



# slices Menu Term 1

Academic Year  
2024/25



# Canteen Menu

## SANDWICHES & WRAPS

Chicken Shawarma Wrap	10.50
Turkey Cheese Croissant(60g)	11.50
Chilli Paneer Sandwich	07.50
Chicken Tikka wrap	10.50
Potato Cheese Sandwich	05.50
Ratatoulie Sandwich	06.50
Arabic Style Beef Wrap	15.00
Chicken Caesar"8"	07.50
Pesto Chicken Sandwich	08.50

## SALAD

Quinoa Beans Salad	12.50
Chicken Teriyaki Noodle Salad	11.50

## POTS & MEAL

Granny Smith oats	11.50
Berry Yoghurt Pot	08.50
Watermelon Pot 10oz	06.50
Mix Fruit Pot 10oz	07.50
Pineapple Pot	07.50
Yogurt Pot (Berry, Peach, Mango)	06.00
Hot Lunch	11.50

## SNACKS

Popcorn Salt 20g	03.00
Popcorn Cheese 20g	03.00

## FRESH FRUIT

Apple	2.00
Banana	2.00

## PASTRIES

Muffin Blueberry 50g	06.00
Muffin Carrot 50g	06.00
Muffin Red velvet 50g	06.00
Muffin Chocolate 50g	06.00
Banana Bread - 50g	06.50
Plain Croissant 60g	05.50
Cheese Top Croissant 60g	06.50
Cheese Manakish 60g	08.50
Pizza Margritta 60g	07.50

## FRESH & LONG LIFE DRINKS

Fresh Orange Juice	10.50
Fresh Watermelon Juice	10.50
Fresh Apple Juice	10.50
Marmun Orange Juice 200ml	03.50
Marmun Apple Juice 200ml	03.50
Laban Up	02.00
Milk FF/LF	03.50
Strawberry Milk	04.00
Chocolate Milk	04.00
Water 500ml	01.00



# International Hot Menu @ 15 AED- Week 1

MEATLESS MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b><u>Macaroni &amp; Cheese Gratin With Grilled Baby Marrow And Rosemary Focaccia</u></b> (Macaroni, Flour, Canola Oil, Low Fat Cheddar, Low Fat Mozzarella, Low Fat Milk, Focaccia Bread, Parmesan, Parsley, Vegetable Stock, Marrow, Garlic) Allergen: Milk, Gluten, Celery</p>	<p><b><u>Grilled Chicken With Brown Gravy, Mash Potato And Roasted Vegetables</u></b> (Chicken Breast, Potato, Onion, Garlic, Carrot, Celery, Peel Tomato, Low Sodium Salt, Thyme, Canola Oil, Flour, Low Fat Milk, Baby Marrow, Capsicum) Allergen : Celery, Milk ,Soy</p>	<p><b><u>Beef Con Carne With Mexican Rice Skillet And Salsa</u></b> (Basmati Rice, Beef Mince, Peel Tomato, Onion, Garlic, Cilantro, Low Sodium Salt, Black Beans, Red Kidney Beans, Cumin Powder, Paprika Powder, Tomato Fresh) Allergen : Celery</p>	<p><b><u>Chicken Curry With Steam Rice And Spiced Mixed Vegetable</u></b> (Coriander Powder, Turmeric, Tomato, Garlic, Red Onion, Carrot, Baby Marrow, Peppers, Fresh Coriander, Chicken Breast, Basmati Rice, Fresh Mint, Low-fat Yoghurt, Garam Masala Powder, Ginger, Fresh Mint, Fresh Coriander, Cauliflower) Allergen : Dairy</p>	
<p><b><u>Lentil ,Beans Mixed Vegetable Cutlet</u></b> (Red Kidney Beans, Tomato, Garlic, Red Onion, Basmati Rice, Low Sodium Salt, Coriander Fresh, Black Beans, Canola Oil, Mint Leaves, Curry Powder, Low Fat Yoghurt, Carrot, Cabbage, Lentil, Cucumber) Allergen : Gluten, Milk</p>	<p><b><u>Vegetable Enchiladas With Spiced Potato Wedges And Green Salad</u></b> (Tortilla, Capsicum, Carrot, Onion, Garlic, Low Sodium Salt, Fajita Seasoning, Peel Tomato, Celery, Low Fat Cheddar, Low Fat Mozzarella, Potato, Romaine Lettuce, Olive Oil) Allergen: Milk, Gluten, Celery</p>	<p><b><u>Vegetable Cottage Pie</u></b> (Frozen Mixed Vegetables, Potato, Tomatoes, Tomato Paste, Onion, Garlic, Oregano, Low-fat Milk, Baby Marrow, Eggplant, Zucchini, Carrot, Mixed Capsicum, Salt, Corn Oil) Allergen: Milk, Celery</p>	<p><b><u>Cauliflower &amp; Broccoli Gratin With Brown Baguette And Roasted Vegetable</u></b> (Cauliflower, Broccoli, Onion, Garlic, Ginger, White Flour, Low-fat Milk, Salt, Cheddar Cheese, Baguette Bread, Corn Oil, Beans ) Allergen: Milk, Gluten</p>	<p><b><u>Pasta With Cauliflower Alfredo Sauce With Tomato Twist Bread</u></b> (Penne Pasta, White Flour, Low Fat Milk, Mushroom, Vegetable Stock, Canola Oil, Low-fat Cheddar, Low-fat Mozzarella, Cauliflower, Tomato Twist Bread) Allergen: Milk, Gluten, Celery</p>
Cucumber Dill Yoghurt	Grilled Root Vegetables	Spiced Mix Roasted Vegetables	Medley Vegetables	Crudities



