



# COMBO MEAL MENU

NOVEMBER - DECEMBER



# SCHOOL COMBOS MENU

## NOVEMBER



CHOOSE ANY ONE HOT MEALS COMBO

WEEK 1

DATE		06-Nov-23	07-Nov-23	08-Nov-23	09-Nov-23	10-Nov-23	
DAY		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>COMBO OPTION</b>	<b>MENU DETAILS</b>	<b><u>BREAKFAST</u></b>					
		Pancake with Maple Syrup & Juice	French Toast Masala & Juice	Oat & Fruit Yogurt Parfait with Juice	Broken Wheat with Apple Porridge & Juice		
		<b><u>LUNCH</u></b>					
<b><u>COMBO 1</u></b>	<i>Protein</i>	Creamy Cheesy Chicken	Chicken Stroganoff	Sweet Chilly Fish	Chicken Tikka Masala		Chicken Fajita Wrap, Avocado Brownie & Juice
	<i>Carbohydrates</i>	Steam Rice	Steam Rice	Potato Layonnaise	Flavored Rice		
	<i>Vegetable</i>	Glazed Vegetables	Buttered Peas & Corn	Sautéed Veggies	Grilled Vegetables		
	<i>Sweet</i>	Banana Cup Cake	Cut Fruit	Date Cake	Banana Cake		
<b><u>COMBO 2</u></b>	<i>Protein</i>	Slow Cooked Lamb Casserole	Meat Lasagne	Chicken Tikka Masala	Beef Bulgogi		
	<i>Carbohydrates</i>	Steam Rice	Steam Rice	Potato Layonnaise	Flavored Rice		
	<i>Vegetable</i>	Glazed Vegetables	Buttered Peas & Corn	Sautéed Veggies	Grilled Vegetables		
	<i>Sweet</i>	Banana Cup Cake	Cut Fruit	Date Cake	Banana Cake		
<b><u>COMBO 3</u></b> <b>VEGETABLE</b>	<i>Protein</i>	Spaghetti with Sundried Tomato	Stirfried Tofu with vegetables	Vegetable Lasagne	Mexican Vegetable Enchiladas		
	<i>Carbohydrates</i>	Steam Rice	Steam Rice	Potato Layonnaise	Herbed Oven Roasted Potatoes		
	<i>Vegetable</i>	Glazed Vegetables	Buttered Peas & Corn	Sautéed Veggies	Grilled Vegetables		
	<i>Sweet</i>	Banana Cup Cake	Cut Fruit	Date Cake	Banana Cake		
<b><u>COMBO 4</u></b> <b>COLD</b> <b>NON-VEGETABLE</b>	<i>Sandwich</i>	Chicken Sandwich	Roast Beef Sandwich	Chicken Tawook Wrap	Turkey Sandwich		Vegetable Fajita Wrap, Avocado Brownie & Juice
	<i>Beverage</i>	Juice	Juice	Juice	Juice		
	<i>Sweet</i>	Banana Cup Cake	Cut Fruit	Date Cake	Banana Cake		
<b><u>COMBO 5</u></b> <b>COLD</b> <b>VEGETABLE</b>	<i>Sandwich</i>	Cheese & Vegetable Sandwich	Falafel Wrap	Mexican Vegetable Wrap	Three Cheese Samoon Sandwich		
	<i>Beverage</i>	Juice	Juice	Juice	Juice		
	<i>Sweet</i>	Banana Cup Cake	Cut Fruit	Date Cake	Banana Cake		



