

TODAY'S MENU

UNIVERSAL AMERICAN SCHOOL

24TH FEBRUARY 2025 MONDAY

LUNCH

MAIN COURSES

AED

Stuffed Chicken in Cheese and Bell Pepper 20.00

Calories 147

Chicken, Mozzarella Cheese, Red Peppers, Yellow Peppers, Parmesan Cheese, Olive Oil, Cajun Spice, Basil, Salt, Black Pepper.

Slow Cooked Beef Stew 20.00

Calories 138

Beef, Water, Potato, Carrot, Parsnip, Olive Oil, Balsamic Vinegar, Lemon Juice, Garlic, Wheat Flour, **Beef Stock**, Onion, Garlic Powder, Salt, Rosemary, Thyme, Black Pepper, Chili.

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.

Fish Provencal 20.00

Calories 82

Fish, Tomatoes, Onion, Corn Oil, Olive, Garlic, Salt, Thyme, Bay Leaves..

Note: Letters in BOLD and RED COLOR contains allergen

TODAY'S MENU

UNIVERSAL AMERICAN SCHOOL

25TH FEBUARY 2025 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 156

Beef, Broccoli, Corn Oil, Onion, Corn Flour, Ginger, **Soy Sauce**, Garlic, Black Pepper.

Fish Fillet Escabeche

20.00

Calories 114

Fish, Bell Pepper, Onion, Corn Oil, Flour, **Soy Sauce**, Vinegar, Brown Sugar, Garlic, Ginger Root, Corn Starch.

Pasta Casserole with Vegetables and Cheese

20.00

Calories 168

Turkey, Macaroni Pasta, Tomato Sauce, Mozzarella Cheese, Salt, Garlic Cloves, Parsley, Basil Leaves, Oregano Leaves

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TODAY'S MENU

UNIVERSAL AMERICAN SCHOOL
26TH FEBUARY 2025 WEDNESDAY

LUNCH

MAIN COURSES

AED

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 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 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.

Chicken Nouille

20.00

Calories 140

Wheat Flour, Chicken, Spaghetti, **Mushrooms**, Mozzarella Cheese, Ginger Paste, Olive Oil, **Low Fat Milk**, White Pepper, Salt.

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TODAY'S MENU

UNIVERSAL AMERICAN SCHOOL

27TH FEBRUARY 2025 THURSDAYLUNCHMAIN COURSESAED**Chicken Biryani (Nut Free)**

20.00

Calories 138

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

Hungarian Beef Goulash

20.00

Calories 111

Beef, Potato, Tomatoes, Carrot, Bell Peppers, Corn Oil, Onion, Garlic, **Beef Stock**, Salt, Black Pepper, Paprika, Bay Leaves.

**Mini Pasta with Minced Meat
with Béchamel Sauce**

20.00

Calories 167

Beef, Macaroni Pasta, **Egg**, Onion, **Low Fat Milk**, Flour, Corn Oil, Salt, Black Pepper.

Roasted Fish Fillet with Harra Sauce

20.00

Calories 70

Fish Fillet, Tomatoes, Bell Pepper, Onion, Olive Oil, Coriander, Garlic, Salt, Black Pepper.

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