# International Hot Menu @ 15 AED- Week 2

MEATLESS MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b><u>Margaritta Flatbread With Green Salad And Root Vegetables</u></b> (Lettuce, Pizza Base, Tomato, Mozzarella, Garlic, Peel Tomato, Cabbage, Potato, Beetroot, Turnip, Cucumber, Carrot, Celery, Sweet Potato) Allergen: Gluten, Dairy, Celery</p>	<p><b><u>Chicken Lasagna With Lemony Carrot And Spinach Bun</u></b> (Chicken Mince, Lasagna Sheets, Flour, Low Fat Cheddar Cheese, Red Onion, Garlic, Low Sodium Salt, Tomato Peel, Low Fat Milk, Tomato Paste, Carrot, Canola Oil, Celery, Low Fat Mozzarella, Spinach Bun, Lemon) Allergen: Gluten, Dairy, Celery</p>	<p><b><u>Beef Meatball Curried Sauce With Brown Rice And Medley Vegetable</u></b> (Beef Mince, Curry Powder, Low Sodium Salt, Brown Rice, Onion, Garlic, Baby Marrow, Carrot, Low Fat Yogurt, Canola Oil, Tomato, Fresh Coriander, Low Fat Yogurt) Allergen : Milk</p>	<p><b><u>Chicken Tagine With Roasted Vegetable And Pita Bread</u></b> (Chicken , Olives, Yoghurt, Tomatoes, Garlic, Red Onion, Lemon, Carrot, Pita Bread, Broccoli, Zucchini, Peel Tomato, Cauliflower, Cumin, Coriander, Paprika) Allergen : Celery, Gluten</p>	
<p><b><u>Teriyaki Noodle With Stir Fry Vegetable</u></b> (Carrot, Noodle, Pepper, Green Beans, Tomatoes, Onion, Garlic, Ginger, Brown Sugar, Soya ,Celery, Corn Oil, Salt ) Allergen: Gluten, Soy, Celery</p>	<p><b><u>Ravioli Marinara Sauce With Blanched Sugar Snaps And Beetroot Bun</u></b> (Ravioli Pasta, Tomato Peel, Onion, Low-fat Cheddar, Garlic, Low Fat Mozzarella, Beetroot Bun, Sugar Snaps) Allergen: Milk, Gluten, Celery</p>	<p><b><u>Vegetable Fajita With Spiced Potato , Sour Yoghurt And Tortilla Bread</u></b> (Mushroom, Rice, Peel Tomato, Onion, Garlic, Capsicum, Potato, Canola Oil, Carrot, Celery, Fajita Seasoning, Tomato Paste, Tortilla, Low-fat Yogurt, Lemon Juice) Allergen: Gluten, Celery, Milk</p>	<p><b><u>Vegetable Biryani With Raita And Kachumber Salad</u></b> (Rice, Carrots, Green Peas, Green Beans, Onion, Garlic, Ginger, Tomato, Dry Lemon, Turmeric Powder, Salt, Coriander Powder, Garam Masala, Low-fat Yogurt, Cucumber, Broccoli, Cauliflower, Lettuce, Peppers) Allergen : Milk</p>	<p><b><u>Pasta With Cauliflower Alfredo Sauce With Tomato Twist Bread</u></b> (Penne Pasta, White Flour, Low Fat Milk, Mushroom, Vegetable Stock, Canola Oil, Low-fat Cheddar, Low-fat Mozzarella, Cauliflower, Tomato Twist Bread) Allergen: Milk, Gluten, Celery</p>
Cucumber Dill Yoghurt	Grilled Root Vegetables	Spiced Mix Roasted Vegetables	Medley Vegetables	Crudities



