



slices

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Menu Term 1

Academic Year 2025-26

Grab & Go – Arabic Schools

slices

SANDWICHES

	CALORIES	AED
Turkey Cheese Croissant(60g)	262	11.50
Crumbed Chicken Sandwich	288	11.00
Periperi chicken Wrap-MM	231	08.50
Baked Chicken Wrap	230	11.50
Chicken Tikka wrap MM	282	11.00
Smokey Joe Beef Sandwich	525	18.00
Cheese and Tomato Sandwich	253	08.50
Mini Punjabi Samosa (2)	200	05.50
Chicken Caesar"8"	332	08.00
Potato Cheese Sandwich	324	06.50

SALADS

Harvest Salad MM	240	10.00
Tandoori Chicken Salad	190	12.50

POTS

Blueberry Yoghurt Pot	275	08.50
Watermelon Pot 10oz	51	07.50
Mix Fruit Pot 10oz	66	07.50
Pineapple Pot	70	07.50

HOT LUNCH

(Non-Vegetarian, Vegetarian & Pasta)

345 12.00

PASTRIES

	CALORIES	AED
Vanilla Muffin 50 Gm- C	145	06.00
Blueberry Muffin 50g	185	06.00
Red Velvet Muffin 50g	165	06.00
Banana Bread 50g	163	06.50
Plain Croissant 60g	200	05.50
Cheese Top Croissant 60g	262	05.50
Cheese Manakish 60g	255	08.50
Pizza Margherita 60g	145	07.50
Cheese and Zataar Twist-50g	175	06.00
Soft Pretzel Chicken-50g	103	07.00
Soft pretzel Cheese-50g	127	07.00
Soft Pretzel Pesto-50g	175	07.00
Fatayer Star Cheese-35g	45	05.00
Fatayer Spinach-35g	45	05.00

COLD DRINKS

Marmum Orange Juice 200ml	202	03.50
Marmum Apple Juice 200 ml	96	03.50
Water Bottle	0	01.00

Menu – Week 1

Arabic School

slices

	Salad Bar 20 ₪	Vegetarian 12 ₪	Meat 12 ₪	Pasta 20 ₪	Street Food 20 ₪	Flat Bread 20 ₪	Dessert 5 ₪
Monday	Tomato, cucumber, olives, lettuce, Edamame beans, chickpeas, sweet corn, paneer, pasta, cabbage, Quinoa, beans, balsamic, pesto. Lemon-dressing, cheddar, mozzarella	Vegetable masala Kabsa rice Raita Vegetable kebab Pulao rice Vegetable salona Mini pita		Whole wheat/penne pasta & alfredo sauce	Vegetable teriyaki noodle & stir fry veg	Margherita	Eton mess Fruit salad
Tuesday	Tomato, cucumber, olives, lettuce, Edamame beans, chickpeas, sweet corn, paneer, pasta, cabbage, Quinoa, beans, balsamic, pesto. Lemon-dressing, cheddar, mozzarella boiled egg, roasted chicken, tuna, beef strips	Okra salona Steam rice Arabic bread	Garlic lemon herbed roasted chicken Tahina yogurt Fattoush salad Arabic bread Potato wedges	Whole wheat/penne pasta & tomato sauce	Burnt garlic sauce noodle & stir fry veg	Margherita	Apple crumble Fruit salad
Wednesday	Tomato, cucumber, olives, lettuce, Edamame beans, chickpeas, sweet corn, paneer, pasta, cabbage, Quinoa, beans, balsamic, pesto. Lemon-dressing, cheddar, mozzarella, boiled egg, roasted chicken, tuna, beef strips	Mac & cheese gratin Wd Spiced veggies	Beef pulao with yogurt Fattoush	Whole wheat/penne pasta & alfredo sauce	Kungpao noodles Stir-fry veg	Margherita	Crepe wd orange sauce Fruit salad
Thursday	Tomato, cucumber, olives, lettuce, Edamame beans, chickpeas, sweet corn, paneer, pasta, cabbage, Quinoa, beans, balsamic, pesto. Lemon-dressing, cheddar, mozzarella, boiled egg, roasted chicken, tuna, beef strips	Vegetable kabsa Wd yogurt Fattoush	Chicken biriyani Raita	Whole wheat/penne pasta & tomato sauce	Oasaka street noodle Stir-fry veg	Margherita	Berry yogurt parfait Fruit salad
Friday	Tomato, cucumber, olives, lettuce, Edamame beans, chickpeas, sweet corn, paneer, pasta, cabbage, Quinoa, beans, balsamic, pesto. Lemon-dressing, cheddar, mozzarella, boiled egg, roasted chicken, tuna, beef strips			Whole wheat/penne pasta & alfredo sauce		Margherita	