# SCHOOL COMBOS MENU

## NOVEMBER



CHOOSE ANY ONE HOT MEALS COMBO

WEEK 2

DATE		13-Nov-23	05-Sep-23	06-Sep-23	07-Sep-23	08-Sep-23	
DAY		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>COMBO OPTION</b>	<b>MENU DETAILS</b>	<b><u>BREAKFAST</u></b>					<b>Chicken Tikka Samoon Sandwich, Carrot Cake &amp; Juice</b>
		Pancake with Maple Syrup & Juice	Bread Butter Pudding & Juice	Crepe with Honey Roll & Juice	Finger Sandwich with Potato Wedges & Juice		
		<b><u>LUNCH</u></b>					
<b><u>COMBO 1</u></b>	<i>Protein</i>	Baked Chicken	Chicken Tikka Masala	Grilled Chicken with Thyme Jus	Chicken Makhani		
	<i>Carbohydrates</i>	Penne Florentine	Saffron Rice	Macaroni Bechamel	Flavored Rice		
	<i>Vegetable</i>	Grilled Veggies	Baby Carrot & Broccoli	Sautéed Vegetables	Grilled Vegetables		
	<i>Sweet</i>	Lemon Cake	Cut Fruit	Date Cake	Apple Pie		
<b><u>COMBO 2</u></b>	<i>Protein</i>	Fried Fish Sweet Chilly Sauce	Shepherd's Pie	Oven Baked Fish with Lemon Caper Sauce	Beef Bulgogi		
	<i>Carbohydrates</i>	Vegetable Fried Rice	Potato Wedges	Macaroni Bechamel	Flavored Rice		
	<i>Vegetable</i>	Grilled Veggies	Baby Carrot & Broccoli	Sautéed Vegetables	Grilled Vegetables		
	<i>Sweet</i>	Lemon Cake	Cut Fruit	Date Cake	Apple Pie		
<b><u>COMBO 3</u></b> <b>VEGETABLE</b>	<i>Protein</i>	Stir Fry Vegetables	Vegetable Goulash	Vegetable Hakka Noodle	Spaghetti Alfredo		
	<i>Carbohydrates</i>	Vegetable Fried Rice	Saffron Rice	Baked Potato	Garlic Bread		
	<i>Vegetable</i>	Grilled Veggies	Baby Carrot & Broccoli	Sautéed Vegetables	Grilled Vegetables		
	<i>Sweet</i>	Lemon Cake	Cut Fruit	Date Cake	Apple Pie		
<b><u>COMBO 4</u></b> <b>COLD</b> <b>NON-VEGETABLE</b>	<i>Sandwich</i>	Chicken Club Sandwich	Caesar Salad Wraps	Chicken N' Cheese Sandwich	Chicken Tikka Sandwich		
	<i>Beverage</i>	Juice	Juice	Juice	Juice		
	<i>Sweet</i>	Lemon Cake	Cut Fruit	Date Cake	Apple Pie		
<b><u>COMBO 5</u></b> <b>COLD</b> <b>VEGETABLE</b>	<i>Sandwich</i>	Halloumi Cheese Sandwich	Falafel Wrap	Caprese Sandwich	Vegetable Club Sandwich		
	<i>Beverage</i>	Juice	Juice	Juice	Juice		
	<i>Sweet</i>	Lemon Cake	Cut Fruit	Date Cake	Apple Pie		



