V)(VG)(DF)(GF)	Mangetout (V)(VG)(GF)(DF)	Verdure Grilgilate (Roasted Vegetables) (V)(VG)(DF)(GF)
SALAD OF THE DAY	SALAD OF THE DAY / BREAD ROLL (V)	SALAD OF THE DAY / BREAD ROLL (V)	SALAD OF THE DAY / BREAD ROLL (V)	SALAD OF THE DAY / BREAD ROLL (V)
DESSERT	Mixed Seasonal Fruit Pot (V) (VG)(GF)(DF)	Mandarin (V) (VG)(GF)(DF)	Fruit Yoghurt (V)	Vanilla Raspberry loaf (V)

AVERAGE CALORIES PER DAY: 580 -650 CALORIES

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



ICE SCHOOL - CANTEEN MENU

DATES: 21.04.25-24.04.25



MONDAY

TUESDAY

WEDNESDAY

MEXICAN THURSDAY



NON-VEGETARIAN	Emirati Chicken Salona with Saffron Rice	Baked Fish Fingers (F) with Baked New Potatoes & Homamade Tartar Sauce	Beef Teriyaki with Noodles (S)	Chicken Quesadilla w/Mexican Rice & Beans
VEGETARIAN OPTION	Vegetable Salona with Saffron Rice (V)(DF)	Baked Beans with Baked New Potato & Homemade Tartar Sauce	Tofu Teriyaki with Vegetable Noodles (V)	Corn Quesadilla w/Mexican Rice & Beans (V)
VEGETABLES	Steamed Broccoli (V) (VG)(DF)(GF)	Corn and Peas (V)(VG)(DF)(GF)	Stir Fry Vegetables (V)(VG)(GF)(DF)	Sauteed Capsicum w/ Sour Yoghurt, Mild Mexican Salsa, Grilled Lime (V)(VG)(DF)(GF)
SALAD OF THE DAY	SALAD OF THE DAY / BREAD ROLL (V)	SALAD OF THE DAY / BREAD ROLL (V)	SALAD OF THE DAY / BREAD ROLL (V)	SALAD OF THE DAY / BREAD ROLL (V)
DESSERT	Fresh Banana (V) (VG)(GF)(DF)	Mixed Seasonal Fruit Pot (V) (E)	Apple Pot (V)(VG)(GF)(DF)	Tres Leches Cake (V)

AVERAGE CALORIES PER DAY: 580 -650 CALORIES

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



ICE SCHOOL - CANTEEN MENU

DATES: 28.04.25-01.04.25



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

NON-VEGETARIAN	Sausage & Mash with Onion Gravy	Beef Picadillo with Fragrant Rice	Steamed Dory (F) in & Sour Sauce w/Noodles	Nut Free Chicken Korma with Jeera Cococnut Rice
VEGETARIAN OPTION	Mushroom Alfredo w/ Penne Pasta (V)	Chickpea Picadillo w/ Fragrant Rice (V)	Vegetable Noodles w/ Sweet & Sour Sauce (V)	Nut Free Vegetable Korma with Jeera Coconut Rice (V)
VEGETABLES	Sauteed Broccoli (V) (VG)(DF)(GF)	BBQ Roasted Corn (V)(VG)(DF)(GF)	Wok Tossed Vegetables (V)(VG)(GF)(DF)	Roasted Carrots (V)(VG)(DF)(GF)
SALAD OF THE DAY	SALAD OF THE DAY / BREAD ROLL (V)	SALAD OF THE DAY / BREAD ROLL (V)	SALAD OF THE DAY / BREAD ROLL (V)	SALAD OF THE DAY / BREAD ROLL (V)
DESSERT	Mixed Melon Pot (V) (VG)(GF)(DF)	Fruit Yoghurt (V)	Mixed Seasonal Fruit Pot (V)(VG)(GF)(DF)	Grapes Pot (V)(VG)(GF)(DF)

AVERAGE CALORIES PER DAY: 580 -650 CALORIES

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



ICE SCHOOL - CANTEEN MENU

DATES: 05.05.25-08.05.25



MONDAY

TUESDAY

WEDNESDAY

SINGAPOREAN THURSDAY

NON-VEGETARIAN	Baked Dory (F) In Pink Sauce with Fusilli Pasta	Chicken Chow Mein	Beef Bourguignon with Rustic Mashed Potato	Chicken Char Kway Teow
VEGETARIAN OPTION	Fusilli Pasta in Pink Sauce (V)	Vegetable Chow Mein (V)	Mushroom Bourguignon with Rustic Mashed Potato (V)	Baby Corn Char Kway Teow (V)
VEGETABLES	Mediterranean Vegetables with Nut Free Pesto (V) (VG)(DF)(GF)	Stir Fry Vegetables (V)(VG)(DF)(GF)	French Beans (V)(VG)(GF) (DF)	Kai Lan w/Oyster Sauce (V)(VG)(DF)(GF)
SALAD OF THE DAY	SALAD OF THE DAY / BREAD ROLL (V)	SALAD OF THE DAY / BREAD ROLL (V)	SALAD OF THE DAY / BREAD ROLL (V)	SALAD OF THE DAY / BREAD ROLL (V)
DESSERT	Fruit yoghurt (V)	Apple Pot (V)(VG)(GF)(DF)	Rock Melon Pot (V)(VG)(GF)(DF)	Mango Pudding (V)

AVERAGE CALORIES PER DAY: 580 -650 CALORIES

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ICE SCHOOL - CANTEEN MENU

DATES: 12.05.25-15.05.25



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

NON-VEGETARIAN	Penne Pasta with Beef Bolognese	Fish (F) Machboos with Tomato Sauce	Baked Chicken Nuggets & Baked Chips w/ Homemade Tomato Sauce	Chicken Shawarma Wrap with Baked Potato Chips
VEGETARIAN OPTION	Penne Pasta with Tomato Sauce (V)	Vegetable Casserole (V)	Mac & Cheese (V)	Falafel Wrap with Baked Potato Chips (V)
VEGETABLES	Grilled Mediterranean Vegetables (V) (VG)(DF)(GF)	Steamed Green Peas (V)	Minted Peas (V)(VG)(GF)(DF)	Grilled BBQ Corn on the Cob (V)(VG)(DF)(GF)
SALAD OF THE DAY	SALAD OF THE DAY / BREAD ROLL (V)	SALAD OF THE DAY / BREAD ROLL (V)	SALAD OF THE DAY / BREAD ROLL (V)	SALAD OF THE DAY / BREAD ROLL (V)
DESSERT	Mixed Seasonal Fruit Pot (V)(VG)(GF)(DF)	Fresh Banana (V)(VG)(GF)(DF)	Grapes Pot (V)(VG)(GF)(DF)	Mango Yoghurt (V)(VG)(GF)(DF)

AVERAGE CALORIES PER DAY: 580 -650 CALORIES

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