

TODAY'S MENU

UNIVERSAL AMERICAN SCHOOL

30TH SEPTEMBER 2024 MONDAYLUNCHMAIN COURSESAED**Stuffed Chicken in Cheese and Bell Pepper** 20.00

Calories 146

Chicken, **MOZZARELLA CHEESE**, Red Peppers, Yellow Peppers, **PARMESAN CHEESE**, Olive Oil, Cajun Spice, Basil, Salt, Black Pepper.**Beef Irish Stew** 20.00

Calories 137

Beef, Potato, Carrot, Mushroom, **FLOUR**, Olive Oil, Baby Onion, Beef Stock, Garlic, Thyme, Parsley, Black Pepper, Bay Leaves.**Grilled Fish with Asparagus Sauce** 20.00

Calories 135

FISH FILLET, Asparagus, Onion, **LOW FAT MILK**, Olive Oil, Corn Oil, Garlic Cloves, Salt, Parsley, Basil, Chives, Black Pepper.**Whole Wheat Spaghetti Mixed Sauce** 20.00

Calories 140

SPAGHETTI, **LOW FAT MILK**, Tomato, **WHEATFLOUR**, Onion, Tomato Paste, Olive Oil, Basil, Garlic Paste.

Note: Letters in BOLD and RED COLOR contains allergen

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1ST OCTOBER 2024 TUESDAY

LUNCHMAIN COURSESAED

Chicken Marengo

20.00

Calories 111

Chicken, Tomatoes, Mushroom, Shallot, Olive Oil, **ALL PURPOSE FLOUR**, Salt, Garlic Cloves, Black Pepper, Thyme.

Beef with Baby Onion and Mushroom

20.00

Calories 118

Beef, Mushroom, **LOW FAT CREAM**, Baby Onion, Corn Oil, Beef Stock, Garlic, **MUSTARD**, Salt, Black Pepper.

Grilled Dory Fish with Creamy Chives Sauce

20.00

Calories 129

DORY FISH, Onion, **LOW FAT MILK**, Corn Oil, Garlic Cloves, **FISH STOCK**, Chives, Salt

Farfalle Pasta with Turkey and Pink Sauce

20.00

Calories 139

Turkey, **FARFALLE**, Tomato Puree, Mushrooms, **LOW FAT MILK**, Olive Oil, Green Onions, Salt, Garlic, Black Pepper, Basil, Oregano.**Note: Letters in BOLD and RED COLOR contains allergen**

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2ND OCTOBER 2024 WEDNESDAYLUNCHMAIN COURSESAED

Chicken Supreme

20.00

Calories 140

Chicken, Onion, **LOW FAT MILK**, **FLOUR**, Corn Oil, Chicken Stock, Garlic, Black Pepper.

Beef Meatballs in Asparagus Sauce

20.00

Calories 353

Beef Meatballs, Asparagus, **LOW FAT MILK**, Carrot, **FLOUR**, Corn Oil, Onion, Salt, Garlic, Parsley, Salt, Beef Stock, Black Pepper.

MEDITERRANEAN BAKED FISH

20.00

Calories 85

FISH FILLET, Tomato, Onion, Olive Oil, Capers, Garlic, Salt, Black Pepper, Oregano, Bay Leaves, Basil.

Mini Pasta Arabbiata With Turkey

20.00

Calories 186

Turkey, **MACARONI PASTA**, Tomato Puree, **MOZZARELLA CHEESE**, Olive Oil, Capers, Garlic, Salt, Black Pepper.

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3RD OCTOBER 2024 THURSDAY

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

Calories 130

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

Ginger Beef Peking Style**20.00**

Calories 173

Beef Steak, Corn Flour, Carrots, Corn Oil, Onion, Red Bell Pepper, Green Bell Pepper, **SOY SAUCE**, Vinegar, Ginger, Garlic, Black Pepper.

GRILLED FISH WITH SAFFRON SAUCE**20.00**

Calories 136

FISH, MILK, WHEAT FLOUR, Olive Oil, **MUSTARD**, Lime Seasoning Powder, Salt, White Pepper, Saffron

Shell Pasta with Diced Turkey in White Sauce **20.00**

Calories 181

Turkey, **SHELL PASTA**, Parsley, Mushroom, **MOZZARELLA CHEESE**, Corn Oil, **LOW FAT MILK**, Garlic, Salt, Black Pepper.

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