# SCHOOL COMBOS MENU

## NOVEMBER



CHOOSE ANY ONE HOT MEALS COMBO

WEEK 3

DATE		20-Nov-23	21-Nov-23	22-Nov-23	23-Nov-23	24-Nov-23	
DAY		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>COMBO OPTION</b>	<b>MENU DETAILS</b>	<b><u>BREAKFAST</u></b>					Chicken Club Sandwich, Strawberry Cake & Juice
		Pancake with Maple Syrup & Juice	Honey Apple Crepe & Juice	Protein Chickpea Potato Hash Brown & Juice	Broken Wheat, Apple Porridge & Juice		
		<b><u>LUNCH</u></b>					
<b><u>COMBO 1</u></b>	<b><i>Protein</i></b>	Baked Honey Mustard Chicken	Roasted Chicken with Rosemary Sauce	Chicken Lasagne	Chicken Tikka Masala		
	<b><i>Carbohydrates</i></b>	Herbed Rice	Macaroni Bechamel	Garlic Bread	Flavored Rice		
	<b><i>Vegetable</i></b>	Glazed Vegetables	Grilled Veggies	Peas & Corn	Grilled Vegetables		
	<b><i>Sweet</i></b>	Carrot Cake	Cut Fruit	Strawberry Cake	Banana Cake		
<b><u>COMBO 2</u></b>	<b><i>Protein</i></b>	Grilled Fish Lemon Butter Sauce	Lamb Tikka Masala	Sweet & Sour Fish	Beef Bulgogi		
	<b><i>Carbohydrates</i></b>	Mac N' Cheese	Saffron Rice	Vegetable Fried Rice	Flavored Rice		
	<b><i>Vegetable</i></b>	Glazed Vegetables	Grilled Veggies	Peas & Corn	Grilled Vegetables		
	<b><i>Sweet</i></b>	Carrot Cake	Cut Fruit	Strawberry Cake	Banana Cake		
<b><u>COMBO 3</u></b> <b>VEGETABLE</b>	<b><i>Protein</i></b>	Pasta with Pesto Sauce	Vegetable Chow-Mein	Vegetable Balls in Garlic Sauce	Mexican Vegetable Enchiladas		
	<b><i>Carbohydrates</i></b>	Garlic Bread	Baked Potato	Vegetable Fried Rice	Herbed Oven Roasted Potatoes		
	<b><i>Vegetable</i></b>	Glazed Vegetables	Grilled Veggies	Peas & Corn	Grilled Vegetables		
	<b><i>Sweet</i></b>	Carrot Cake	Cut Fruit	Strawberry Cake	Banana Cake		
<b><u>COMBO 4</u></b> <b>COLD</b> <b>NON-VEGETABLE</b>	<b><i>Sandwich</i></b>	Chicken Sandwich	Roast Beef Sandwich	Chicken Tawook Wrap	Turkey Sandwich	Vegetable Club Sandwich, Strawberry Cake & Juice	
	<b><i>Beverage</i></b>	Juice	Juice	Juice	Juice		
	<b><i>Sweet</i></b>	Carrot Cake	Cut Fruit	Strawberry Cake	Banana Cake		
<b><u>COMBO 5</u></b> <b>COLD</b> <b>VEGETABLE</b>	<b><i>Sandwich</i></b>	Cheese & Vegetable Sandwich	Falafel Wrap	Mexican Vegetable Wrap	Three Cheese Samoon Sandwich		
	<b><i>Beverage</i></b>	Juice	Juice	Juice	Juice		
	<b><i>Sweet</i></b>	Carrot Cake	Cut Fruit	Strawberry Cake	Banana Cake		



# SCHOOL COMBOS MENU

## NOVEMBER - DECEMBER



CHOOSE ANY ONE HOT MEALS COMBO

WEEK 4

DATE		27-Nov-23	28-Nov-23	29-Nov-23	30-Nov-23	01-Dec-23	
DAY		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>COMBO OPTION</b>	<b>MENU DETAILS</b>	<b><u>BREAKFAST</u></b>					<b>Chicken Shawarma Wrap, Marble Cake &amp; Juice</b>
		Pancake with Maple Syrup & Juice	Oat & Fruit Yogurt Parfait with Juice	French Toast Masala & Juice	Finger Sandwich with Potato Wedges with Juice		
		<b><u>LUNCH</u></b>					
<b><u>COMBO 1</u></b>	<b>Protein</b>	Chicken Biryani	Roast Chicken Stuffing	Hunters Chicken	Chicken Tikka Masala		
	<b>Carbohydrates</b>	Vegetable Raita	Macaroni Bechamel	Mashed Potato	Steamed Rice		
	<b>Vegetable</b>	Braised Winter Vegetables	Sauteed Carrots & Peas	Sauteed Broccoli & Carrots	Basil Scented Vegetables		
	<b>Sweet</b>	Lemon Cake	Cut Fruit	Date Cake	Apple Pie		
<b><u>COMBO 2</u></b>	<b>Protein</b>	Grilled Fish with Lemon Butter Sauce	Dawood Basha	Fish Balls with Garlic Sauce	Meat Lasagne		
	<b>Carbohydrates</b>	Baked Potato Wedges	Vermicelli Rice	Vegetable Pillaf Rice	Baked Potato		
	<b>Vegetable</b>	Braised Winter Vegetables	Sauteed Carrots & Peas	Sauteed Broccoli & Carrots	Basil Scented Vegetables		
	<b>Sweet</b>	Lemon Cake	Cut Fruit	Date Cake	Apple Pie		
<b><u>COMBO 3</u> VEGETABLE</b>	<b>Protein</b>	Pasta with Pesto Sauce	Vegetable Chow-Mein	Vegetable Ratatouille	Butter Paneer	<b>Vegetable Fajita Wrap, Marble Cake &amp; Juice</b>	
	<b>Carbohydrates</b>	Baked Potato Wedges	Sauteed Carrots & Peas	Vegetable Pillaf Rice	Steamed Rice		
	<b>Vegetable</b>	Garlic Bread	Potato Wedges	Sauteed Broccoli & Carrots	Basil Scented Vegetables		
	<b>Sweet</b>	Lemon Cake	Cut Fruit	Date Cake	Apple Pie		
<b><u>COMBO 4</u> COLD NON-VEGETABLE</b>	<b>Sandwich</b>	Chicken Club Sandwich	Caesar Salad Wrap	Chicken N' Cheese Sandwich	Chicken Tikka Sandwich		
	<b>Beverage</b>	Juice	Juice	Juice	Juice		
	<b>Sweet</b>	Lemon Cake	Cut Fruit	Date Cake	Apple Pie		
<b><u>COMBO 5</u> COLD VEGETABLE</b>	<b>Sandwich</b>	Halloumi Cheese Sandwich	Falafel Wrap	Caprese Sandwich	Vegetable Club Sandwich		
	<b>Beverage</b>	Juice	Juice	Juice	Juice		
	<b>Sweet</b>	Lemon Cake	Cut Fruit	Date Cake	Apple Pie		



