

## TODAY'S MENU

UNIVERSAL AMERICAN SCHOOL

18TH NOVEMBER 2024 MONDAY

LUNCHMAIN COURSESAED**Crock Pot Chicken ala Antoinette****20.00**

Calories 111

Chicken, Mushrooms, **LOW FAT MILK**, Tomato Coulis, Onion, **FLOUR**, Garlic, Basil, Olive Oil, Oregano, Salt, Black Pepper.**Bifes de Debolada (Beef and Onion)****20.00**

Calories 175

Beef, Tomatoes, Onion, Garlic, Parsley, Olive Oil, Salt, Pepper.

**Grilled Fish Fillet with Dill Sauce****20.00**

Calories 109

**FISH FILLET**, Tomato, Spinach, Onion, Corn Oil, Olive Oil, Salt, Dill Leaves, Black Pepper.**Chicken Penne with Pink Sauce****20.00**

Calories 200

**PENNE PASTA**, **LOW FAT MILK**, Chicken, Tomato, Onion, Olive Oil, Tomato Paste, **WHEAT FLOUR**, Garlic Paste, Oregano.**Note: Letters in BOLD and RED COLOR contains allergen**

## TODAY'S MENU

UNIVERSAL AMERICAN SCHOOL  
19<sup>TH</sup> NOVEMBER 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.**Beef and Mushroom Ragout****20.00**

Calories 99

Beef, Mushroom, Tomato, Onion, Olive Oil, **FLOUR**, Beef Stock, Spring Thyme, Black Pepper.**Grilled Fish with Asparagus Sauce****20.00**

Calories 139

Fish Fillet, Asparagus, Onion, **LOW FAT MILK**, Olive Oil, Corn Oil, Garlic Cloves, Salt, Parsley, Basil, Chives, Black Pepper.**Homemade Macaroni Pasta with****Chicken and Vegetable****20.00**

Calories 160

Chicken, **ELBOW MACARONI**, **MOZZARELLA CHEESE**, Mushroom, Broccoli Florets, Cherry Tomatoes, **LOW FAT MILK**, Onion, Olive Oil, Spinach Leaves, Peas, Carrots, **FLOUR**, Corn Oil, Salt, Garlic, Black Pepper.**Note: Letters in BOLD and RED COLOR contains allergen**

## TODAY'S MENU

UNIVERSAL AMERICAN SCHOOL  
20TH NOVEMBER 2024 WEDNESDAYLUNCHMAIN COURSESAED

Tex-Mex Grilled Chicken with Tangy Tomato

Chutney

20.00

Calories 140

Chicken, Tomatoes, Onion, Garlic, Olive Oil, Cajun Spice, Black Pepper, Salt

Beef Stroganoff

20.00

Calories 131

Beef, Onion, Mushroom, Corn Oil, **LOW FAT MILK**, Garlic, **FLOUR**, Salt, Black Pepper, Paprika, **MUSTARD**.

Fish Piccata

20.00

Calories 111

**Fish, Egg, Flour, Parsley, Capers.**

Macaroni with Meat Sauce

20.00

Calories 145

**ELBOW MACARONI**, Olive Oil, Beef, Onion, Garlic, Parsley, Dried Basil, Oregano, Tomato Sauce, Paprika, Beef Stock, **CELERY**, Tomato.

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## TODAY'S MENU

UNIVERSAL AMERICAN SCHOOL

21<sup>ST</sup> NOVEMBER 2024 THURSDAYLUNCHMAIN COURSESAEDChicken 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.

Tiny Beef Burger with Mushroom Sauce

20.00

Calories 221

Beef, **BREADCRUMBS**, Onions, Mushroom, **EGG**, **LOW FAT MILK**, Salt, Black Pepper.

Fish Fillet with Garlic Sauce

20.00

Calories 115

**FISH**, Corn Oil, Garlic, Vinegar, Parsley, Salt, Tarragon.

Pasta Casserole with Turkey, Vegetables and Cheese

20.00

Calories 152

Turkey, **MACARONI PASTA**, Tomato Sauce, **MOZZARELLA CHEESE**, Salt, Garlic Cloves, Parsley, Basil Leaves, Oregano Leaves.

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