

School Master Menus

WEEK 1

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

Cold Lunch 🥪🥗🍷

Non-Vegetarian

Chicken & Honey
Mustard Sandwich

Turkey & Noodle
Salad with Veggies

Chicken Caesar Salad with
Croutons

Chicken & Lemon Mayo
Sandwich

Vegetarian

Falafel & Tahini
Wrap

Veggie Noodle Salad

Crispy Tofu Caesar Salad
with Croutons

Egg Salad Sandwich

Hot Lunch 🍕🍔🍷

Non-Vegetarian (Option 1)

Turkey Meatballs
with Tomato Sauce
& Spaghetti

BBQ Chicken Pizza
with Potato Salad

Chicken Parma with Tomato
Sauce, Mash Potatoes &
Veggies

Beef Burger with Baked
Potato Wedges

Non-Vegetarian Daily Special (Option 2)

🌮 **Mexican
Mondays**

🍝 **Italian
Tuesdays**

🍲 **Middle Eastern
Wednesdays!**

🍛 **Indian Thursdays**

Chicken Quesadillas
with Corn Salsa

Penne Bolognese
with Garlic Bread

Chicken Mandi with Tomato
Salsa & Raita

Chicken Tikka Masala with
Basmati Rice

Vegetarian 🍷🍕🥗

Veggies Quesadillas
with Corn Salsa

Penne Pasta with
Tomato Sauce &
Garlic Bread

Leek & Potato Pie with Pastry
Top

Vegetable Korma with
Basmati Rice

Dessert 🍰🍪🍉

Classic Apple Cake

Sticky Toffee
Pudding

Strawberry & Apple Blondie

Date & Honey Fingers

For more info please go to <https://mastercook.odoo.com/>



School Master Menus

WEEK 2

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

Cold Lunch 🥪🥗🍜

Non-Vegetarian

BBQ Chicken Sandwich

Grilled Chicken & Fusilli
Pasta with Pesto

Chicken Cajun Wrap

Tuna Pasta Salad

Vegetarian

Cheese & Tomato Wrap

Grilled Veg & Fusilli
Pasta with Pesto

Cheese & Tomato
Sandwich

Tomato Pasta Salad with
Veggies

Hot Lunch 🍲🍕🥗

Non-Vegetarian (Option 1)

Sticky Sweet-Sour
Chicken with Fried Rice

Turkey Turnovers with
Mash Potato & Veggies

Pesto Pasta with Baked
Chicken Goujons

Turkey Burgers with Baked
Potato Wedges

Non-Vegetarian Daily special (Option 2)

🌮 **Mexican
Mondays**

🍝 **Italian Tuesdays**

🍲 **Middle Eastern
Wednesdays!**

🍛 **Indian Thursdays**

Baked Beef Taquitos
Served with Tomato
Salsa

Chicken Alfredo with
Garlic Bread & Peas

Chicken and Potato Tray
Bake with Roasted
Veggies

Butter Chicken Served with
Basmati Rice

Vegetarian 🥗🍲🥗

Sweet & Sour Veg with
Fried Rice

Veggie Turnovers Mash
Potato & Veggies

Veggie Pesto Pasta

Vegetarian Burger with Potato
Wedges

For more info please go to <https://mastercook.odoo.com/>



SCHOOL MASTER MENUS

WEEK 3

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

Cold Lunch 🥪🥗🍵

Non-Vegetarian

Chicken Caesar
Wrap

Turkey Club Sandwich

Chicken & Mozzarella Pasta
Salad

Turkey Salad Wrap

Vegetarian

Cucumber &
Cheese Sandwich

Veggie Club Sandwich

Mozzarella Pasta Salad

Cheese Salad Wrap

Hot Lunch 🍲🥙🍕

Non-Vegetarian (Option 1)

Baked Turkey Pasta
Bake with Garlic
Bread

Chicken & Leek Pie with
Pastry Top with Mash &
Veggies

Chicken Stir Fry with
Veggies & Basmati Rice

Pulled BBQ Chicken Sliders
with Baked Potato Wedges

Non-Vegetarian Daily special (Option 2)

🌮 **Mexican
Mondays**

🍝 **Italian Tuesdays**

🍲 **Middle Eastern
Wednesdays!**

🍛 **Indian Thursdays**

Chicken & Cheese
Enchiladas with
Roasted Veggies

Beef Lasagne Served
with Garlic Bread

Baked Chicken Shawarma
with Baked Spiced Wedges

Beef Biryani Served with
Raita

Vegetarian 🥗🍲🥙

Veggie Quesadillas
with Roasted Veggies

Veggie Lasagna with
Garlic Bread

Veggie Stir Fry with Basmati
Rice

Vegetarian Biryani with
Raita

Dessert 🍰🍪🍉

Treacle Sponge

Lemon Drizzle Slice

Blueberry Buckle Cake

Fruit Trifle



For more info please go to <https://mastercook.odoo.com/>



LIVE STATION WEEKLY SPECIALS MENU

Monday!