# International Hot Menu @ 15 AED- Week 3

MEATLESS MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b><u>Ratatouille(dry) With Margaritta Flatbread And Quinoa Salad</u></b> (Tomato, Peppers, Zucchini, Mozzarella, Cheddar, Onion, Garlic, Oregano, Basil, Baby Spinach, Cabbage, Quinoa, Cucumber, Carrot, Milk, Celery) Allergen: Milk, Gluten, Celery</p>	<p><b><u>Beef Lasagna With Steamed Vegetable And Carrot Bun</u></b> ((Beef Mince, Lasagna Sheets, Flour, Low Fat Cheddar Cheese, Red Onion, Garlic, Low Sodium Salt, Tomato Peel, Low Fat Milk, Tomato Paste, Carrot, Canola Oil, Celery, Low Fat Mozzarella, Carrot Bun, Baby Marrow, Carrot Bun) Allergen: Gluten, Dairy, Celery</p>	<p><b><u>Baked Chicken With Broccoli, Roasted Potato And Sundried Tomato Sauce</u></b> (Chicken, Garlic, Olives, Sundried Tomato, Onion, Lemon, Potato, Tomato Peel, Cauliflower, Canola Oil, Baby Marrow, Broccoli) Allergen : Celery</p>	<p><b><u>Chicken Biryani With Raita And Kachumber Salad</u></b> (Turmeric, Cinnamon, Cardamom, Cloves, Ginger, Tomato, Basmati Rice, Garlic, Red Onion, Rice, Salt, Ginger, Coriander, Chicken Breast, Mint, Cucumber, Lettuce, Low-fat Yogurt, Lemon) Allergen : Milk</p>	
<p><b><u>Vegetable Stew With Brown Rice And Quinoa Salad</u></b> (Tomato, Peppers, Zucchini, Mozzarella, Cheddar, Onion, Garlic, Oregano, Basil, Baby Spinach, Cabbage, Quinoa, Cucumber, Carrot, Milk, Celery) Allergen: Milk, Gluten, Celery</p>	<p><b><u>Vegetable Fried Rice With Spring Roll And Stir Fry Vegetable</u></b> (Carrot, Tomato, Garlic, Ginger, Red Onion, Basmati Rice, Peas, Canola Oil, Lemon Juice, Green Beans, Soya Sauce, Fresh Coriander, Spring Onion, Tomato Peel, Celery Stick, Spring Roll) Allergen : Soy, Celery, Gluten</p>	<p><b><u>Mushroom Stroganoff With Steam Rice And Cheesy Cauliflower</u></b> (Mushroom, Green Capsicum, Onion, Garlic, Low Fat Yoghurt, Corn Flour, Brown Rice, Low Sodium Salt, Canola, Cauliflower, Mozzarella, Cheddar, Worcestershire Sauce, Parsley) Allergen: Milk, Gluten, Celery</p>	<p><b><u>Spaghetti Basil Pesto Sauce With Tomato Twist Bread And Garden Greens</u></b> (Basil, Olives, Green Capsicum, Edamame, Parmesan Cheese, Spaghetti, Tomato Twist Bread, onion, Garlic, Baby Spinach, Cabbage, Cucumber, Flour, Couscous, Milk) Allergen: Milk, Gluten</p>	<p><b><u>Pasta With Cauliflower Alfredo Sauce With Tomato Twist Bread</u></b> (Penne Pasta, White Flour, Low Fat Milk, Mushroom, Vegetable Stock, Canola Oil, Low-fat Cheddar, Low-fat Mozzarella, Cauliflower, Tomato Twist Bread) Allergen: Milk, Gluten, Celery</p>
Cucumber Dill Yoghurt	Grilled Root Vegetables	Spiced Mix Roasted Vegetables	Medley Vegetables	Crudities



## Reach out to us



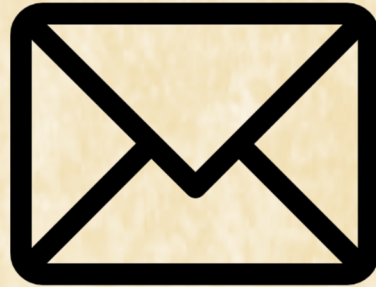
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