



INNOVENTURES SCHOOL MENU- MARCH

CHOOSE ANY ONE HOT MEALS COMBO

LUNCH - WEEK 1

Combo Options	Menu Details	06-Mar-23	07-Mar-23	08-Mar-23	09-Mar-23	10-Mar-23
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Combo 1	Protein	Baked Chicken	Chicken Tikka Masala	Grilled Chicken with Thyme Jus	Butter Chicken	Chicken Tikka Samoon S/W, Carrot Cake & Juice
	Carbohydrates	Penne Florentine	Saffron Rice	Macaroni Bechamel	Flavored Rice	
	Vegetable	Grilled Vegies	Baby Carrot & Broccoli	Sautéed Vegetables	Grilled Vegetables	
Combo 2	Protein	Fried Fish Sweet Chilly Sauce	Shepard's Pie	Oven Baked Fish with Lemom-Caper Sauce	Beef Bulgogi	
	Carbohydrates	Veg Fried Rice	Potato Wedges	Macaroni Bechamel	Flavored Rice	
	Vegetable	Grilled Vegies	Baby Carrot & Broccoli	Sautéed Vegetables	Grilled Vegetables	
Combo 3 Veg	Protein	Stir Fry Vegetables	Vegetable Goulash	Veg Hakka Noodle	Spaghetti Alfredo	Veg & Cheese Samoon S/W, Carrot Cake & Juice
	Carbohydrates	Veg Fried Rice	Saffron Rice	Baked Potato	Garlic Bread	
	Vegetable	Grilled Vegies	Baby Carrot & Broccoli	Sautéed Vegetables	Grilled Vegetables	

CHOOSE ANY ONE HOT MEALS COMBO

LUNCH - WEEK 2

Combo Option	Menu Details	13-Mar-23	14-Mar-23	15-Mar-23	16-Mar-23	17-Mar-23
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Combo 1	Protein	Baked Honey Mustard Chicken	Roasted Chicken With Rosemary Sauce	Chicken Lasagna	Butter Chicken	Chicken Club S/W, Strawberry Cake & Juice
	Carbohydrates	Herb Rice	Macaroni Bechamel	Garlic Bread	Flavored Rice	
	Vegetable	Glazed Vegetables	Sautéed Vegetables	Peas and Corn	Grilled Vegetables	
Combo 2	Protein	Grilled Fish Lemon Butter Sauce	Lamb Tikka Masala	Sweet & Sour Fish	Beef Bulgogi	
	Carbohydrates	Mac n Cheese	Saffron Rice	Veg Fried Rice	Flavored Rice	
	Vegetable	Glazed Vegetables	Sautéed Vegetables	Peas and Corn	Grilled Vegetables	
Combo 3 Veg	Protein	Pasta with Pesto Sauce	Vegetable Chow-Mein	Pasta Alfredo	Mexican Veg Enchiladas	Veg Club S/W, Strawberry Cake & Juice
	Carbohydrates	Garlic Bread	Baked Potato	Garlice Bread	Herbed Oven Roasted Potatoes	
	Vegetable	Glazed Vegetables	Sautéed Vegetables	Peas and Corn	Grilled Vegetables	

CHOOSE ANY ONE HOT MEALS COMBO

LUNCH - WEEK 3

Combo Option	Menu Details	20-Mar-23	21-Mar-23	22-Mar-23	23-Mar-23	24-Mar-23
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Combo 1	Protein	Chicken Biryani	Grilled Chicken with Thyme Jus	Hunters Chicken	Butter Chicken	Chicken Shawarma Wrap, Marble Cake & Juice
	Carbohydrates	Veg Raita	Macaroni Bechamel	Mash Potato	Biryani Rice	
	Vegetable	Braised Winter Vegetables	Sauted Carrots, Peas	Sauted Broccoli, Carrots	Grilled Vegies	
Combo 2	Protein	Grilled Fish with Lemon Butter Sauce	Dawood Basha	Fish Balls with Garlic Sauce	Meat Lasagne	
	Carbohydrates	Baked Potato Wedges	Vermicelli Rice	Veg Pilaf Rice	Baked Potato	
	Vegetable	Braised Winter Vegetables	Sauted Carrots, Peas	Sauted Broccoli, Carrots	Grilled Vegies	
Combo 3 Veg	Protein	Pasta with Pesto Suce	Vegetable Chow-Mein	Veg Ratatouille	Pasta Arabiatta	Veg Fajta Wrap, Marble Cake & Juice
	Carbohydrates	Baked Potato Wedges	Stir Fry Vegetables	Veg Pilaf Rice	Garlic Bread	
	Vegetable	Garlice Bread	Potato Wedges	Sauted Broccoli, Carrots	Baked Potato	