













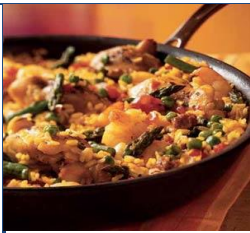






















## Lunch Menu:

	Dish	Drinks	Fruits	Nutritional info:
1	BBQ Chicken Sticks & Potato Wedges			<b>Apple:</b> 95kcal <b>Orange Juice:</b> 50kcal <b>BBQ Chicken:</b> 270kcal <b>Potato Wedges:</b> 123kcal
2	Egg & Cheese Sandwich			<b>Plum:</b> 27kcal <b>Mixed Fruit Juice:</b> 61kcal <b>Egg &amp; Cheese Sandwich:</b> 340kcal
3	Lasagne Bolognese			<b>Banana:</b> 95kcal <b>Apple Juice:</b> 50kcal <b>Lasagne Bolognese:</b> 352kcal
4	Club Sandwich & Potato Wedges			<b>Apple:</b> 95kcal <b>Orange Juice:</b> 50kcal <b>Club Sandwich:</b> 300kcal <b>Wedges:</b> 123kcal
5	Pepperoni Pizza			<b>Grapes:</b> 62kcal <b>Guava Juice:</b> 68kcal <b>Pepperoni Pizza:</b> 285kcal
6	Chicken Kabsa			<b>Pear:</b> 102kcal <b>Mixed Berry Juice:</b> 61kcal <b>Chicken Kabsa:</b> 305kcal
7	Mini Shawarma & Potato Wedges			<b>Plum:</b> 27kcal <b>Mixed Fruit Juice:</b> 61kcal <b>2x Mini Shawarma:</b> 160kcal <b>Wedges:</b> 123kcal

8	Chicken & Shrimp Paella				<b>Banana:</b> 95kcal <b>Apple Juice:</b> 50kcal <b>Paella:</b> 365kcal
9	Vegetarian Pizza				<b>Pear:</b> 102kcal <b>Mixed Berry Juice:</b> 61kcal <b>Vegetarian Pizza:</b> 300kcal
10	Tawook & Vegetable Skewers & Saffron Rice				<b>Apple:</b> 95kcal <b>Guava Juice:</b> 68kcal <b>Tawook &amp; Vegetable Skewers:</b> 300kcal
11	Cheeseburger & Potato Wedges				<b>Plum:</b> 27kcal <b>Orange Juice:</b> 50kcal <b>Cheeseburger:</b> 303kcal <b>Wedges:</b> 123kcal
12	Roasted Chicken Panini & Potato Wedges				<b>Banana:</b> 95kcal <b>Mixed Fruit Juice:</b> 61kcal <b>Roasted Chicken Panini:</b> 200kcal <b>Wedges:</b> 123kcal
13	Assorted Fatayer				<b>Pear:</b> 102kcal <b>Apple Juice:</b> 61kcal <b>Asstd. Fatayer:</b> 300kcal
14	Kafta Sandwich & Wedges				<b>Banana:</b> 95kcal <b>Mixed Berry Juice:</b> 61kcal <b>Kafta Sandwich:</b> 350kcal <b>Wedges:</b> 123kcal

### Cooking Process:

Please note that with all activities related to cooking we strictly adhere to ISO22000, and as such, we ensure the following points are met:

- Raw materials received only from approved suppliers.
- All vegetables are inspected upon stock delivery.
- Temperature of frozen items to be checked during delivery.
- Chilled items maintained at a temperature of within 5 C.
- Raw vegetables which are used for salad preparation undergo sanitizing procedures where all microbiological hazards are eliminated.
- Raw vegetables for cooking are examined physically before usage to avoid physical contaminants.
- Through cooking all pathogenic bacteria present in food are killed.
- Target of 75 C for internal temperature for 15 sec must be attained.
- Hot foods are stored above 63 C and cold foods to maintain temperatures of 5 C.
- Food should never be stored in the Temperature Danger Zone (5 C to 63 C).
- Proper defrosting is done for frozen item cooking.
- Clean knives, color coded chopping boards, utensils to be used for cooking process, and properly washed and sanitized thereafter.
- All equipment to maintain correct temperature.
- Cooking staff to follow high standards of Personal Hygiene.

With regards to your query about our menu, do note that all the ingredients that shall go into procuring these dishes are of the utmost quality, this is to ensure not only optimal growth of this generations' kids but to guarantee wellbeing and satisfaction that will create the environment we all want for our children.

**1. BBQ Chicken Sticks:**

- Yoghurt
- Feta cheese
- Lemon zest
- Fresh lemon juice
- Oregano
- Salt & Pepper
- Boneless chicken
- Red Onion
- Green Pepper

**4. Club Sandwich**

- White bread
- Mayonnaise
- Lettuce
- Tomatoes
- Salt and Pepper
- Cooked Turkey Bacon
- Sliced Cold Cuts

**7. Mini Shawarma**

- Boneless Chicken
- Paprika
- Olive Oil
- Allspice
- Turmeric
- Garlic powder
- Cinnamon
- Cayenne Pepper
- Salt & Pepper
- Mini Pita Bread
- Garlic Paste

**10. Tawook & Vegetable Skewers &**

**Saffron Rice**

**Tawook:**

- Boneless chicken
- Garlic cloves
- Olive Oil
- Lemon Juice
- Paprika
- Tomato Paste
- Yoghurt
- Sumac
- Salt & Pepper

**2. Egg & Cheese Sandwich:**

- Eggs
- Sliced Cheese
- Mayonnaise
- Salt & Pepper

**5. Pepperoni Pizza:**

- Pepperoni
- Flour
- Cheese
- Tomatoes
- Tomato Paste
- Salt
- Yeast

**8. Chicken & Shrimp Paella**

- Olive Oil
- Chicken
- Onion
- Garlic
- Red Pepper
- Rice
- Saffron
- Chicken Stock
- Green Beans
- Shrimp
- Paprika

**Vegetable Skewers:**

- Onion
- Tomato
- Eggplant

**Saffron Rice:**

- Saffron
- Butter
- Rice
- Salt

**3. Lasagna Bolognese:**

- Olive Oil
- Onion
- Garlic
- Minced Beef
- Herbs
- Tomatoes
- Salt & Pepper
- Tomato paste
- Beef Stock
- Lasagna Sheets

**6. Chicken Kabsa:**

- Onion
- Olive oil
- Chicken
- Turmeric
- Cumin
- Coriander
- Fennel
- Ginger
- Tomatoes
- White rice

**9. Vegetarian Pizza**

- Pizza dough
- Olive Oil
- Onion
- Garlic Cloves
- Zucchini
- Canned Tomatoes
- Basil
- Red Capsicum
- Olives
- Mushroom
- Mozzarella Cheese

**11. Cheeseburger:**

- Beef
- Salt & Pepper
- Breadcrumbs
- Ketchup
- Mustard
- Lettuce
- Onion

**12. Roasted Chicken Panini:**

- Shredded Chicken
- Pesto
- Cheese
- Mayonnaise
- Salt & Pepper
- Olive Oil
- Panini Loaf

**13. Assorted Fatayer:**

- Cheese
- Zaatar
- Meat
- Flour
- Yeast

**14. Kafta Sandwich:**

- Onion
- Parsley
- Minced Mutton
- Allspice
- Cinnamon
- Cardamom
- Coriander
- Salt & Pepper

**15. Potato Wedges:**

- Potato
- Paprika
- Salt