

LUNCH MENU | WEEK # 14

Menu Pattern	Monday 20/11/2017	Tuesday 21/10/2017	Wednesday 22/11/2017	Thursday 23/11/2017	Friday 24/11/2017	Saturday 25/11/2017	Sunday 26/11/2017
Vegan salad	Romaine Crisp, English Cucumber Slice, Roasted Beetroot, Slices with Whole wheat Crutons	Spring Lettuce Blend, Sweet grape Tomatoes, Bellpeppers, Shredded Carrot. with Whole wheat Crutons	Icberg Crisp, Indian Cucumber, Red Radish, Garbanoz Beans, with Whole wheat Crutons	Spring Lettuce Blend, Sweet grape Tomatoes, Bellpeppers, Shredded Carrot. with Whole wheat Crutons	Mini Veg Crudites with Mezze	Chefs Choice Garden Fresh Salad	Chefs Choice Garden Fresh Salad
Compound salad	Black eyebean salad with Minted Lemon dressing	Broccoli Almoond Salad With Orage Segments	Blue Cheese Wedge salad	Golkappa chaat	Hummus/Babaganoush With Mini Pita Pockets		
Dressing	Balsamic, Honey mustard,	Grape Juice Reduction Vegetarian Thousand Island	Orange Reduction, Soya Mayo	Roznella Balsamic, Ranch Dressing	Tahini Vinaigrette, Yogurt Wild Honey Dressing		
Soup	Cream of Asparagus (Gluten and Dairy Free)	Creamed Sweetcorn soup	Barley Broth With Vegetables	Mulligatawny soup	Minestrone Milanese		
Meat	Pan seared with BBQ Sauce Drums Of Heaven	Gluten Free Oriental Chilly Orange Chicken Bites	Pan seared Bassa Fish Fillet With Meunière sauce with garlic chives	Methi Malai Murgh Tikka Masala	Chermula chicken With Green Olives (Chicken Breast Boneless)	Pan seared Chicken Thigh With Spicy Blackbean sauce	BBQ Peri Peri Chicken
Pasta	Cornchigle Pastga with Three Cheese Mornay sauce	Vegetable Fried rice With Pineapple Sichuan Pepper/ Vegetable Noodles with Spicy Blackbean sauce	Fusilli Puttanesca	Potato Kabuli channa Pulao (Chicken and Potato Pilaf)	Fettucinin Pasta with Agliata sauce	Malaysian Rendang Noodles (Beancurd & Vegetables)	Penne Alfredo
Vegetables	Wild Honey Glazed Western Greens with Roasted Garlic Pods	Tempura Batter Fried Cauliflower Babycorn Fritters In Mancho sauce	Home Made Mashed Potato	Paneer Kurchan	Ratatouille Moussaka	Orinatal Vegetables In Hoisin sauce	Palak Paneer

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Indian Vegetables	Lahoori Aloo Gobi	Paneer Hara Pyaza	Kadai Subz(Indian spiced Spring Vegetbles)	Subz Makhani	Bhindi Bhujija	Aloo Mutter Tamatar	Cheese Balls with Marinara Dip
Lentil	Achari Toordal Tadka toordal	Blackdal Tadka	Green Moonghdal Tadka	Rajmah Masala with Red Pumpkin	Tuli Masoor dal Tadka	Lasooni Moonghdal Tadka	Matki Usal
Accompaniments	Steamed Rice, Pudina Paratha, Curd, Sugar	Steamed Rice, Methi Paratha, Curd, Sugar	Steamed Rice, Curd, Sugar	Steamed Rice, Multigrain Paratha, Curd, Sugar	Steamed Rice, Paratha, Curd, Sugar	Steamed Rice, Paratha, curd, Sugar	Steamed Rice, Paratha, Curd, Sugar
Dessert	Opera	Lychee Cheese Cake	Cut fruits	Kala Jammun	Almond Noughatine Pastry	Semiya Payassam	Peach

SALE MENU | WEEK #14

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Trace	Tomato Basil In Rye Footlong	Apple Cup	Tomato and Cucumber In Whole Wheat Bread/water melon cup	Corn In The Cup	Mixed Fruit Cup		
Moderate	Carrot Raisin Cake	Achari Paneer Tikka Khati roll(Wheat)	Chocolate Lava Cake	Cheese Pizza	Cashew Brownie		