Lunch Combo Menu Week 1

Lunch Menu	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course -Meat Option	Beef Mangolian with Mashed potatoes ••	Baked Fish parmesan with pasta arabiatta •••	Grilled Beef in mushroom sauce with Onion Rice ••	Chicken Chilli with Vegetable Chowmien ••	Half Day
	Carb:40g Pro: 22g Fat: 3g	**Carb:40g Pro: 25gm fats: 3g**	**Carb: 45g Pro: 20gm fats: 3g**	**Carb: 50g Pro: 20gm fats: 2.8g**	
Main Course-Vegetarian Option	Vegetables pasta ••	Vegetable & cheese bites with Muhammara dip & Pasta Arabiatta••	vegetable rissoto with potato wedges •	Vegetable Manchurian with Vegetble Chowmein ••	
	Carb:20g Pro:1.5g Fat: 0.8g	**Carb:40g Pro: 6g Fat: 1g**	**Carb:26g Pro:2g Fat: 2.5g**	**Carb:40g Pro: 3g Fat: 2.5g**	
Side Dish - Vegetables	Sauteed garlic mushroom &corn	Batata Harra	honey glazed carrots, corn & broccoli	Sauteed Garlic Potatoes	
	Carb:8g Pro: 1.1g Fat: 1.2g	**Carb:10g Pro:0.5g Fat: 0.8g**	**Carb:6g Pro:1.1g Fat: 0.1g**	**Carb:15g Pro: 0.5g Fat:0g**	
Fruits	Rainbow fruit pot	tropical bowl	melon medley	Fruit fiesta	
	Carb:11g Pro: 1g Fat: 0g	**Carb:15g Pro: 0.8g Fat:0g**	**Carb:10g Pro: 0.7g Fat: 0g**	**Carb:16g Pro: 1.3g Fat: 0g**	
Student Favorite	Chicken Maqlooba•	Butter chicken with Steamed basmati rice •	Mac and Cheese Pasta	Samak Mashwi •	
	Carb:60g Pro: 20g Fat: 3g	**Carb:55g Pro: 20g Fat: 1g**	**Carb: 40g Pro:12gm fats: 3g**	**Carb: 40g Pro: 25gm fats: 3g**	

Choice of one main course served with carb and vegetable AED 15.00. Add a dessert for AED 3.00 only

صحّي SEHHI ADPHC

مركز أبوظبي للصحة العامة ABU DHABI PUBLIC HEALTH CENTRE

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Emirates Taste

Allergens Gluten Soya Dairy Egg fish

Lunch Combo Menu - Week 2

Lunch Menu	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course -Meat Option	Chicken Ala Kiev & Baked homemade potato wedges • •	Beef lasagna with cajun potatoes	Sweet & Sour Fish balls with Vegetable Garlic Rice • •	General Tso Chicken with Vegetable hakka noodles • •	Half Day
	Carb:45g Pro: 25g Fat: 2.5g	**Carb:40g Pro: 20g Fat: 3g**	**Carb: 50g Pro: 25gm fats: 2.5g**	**Carb: 45g Pro: 22gm fats: 3g**	
Main Course-Vegetarian Option	Cauliflower and Cheese lasagna with baked homemade Potato Wedges • •	Vegetable Maqlooba •	KungPao cauliflower tots with Vegetable Garlic Rice • •	Vegetable dumplings with sauce & Vegetable Hakka Noodles •	
	Carb:35g Pro: 5g Fat: 3g	**Carb:25g Pro: 8g Fat: 2g**	**Carb:35g Pro: 4.5g Fat: 3g**	**Carb:40g Pro: 3g Fat:1.5g**	
Side Dish - Vegetables	**Garlic sautee Carrots & broccoli**	**Steam Corn and Carrots**	**Batata Harra** •	**Sautee Garlicy mixed veggies**	
	Carb:8g Pro: 0.2g Fat:0.5g	**Carb:8g Pro:0.2g Fat: 0g**	**Carb:10g Pro:0.5g Fat: 0.8g**	**Carb:8g Pro: 0.5g Fat:0.5g**	
Fruits	**Mix Fruits salad**	**citrus fruit bowl**	**slice pineapples**	**watermelon delight**	
	Carb:12g Pro: 0.8g Fat: 0g	**Carb:13g Pro: 0.9g Fat: 0g**	**Carb:15g Pro: 0.8g Fat:0g**	**Carb:11.5g Pro: 0.7g Fat: 0g**	
Student Favorite	**Beef Macboos** •	**Chicken Maqlooba** •	**Chicken Alfredo Pasta** • •	**Mutton Biryani** •	
	Carb:55g Pro: 25g Fat: 3g	**Carb: 40g Pro: 25gm fats: 3g**	**Carb:55g Pro: 20g Fat: 3g**	**Carb: 65 Pro: 25gm fats: 3g**	