Menu – Week 2

Arabic School

slices

	Salad Bar 20 ₪	Vegetarian 12 ₪	Meat 12 ₪	Pasta 20 ₪	Street Food 20 ₪	Flat Bread 20 ₪	Dessert 5 ₪
Monday	Tomato, cucumber, olives, lettuce, Edamame beans, chickpeas, sweet corn, paneer, pasta, cabbage, Quinoa, beans, balsamic, pesto. Lemon-dressing, cheddar, mozzarella	Lentil meat ball Arrabiatta sauce Pita bread Vine leaves Vegetable fried rice Spring roll Sweet & sour sauce		Whole wheat/penne pasta & alfredo sauce	Yaki yaki noodles Stir-fry veg	Margherita	Etton mess Fruit salad
Tuesday	Tomato, cucumber, olives, lettuce, Edamame beans, chickpeas, sweet corn, paneer, pasta, cabbage, Quinoa, beans, balsamic, pesto. Lemon-dressing, cheddar, mozzarella boiled egg, roasted chicken, tuna, beef strips	Kochari wd Veggie salona Arabic roll	Chicken mandi wd yogurt	Whole wheat/penne pasta & tomato sauce	Vegetable teriyaki noodle & stir fry veg	Margherita	Apple crumble Fruit salad
Wednesday	Tomato, cucumber, olives, lettuce, Edamame beans, chickpeas, sweet corn, paneer, pasta, cabbage, Quinoa, beans, balsamic, pesto. Lemon-dressing, cheddar, mozzarella, boiled egg, roasted chicken, tuna, beef strips	Mujaddara wd potato hara Fattoush	Beef kofta curry wd Steam rice mix grill veg	Whole wheat/penne pasta & alfredo sauce	Kungpao noodles Stir-fry veg	Margherita	Crepe wd orange sauce Fruit salad
Thursday	Tomato, cucumber, olives, lettuce, Edamame beans, chickpeas, sweet corn, paneer, pasta, cabbage, Quinoa, beans, balsamic, pesto. Lemon-dressing, cheddar, mozzarella, boiled egg, roasted chicken, tuna, beef strips	Veg biriyani wd raita	Chicken biriyani wd raita	Whole wheat/penne pasta & tomato sauce	Burnt garlic sauce noodle & stir fry veg	Margherita	Berry yogurt parfait Fruit salad
Friday	Tomato, cucumber, olives, lettuce, Edamame beans, chickpeas, sweet corn, paneer, pasta, cabbage, Quinoa, beans, balsamic, pesto. Lemon-dressing, cheddar, mozzarella, boiled egg, roasted chicken, tuna, beef strips			Whole wheat/penne pasta & alfredo sauce		Margherita	

Menu – Week 3

Arabic School

slices

	Salad Bar 20 ₪	Vegetarian 12 ₪	Meat 12 ₪	Pasta 20 ₪	Street Food 20 ₪	Flat Bread 20 ₪	Dessert 5 ₪
Monday	Tomato, cucumber, olives, lettuce, Edamame beans, chickpeas, sweet corn, paneer, pasta, cabbage, Quinoa, beans, balsamic, pesto. Lemon-dressing, cheddar, mozzarella	Moutabel & pita bread & Arabic rice & Moulakia Mouhammara Chickpea curry Veg rice & Fattoush		Whole wheat/penne pasta & alfredo sauce	Oasaka street noodle Stir-fry veg	Margherita	Etton mess Fruit salad
Tuesday	Tomato, cucumber, olives, lettuce, Edamame beans, chickpeas, sweet corn, paneer, pasta, cabbage, Quinoa, beans, balsamic, pesto. Lemon-dressing, cheddar, mozzarella boiled egg, roasted chicken, tuna, beef strips	Veg tagine steam rice Tahina & vine leaves	Shish tawook Yogurt Zaatar twist roll	Whole wheat/penne pasta & tomato sauce	Yaki yaki noodles Stir-fry veg	Margherita	Apple crumble Fruit salad
Wednesday	Tomato, cucumber, olives, lettuce, Edamame beans, chickpeas, sweet corn, paneer, pasta, cabbage, Quinoa, beans, balsamic, pesto. Lemon-dressing, cheddar, mozzarella, boiled egg, roasted chicken, tuna, beef strips	Majboos hummus green salad Hummus pita bread	Chicken biriyani ad raita	Whole wheat/penne pasta & alfredo sauce	Vegetable teriyaki noodle & stir fry veg	Margherita	Crepe wd orange sauce Fruit salad
Thursday	Tomato, cucumber, olives, lettuce, Edamame beans, chickpeas, sweet corn, paneer, pasta, cabbage, Quinoa, beans, balsamic, pesto. Lemon-dressing, cheddar, mozzarella, boiled egg, roasted chicken, tuna, beef strips	Veg biriyani wd raita	Chicken kebab wd pulao rice and Dalfry	Whole wheat/penne pasta & tomato sauce	Burnt garlic sauce noodle & stir fry veg	Margherita	Berry yogurt parfait Fruit salad
Friday	Tomato, cucumber, olives, lettuce, Edamame beans, chickpeas, sweet corn, paneer, pasta, cabbage, Quinoa, beans, balsamic, pesto. Lemon-dressing, cheddar, mozzarella, boiled egg, roasted chicken, tuna, beef strips			Whole wheat/penne pasta & alfredo sauce		Margherita	

