

**TODAY'S MENU**

UNIVERSAL AMERICAN SCHOOL

23<sup>RD</sup> SEPTEMBER 2024 MONDAY

**LUNCH**

**MAIN COURSES**

**AED**

**Chicken ala King**

**20.00**

Calories 119

Chicken, Mushroom, Green Bell Pepper, Red Bell Pepper, **LOW FAT MILK**, Corn Oil, **FLOUR**, Salt, Scallions, Black Pepper.

**Beef Mini Burgers with Onion and Gravy**

**20.00**

Calories 240

Beef, Onion, **BREADCRUMBS**, Water, **EGG**, **FLOUR**, Salt, Beef Stock, Black Pepper.

**Baked Fish Fingerling with Tomato Sauce**

**20.00**

Calories 159

**FISH FILLET**, **EGG**, **BREADCRUMBS**, **FLOUR**, Tomato Paste, Tomatoes, Onion, Olive Oil, Lemon, Salt, Garlic, Basil, Black Pepper, Oregano.

**Mini Pasta with Turkey and Spinach In White Sauce**

**20.00**

Calories 159

Turkey, **MACARONI PASTA**, Onion, **MOZZARELLA CHEESE**, Spinach, Salsa, Garlic, Salt, Black Pepper.

**Note: Letters in BOLD and RED COLOR contains allergen**

## TODAY'S MENU

UNIVERSAL AMERICAN SCHOOL  
24TH SEPTEMBER 2024 TUESDAYLUNCHMAIN COURSESAED

## Chicken Mandy

20.00

Calories 113

Basmati Rice, Chicken, Tomatoes, Low Fat Yogurt, Onion, **LOW FAT MILK**, Corn Oil, Lemon Juice, Garlic, Coriander Leaves, Cardomon, Ground Cumin, Ginger, Chili Peppers, Pepper, Ground Coriander, Salt.

## Chinese Pepper Steak

20.00

Calories 169

Beef Steak, Green Bell Pepper, Tomato, Corn Oil, Onion, **SOY SAUCE**, Corn Flour, Garlic, Ginger.

## Oven Baked Fish Finger with Cilantro Aioli

20.00

Calories 167

**FISH, EGG**, Corn Flakes, **ALL PURPOSE FLOUR**, Olive Oil, Cilantro, Cloves, Salt, Lemon Juice, Black Pepper.

## Beefy Macaroni and Cheese

20.00

Calories 173

Ground Beef, **ELBOW MACARONI**, Tomatoes, **MOZZARELLA CHEESE**, Green Bell Pepper, Corn Oil, Salt, Garlic, Black Pepper, Thyme, Oregano.

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**TODAY'S MENU**UNIVERSAL AMERICAN SCHOOL  
25<sup>TH</sup> SEPTEMBER 2024 WEDNESDAY**LUNCH****MAIN COURSES****AED****Chicken Manchurian****20.00**

Calories 185

Chicken, **EGG**, Onion, Capsicum, Corn Oil, **FLOUR**, Tomato Paste, Salt, Corn Flour, **SOYA**, Ginger, Garlic, Vinegar.**Beef Irish Stew****20.00**

Calories 138

Beef, Potato, Carrot, Mushroom, **FLOUR**, Olive Oil, Baby Onion, Beef Stock, Garlic, Thyme, Parsley, Black Pepper, Bay Leaves.**Mediterranean Baked Fish Fillet  
In Tomato Sauce****20.00**

Calories 85

Fish Fillet, Tomato, Onion, Olive Oil, Capers, Garlic, Salt, Black Pepper, Oregano, Bay Leaves, Basil.

**Mini Penne Pasta Bolognaise****20.00**

Calories 237

Ground Beef, **PENNE**, Tomato Paste, **MOZZARELLA CHEESE**, Carrot, Onion, Olive Oil, Celery, Garlic, Salt, Basil Leaf, Black Pepper, Bay Leaf.**Note: Letters in BOLD and RED COLOR contains allergen**

## TODAY'S MENU

UNIVERSAL AMERICAN SCHOOL

26TH SEPTEMBER 2024 THURSDAY

LUNCHMAIN COURSESAED**Chicken Biryani (Nut Free)****20.00**

Calories 142

Chicken Breasts, Basmati Rice, Corn Oil, Onion, Salt, Garlic, Curry Paste, Chicken Stock, Cardamom, Bay Leaf, Cinnamon, Turmeric, Coriander, Ginger.

**Beef In Hongkong Style****20.00**

Calories 130

Beef, Mixed Pepper, **SOYA**, Onion, Corn Flour, Corn Oil, Spring Onion, Sugar, Garlic, Ginger, Rice Vinegar, Black Pepper.

**Fish Cajun with Tomato Salsa****20.00**

Calories 85

**FISH**, Tomatoes, Green Bell Pepper, Onion, Corn Oil, Cajun Seasoning, Coriander.

**CHICKEN PENNE WITH PINK SAUCE****20.00**

Calories 140

**PENNE PASTA**, **LOW FAT MILK**, Chicken, Tomato, Onion, Olive Oil, Tomato Paste, **WHEAT FLOUR**, Garlic Paste, Oregano.

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