# SCHOOL COMBOS MENU

## DECEMBER



CHOOSE ANY ONE HOT MEALS COMBO

WEEK 5

DATE		04-Dec-23	05-Dec-23	06-Dec-23	07-Dec-23	08-Dec-23	
DAY		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>COMBO OPTION</b>	<b>MENU DETAILS</b>	<b><u>BREAKFAST</u></b>					<b>Chicken Tikka Samoon Sandwich, Carrot Cake &amp; Juice</b>
		Broken Wheat with Apple Porridge & Juice	Oat & Fruit Yogurt Parfait with Juice	French Toast Masala & Juice	Pancake with Maple Syrup & Juice		
		<b><u>LUNCH</u></b>					
<b>COMBO 1</b>	<b>Protein</b>	Creamy Cheesy Chicken	Chicken Stroganoff	Sweet Chilly Fish	Chicken Makhani		
	<b>Carbohydrates</b>	Steamed Rice	Steamed Rice	Potato Layonnaise	Flavored Rice		
	<b>Vegetable</b>	Glazed Vegetables	Buttered Peas & Corn	Sauteed Veggies	Grilled Vegetables		
	<b>Sweet</b>	Banana Muffins	Cut Fruit	Date Cake	Apple Pie		
<b>COMBO 2</b>	<b>Protein</b>	Slow Cooked Lamb Casserole	Meat Lasagne	Chicken Tikka Masala	Beef Bulgogi		
	<b>Carbohydrates</b>	Steamed Rice	Steamed Rice	Potato Layonnaise	Flavored Rice		
	<b>Vegetable</b>	Glazed Vegetables	Buttered Peas & Corn	Sauteed Veggies	Grilled Vegetables		
	<b>Sweet</b>	Banana Muffins	Cut Fruit	Date Cake	Apple Pie		
<b>COMBO 3 VEGETABLE</b>	<b>Protein</b>	Spaghetti with Sundried Tomato Sauce	Stirfried Tofu with Vegetables	Vegetable Lasagne	Spaghetti Alfredo		
	<b>Carbohydrates</b>	Steamed Rice	Steamed Rice	Potato Layonnaise	Garlic Bread		
	<b>Vegetable</b>	Glazed Vegetables	Buttered Peas & Corn	Sauteed Veggies	Grilled Vegetables		
	<b>Sweet</b>	Banana Muffins	Cut Fruit	Date Cake	Apple Pie		
<b>COMBO 4 COLD NON-VEGETABLE</b>	<b>Sandwich</b>	Chicken Sandwich	Roasted Beef Sandwich	Chicken Tawook Wrap	Chicken Tikka Sandwich	<b>Vegetable &amp; Cheese Samoon Sandwich, Carrot Cake &amp; Juice</b>	
	<b>Beverage</b>	Juice	Juice	Juice	Juice		
	<b>Sweet</b>	Banana Muffins	Cut Fruit	Date Cake	Apple Pie		
<b>COMBO 5 COLD VEGETABLE</b>	<b>Sandwich</b>	Cheese & Vegetable Sandwich	Falafel Wrap	Mexican Vegetable Wrap	Vegetable Club Sandwich		
	<b>Beverage</b>	Juice	Juice	Juice	Juice		
	<b>Sweet</b>	Banana Muffins	Cut Fruit	Date Cake	Apple Pie		



# Thank you!

MAHA ABU AYYASH

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