Choice of one main course served with carb and vegetable AED 15.00. Add a dessert for AED 3.00 only

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Emirates Taste

Allergens Gluten Soya Dairy Egg fish

Lunch Combo Menu -Week 3

Lunch Menu	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course -Meat Option	Arabic Mixed Grilled with batata harra •	Baked Chicken Cordon Blue with Pasta Pomodoro • •	Grilled beef Teriyaki with mushroom sauce With garlic mashed potatoes • •	Dragon Chicken with Yang Chao Rice • •	Half Day
	Carb:35g Pro: 20g Fat:1.2g	Carb:40g Pro: 22gm fats: 3g	Carb: 35g Pro: 20gm fats: 2.5g	Carb: 50g Pro: 25gm fats: 3g	
Main Course-Vegetarian Option	Vegetable and cheese lasagna with batata harra • •	Vegetable Biryani •	Vegetable enchalladas with sautee garlic veggies • •	Vegetable Choiwmen noodles • •	
	Carb:20g Pro: 6 g Fat: 3g	Carb:20g Pro: 3.5g Fat: 2g	Carb:35g Pro: 4g Fat: 2.5g	Carb:40g Pro: 4g Fat: 2g	
Side Dish - Vegetables	carrots and mushroom with caramelized onion	Sauted Garlic Potatoes	Sautee Garlic Veggies	Roasted Potatoes	
	Carb:7g Pro: 0.7g Fat: 0.3g	Carb:10g Pro:0.5g Fat: 0.5g	Carb:6g Pro:1.1g Fat: 1g	Carb:10g Pro:0.5g Fat: 0.8g	
Fruits	Slice Watermelon	tropical bowl	melon medley	Fruit fiesta	
	Carb:11g Pro: 1g Fat: 0g	Carb:15g Pro: 0.8g Fat:0g	Carb:10g Pro: 0.7g Fat: 0g	Carb:16g Pro: 1.3g Fat: 0g	
Student Favorite	CHICKEN BUKHARI •	Chicken Mandi •	Chicken Biryani •	Mac and Cheese Pasta • •	
	Carb:55g Pro: 22g Fat: 1.2g	Carb: 55g Pro: 25gm fats: 3g	Carb: 65 Pro: 25gm fats: 3g	Carb: 40g Pro: 12gm fats: 3g	

Choice of one main course served with carb and vegetable AED 15.00. Add a dessert for AED 3.00 only

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Emirates Taste

Allergens Gluten Soya Dairy Egg fish

Lunch Combo Menu Week 4

Lunch Menu	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course -Meat Option	Beef Mangolian with Mashed potatoes ••	Baked Fish parmesan with pasta arabiatta •••	Grilled Beef in mushroom sauce with Onion Rice • •	Chicken Chilli with Vegetable Chowmien • •	Half Day
	Carb:40g Pro: 22g Fat: 3g	**Carb:40g Pro: 25gm fats: 3g**	**Carb: 45g Pro: 20gm fats: 3g**	**Carb: 50g Pro: 20gm fats: 2.8g**	
Main Course-Vegetarian Option	Vegetables pasta ••	Vegetable & cheese bites with Muhammara dip & Pasta Arabiatta• •	vegetable rissoto with potato wedges •	Vegetable Manchurian with Vegetble Chowmein ••	
	Carb:20g Pro:1.5g Fat: 0.8g	**Carb:40g Pro: 6g Fat: 1g**	**Carb:26g Pro:2g Fat: 2.5g**	**Carb:40g Pro: 3g Fat: 2.5g**	
Side Dish - Vegetables	Sauteed garlic mushroom &corn	Batata Harra	honey glazed carrots, corn & broccoli	Sauteed Garlic Potatoes	
	Carb:8g Pro: 1.1g Fat: 1.2g	**Carb:10g Pro:0.5g Fat: 0.8g**	**Carb:6g Pro:1.1g Fat: 0.1g**	**Carb:15g Pro: 0.5g Fat:0g**	
Fruits	Rainbow fruit pot	tropical bowl	melon medley	Fruit fiesta	
	Carb:11g Pro: 1g Fat: 0g	**Carb:15g Pro: 0.8g Fat:0g**	**Carb:10g Pro: 0.7g Fat: 0g**	**Carb:16g Pro: 1.3g Fat: 0g**	
Student Favorite	Chicken Maqlooba•	Butter chicken with Steamed basmati rice •	Mac and Cheese Pasta	Samak Mashwi •	
	Carb:60g Pro: 20g Fat: 3g	**Carb:55g Pro: 20g Fat: 1g**	**Carb: 40g Pro:12gm fats: 3g**	**Carb: 40g Pro: 25gm fats: 3g**	

Choice of one main course served with carb and vegetable AED 15.00. Add a dessert for AED 3.00 only

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Allergens Gluten Soya Dairy Egg fish