Live Calzones!

AED 22/-



Chicken Alfredo
BBQ Chicken
Vegetable (V)

Tuesday!

Live Noodle Station!

(Served with Soy Sauce)

AED 18/-



Chicken
Chicken & Vegetable
Vegetable

Wednesday!

Live Rice Station!

(Served with Soy Sauce)

AED 18/-



Chicken
Egg Fried rice
Chicken & Vegetable
Vegetable

Thursday!

Live Pasta Station!

(Served with Garlic Bread & Choice of Sauce)

AED 18/-



Tomato Sauce
White Sauce
Pink Sauce



SCHOOL GRAB & GO MENU

Sandwiches/Salads/Pastries

Sandwiches

<i>Cheddar Cheese & Tomato (v)</i>	16
<i>Egg Mayonnaise & Rocket</i>	16
<i>Poached Chicken & Lemon Mayo</i>	18
<i>Chicken & Honey Mustard Sandwich</i>	18
<i>Tuna Mayonnaise & Sweet Corn</i>	18

Wraps

<i>Black Bean & Guacamole (v)</i>	20
<i>Chicken Shawarma</i>	20
<i>Chicken Tikka</i>	22
<i>Chicken Caesar</i>	22
<i>Chicken Cajun</i>	22
<i>Beef Burrito</i>	22

Toasted Paninis

<i>Cheese & Tomato (v)</i>	20
<i>Grilled Vegetable & Harissa (v)</i>	22
<i>Sloppy Joe</i>	22
<i>Pulled BBQ Chicken & Cheese</i>	22
<i>Chicken Fajita</i>	22

Signature

<i>Caprese Ciabatta</i>	22
<i>Turkey & Salad Focaccia</i>	22
<i>Tuna & Cucumber Baguette</i>	22
<i>Chicken & Mayo Baguette</i>	22
<i>Chicken & Pesto Focaccia</i>	22

Salads

<i>Greek Salad (v)</i>	18
<i>Chicken Caesar Salad</i>	20
<i>Tuna Niçoise Salad</i>	20
<i>Non-Vegetarian/Vegetarian Specials of the Week</i>	18/20



**All Prices are Including V.A.T*

SCHOOL GRAB & GO MENU

Breakfast/Snacks/Pastries

Breakfast Items

Plain Croissant	8
Cheese Croissant	12
Turkey & Cheese Croissant	15
Spanish Omelette	15
Grilled Chicken & Cheese Muffin	18
Breakfast Wrap	20

Healthy Snacks

Carrot & Cucumber Sticks	5
Fruit Salad	10
Mixed Melon Pots	10
Blueberry Yoghurt Pots	10
Apple & Cinnamon Oats	10
Mango Chia Oats	10

Protein Pots

Pulled Chicken	15
Chicken & Basil	15
Soy Protein (VG)	15

Savoury Pastries

Cheese/Tomato/ Twist	8
Italian Chicken/Turkey & Cheese Rolls	15
Cheese Manakish	18
Cheese & Zaatar Manakish	18
Mexican Quesadillas	18
Cheese & Turkey Manakish	20

Sweet Pastries

Blueberry/Banana/Apple Muffin	6
Flapjack	6
Oatmeal & Raisin Cookie	6
Blueberry Buckle	8
Strawberry/Mango Rolls	12
Coconut Biscuits	12
Orange Cake (GF,DF)	12
Pound Loaf (GF,DF)	12
Carrot Muffin with Drizzle (GF,DF)	12



SCHOOL GRAB & GO MENU

Snacks/Drinks

Baked Savoury Snacks

Sunbites – Olive/Cheese	5
Popcorn	5
Hummus Chips – Chilli	6
Oat Balls – Mac & Cheese	6
Oat Balls – Tomato & Basil	6
Cheese Crackers	12

Smoothies

Strawberry Split	22
Big 5	22
Berry Go Round	22
Pash N Shoot	22

Cold Drinks

Bottled Water	2
Sunblast – Apple/ Orange/ Grape/ Banana/	5
Mango Fresh Orange Juice	8
Fresh Watermelon Juice	10
Sparkling Water	10



**All Prices are Including V.A.T*