



Pls see the calories per dish, which we are inserting alongside, per portion. These have been arrived at by calculating our recipes with the numbers of portions being consumed per day, and arriving at an average. We hope some of this information will be useful to you. Best regards for a good 17-18 school-year from the Kitchen Team.

Elementary School Lunch Menu

August 7th to August 11th, 2017

	Monday	Tuesday	Wednesday	Kcal	Thursday	Kcal	Friday	Kcal
Soup	WELCOME !! The Food Services wish you Bon Appetit !	Getting-to-know-you-Day 	Roast Mushroom	56	Tomato Crouton	74	Veg Noodle	74
Appetizer			~		Focaccia	62	Bruschetta	44
Main Course Option 1			Pizza with Chicken Mince	256	Fusilli Carbonara (Bacon & Eggs)	220	Fried Rice with Meat and eggs	290
Main Course Option 2			Tuna in Rye Bread	150	Hot Dog (Chicken)	102	Chicken burger	230
Vegetarian			Margarita Pizza	221	~Creamy Veg Fusilli ~Veggie Dog	220 171	~Veg Fried Rice ~Veg burger	120 200
Dessert			Strawberry Frozen Yoghurt	77	Fresh Fruit Buffet	33	Mango Sorbet	77
Drink of the day			Apple Juice	59	Chocolate Milk	136	Orange Juice	56

August 14th to 18th, 2017

	Monday	Kcal	Tuesday	Wednesday	Kcal	Thursday	Kcal	Friday	Kcal
Soup	Sweetcorn	74	Indian Independence Day holiday 	Consomme Pasta	100	Lentil Coconut	80	Cream of Chicken	84
Appetizer	Organic Boiled Egg	71		Vegetable Noodles in Black bean sauce	115	Kappa maki (Cucumber Sushi)	58	Mozarella Tomato Salad	45
Main Course Option 1	Macaroni Cheese	189		Sloppy Joe	300	Roast Chicken with Mashed Potatoes	145 79	Shepherd's Pie	294
Main Course Option 2	Buttered Meat & Gravy Toast	215		Chicken Kabab Roll	115	Bacon & Tomato Toast	275	Grilled Ham & Cheese Sandwich	262
Vegetarian	Refried Beans Toast	220		~Tomato Corn Sauce ~Paneer Roll	50 115	~Cheese cutlet ~Veg Submarine	300 250	~Spinach Quiche ~Grilled Cheese Sandwich	130 175
Dessert	Chocolate Ice cream	200		Green Apple Frozen Yoghurt	90	Fruit Buffet	33	Lemon Sorbet	77
Drink of the day	Pink Lemonade	41		Orange Juice	56	Strawberry Milk	100	Fresh Lemonade	27

August 21st to 25th, 2017

	Monday	Kcal	Tuesday	Kcal	Wednesday	Kcal	Thursday	Kcal	Friday	Kcal
Soup	Potato Leek (with optional Bacon)	69	Clear meat soup with Profiteroles	100	Chicken Noodle	57	Minestrone	41	Roast Pumpkin & Garlic	100
Appetizer	Spring roll	93	~		Herb Baguette	62	Baked Potato	52	Mozarella Tomatoes	45
Main Course Option 1	Chicken Stroganoff, Organic Brown Rice	163 100	Pizza with Pepperoni	238	Meat Lasagna	330	Stir-fried Chicken Chow Mein	198	Meat Cutlet with Gratinated Potatoes	214 79
Main Course Option 2	Hamburger	286	Egg Salad in Multigrain bread	210	Roast Chicken in Panini	215	Qesadilla with Meat	268	Chicken Sausage in Blanket	93
Vegetarian	~Veg Stew ~ Vegburger	250 200	Pizza Margarita	221	~Spinach Lasagna ~Grilled Paneer Panini	284 250	~Veg Chow Mein ~Veg Qesadilla	150 118	~Veg Cutlet ~Veggies in Blanket	230 93
Dessert	Banana Caramel ice cream	118	Fruit Buffet	33	Kiwi Frozen Yoghurt	90	Fruit Buffet	33	Orange Sorbet	77
Drink of the day	Mixed Fruit Juice	56	Chocolate Milk	136	mint Lemonade	27	Orange Juice	56	Fresh Lemonade	27

Other Daily Items	Plain Cheese Sandwich-Gouda / Cheddar(230 Kcal), Peanut Butter Jelly Sandwich(244 Kcal), Mini Indian Meal (Rice, Daal, Vegetable Curry, Yoghurt), Fruit Cup (33 Kcal), Plain Milk (75 Kcal).
Salad Choices	Help yourself to the Carrot & Cucumber Sticks (20 Kcal)on your table. Do enjoy the selection of cold organic Vegetables and dressings @ the Salad Bar(30 Kcal) too.