

## TODAY'S MENU

UNIVERSAL AMERICAN SCHOOL  
25<sup>TH</sup> NOVEMBER 2024 MONDAYLUNCHMAIN COURSESAED**Stuffed Chicken in Cheese and Bell Pepper** 20.00

Calories 163

Chicken, **MOZZARELLA CHEESE**, Red Peppers, Yellow Peppers, **PARMESAN CHEESE**, Olive Oil, **CAJUN SPICE**, Basil, Salt, Black Pepper.**Slow Cooked Beef Stew** 20.00

Calories 140

Beef, Water, Potato, Carrot, Parsnip, Olive Oil, Balsamic Vinegar, Lemon Juice, Garlic, **WHEAT FLOUR**, Beef Stock, Onion, Garlic Powder, Salt, Rosemary, Thyme, Black Pepper, **CHILLI****Fish Provencal** 20.00

Calories 84

**FISH**, Tomatoes, Onion, Corn Oil, Olive, Garlic, Salt, Thyme, Bay Leaves.**Greek Style Mini Pasta with Vegetable and Turkey** 20.00

Calories 147

Turkey, Tomato Sauce, Mixed Bell Pepper, **MINI PASTA**, Mushroom, **CHEDDAR CHEESE**, **LOW FAT YOGHURT**, Olive Oil, Basil Leaves, Oregano.

Note: Letters in BOLD and RED COLOR contains allergen

**TODAY'S MENU**

UNIVERSAL AMERICAN SCHOOL  
26TH NOVEMBER 2024 TUESDAY

**LUNCH****MAIN COURSES****AED****Asian BBQ Chicken****20.00**

Calories 101

Chicken, Onion, Red Pepper, Lime, Lime Juice, Brown Sugar, **SOY SAUCE**, Garlic, Curry Powder.**Stir Fry Beef with Broccoli****20.00**

Calories 163

Beef, Broccoli, Corn Oil, Onion, Corn Flour, Ginger, **SOY SAUCE**, Garlic, Black Pepper.**Fish Fillet Escabeche****20.00**

Calories 119

**FISH**, Bell Pepper, Onion, Corn Oil, **FLOUR**, **SOY SAUCE**, Vinegar, Brown Sugar, Garlic, Ginger Root, Corn Starch.**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  
27TH NOVEMBER 2024 WEDNESDAYLUNCHMAIN 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 147

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

## Grilled Fish Fillet with Capers Sauce

20.00

Calories 156

**FISH FILLET**, Corn Oil, **FLOUR**, **FISH STOCK**, Capers, Lemon Juice, Olive Oil, Onion, Salt, Garlic, Parsley, Black Pepper.

## Lasagne Al Forno

20.00

Calories 249

Beef, **LASAGNA PASTA**, **MOZZARELLA CHEESE**, **LOW FAT MILK**, Tomato Puree, Parsley, Olive Oil, Onion, Garlic, Salt, Black Pepper.

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