



# School Menu Aug to Oct-2018

Reviewed By: FM

Approved By: KAUST

MENU 1	Sunday 26, August	Monday 27, August	Tuesday 28, August	Wednesday 29, August	Thursday 30, August
SOUP 1	CREAM OF BROCCOL	LENTIL SOUP		CARROT & GINGER	CHICKEN CORN SOUP
ENTRÉE 1	SOUTHERN FRIED CHICKEN	BAKED FISH WITH BELLPEPPER SAUCE	FRIED CHICKEN BURGER OR GRILLED BEEF BURGER WITH FRENCH FRIES	BEEF ENCHILADAS	CHICKEN BIRYANI
ENTRÉE 2	SPAGHETTI BOLOGNAISE	CHICKEN MARYLAND	PIZZA	SWEET & SOUR FISH	PASTA CARBONARA W/ BEEF STRIPS
STARCH	STEAMED RICE	OVEN ROAST POTATO		FRIED RICE	ROAST POTATOES
VEGETABLE	SAUTE MIX VEGETABLES	VEGETABLE STEAM		ASST VEGETABLE	CARROTS & PEAS
VEGETARIAN 1	VEGETABLE SPAGHETTI	RATATOUILLE	FALAFEL BURGER	STIR FRIED VEGETABLES	BUTTER VEGETABLE
SALAD 1	GREEN SALAD	GREEN SALAD		GREEN SALAD	GREEN SALAD
SALAD 2	TABBOULEH	TOSSED SALAD		MEXICAN SALAD MEDLEY	CUCUMBER & YOGURT
SALAD 3	POTATO SALAD	GRILLED VEGETABLE SALAD		HUMMUS	GREEK SALAD
DESSERT 1	FRUIT CUPS	FRUIT CUPS	FRUIT CUPS & COOKIES	FRUIT CUPS	FRUIT CUPS & SMALL PIECE OF CAKE
DESSERT 2	FRUIT YOGHURT	FRESH WHOLE FRUITS	FRESH WHOLE FRUITS	FRESH WHOLE FRUITS	FRESH WHOLE FRUITS
BREAD 1	FRESH WHOLE FRUITS	ARABIC BREAD	ARABIC BREAD	ARABIC BREAD	ARABIC BREAD
BREAD 2	ARABIC BREAD	WHITE & BROWN BREAD ROLLS	WHITE & BROWN BREAD ROLLS	WHITE & BROWN BREAD ROLLS	WHITE & BROWN BREAD ROLLS
BEVERAGE	MILK/JUICE	MILK/JUICE	MILK/JUICE	MILK/JUICE	MILK/JUICE



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MENU 2	Sunday 2, September	Monday 3 September,	Tuesday 4 September	Wednesday 5, September	Thursday 6, September
SOUP 1	LENTIL SOUP	CHICKEN VEGETABLE SOUP		THAI PUMPKIN SOUP	CHICKEN & CORN
ENTRÉE 1	CHICKEN MARYLAND	FRIED FISH WITH TAR TAR SAUCE	FRIED CHICKEN BURGER OR GRILLED BEEF BURGER WITH FRENCH FRIES	CHICKEN PARMIGIANA	ARABIC ROAST CHICKEN
ENTRÉE 2	BEEF SALONA	BAKED CHICKEN PEPPER SAUCE	PIZZA	FISH W/ OLIVES SAUCE	PASTA CARBONARA
STARCH	MASHED POTATO	STEAMED RICE		SPAGHETTI	ROAST POTATOES
VEGETABLE	STEAMED VEG.	CORN AND PEAS	VEGETABLE PIZZA	MIXED VEGETABLES	CAULIFLOWER MORNAV
VEGETARIAN 1	SPAGHETTI WITH GRILLED VEGETABLES	VEGETABLE TAJAN	FALAFEL BURGER	VEGETABLE STRUDEL	VEGETARIAN SAUTEED
SALAD 1	GREEN SALAD	GREEN SALAD		GREEN SALAD	GREEN SALAD
SALAD 2	COLESLAW	MOROCCAN ORANGE & DATE		RUSSIAN SALAD	HUMMUS
SALAD 3	GREEK SALAD	TABBOULEH		GRILLED VEGETABLE SALAD	CAESAR
DESSERT 1	FRUIT CUPS & FRUIT YOGHURT	FRUIT CUPS	FRUIT CUPS & COOKIES	FRUIT CUPS	FRUIT CUPS & SMALL PIECE OF CAKE
DESSERT 2	FRESH WHOLE FRUITS	FRESH WHOLE FRUITS	FRESH WHOLE FRUITS	FRESH WHOLE FRUITS	FRESH WHOLE FRUITS
BREAD 1	ARABIC BREAD	ARABIC BREAD	ARABIC BREAD	ARABIC BREAD	ARABIC BREAD
BREAD 2	WHITE & BROWN BREAD ROLLS	WHITE & BROWN BREAD ROLLS	WHITE & BROWN BREAD ROLLS	WHITE & BROWN BREAD ROLLS	WHITE & BROWN BREAD ROLLS
BEVERAGE	MILK/JUICE	MILK/JUICE	MILK/JUICE	MILK/JUICE	MILK/JUICE



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MENU 3	Sunday 9, September	Monday 10, September	Tuesday 11 September	Wednesday 12, September	Thursday 13, September
SOUP 1	LENTIL SOUP	POTATO & LEEK		VEGETABLE NOODLE	CREAM OF MUSHROOM
ENTRÉE 1	LASAGNE BOLOGNAISE	CHICKEN SHISH TAWOOK	FRIED CHICKEN BURGER OR GRILLED BEEF BURGER WITH FRENCH FRIES	ITALIAN CHICKEN CASSEROLE	MEAT BALLS IN TOMATO SAUCE
ENTRÉE 2	GRILLED WHITE FISH FILLET WITH LEMON BUTTER SAUCE	BEEF BURRITOS	PIZZA	FRIED FISH WITH TAR TAR SAUCE	CHICKEN PICCATA
STARCH	HERBS ROASTED POTATO	STEAMED RICE		MASHED POTATOES	SPAGHETTI
VEGETABLE	BRAISED MIX VEGETABLE	SAUTEED BROCCOLI	VEGETABLE PIZZA	CARROTS & PEAS	VEGETABLE MORNAV
VEGETARIAN 1	VEGETARIAN LASAGNE	BUTTER VEGETABLE	FALAFEL BURGER	VEGETARIAN CASSEROLE	SAUTE MIX VEGETABLE
SALAD 1	GREEN SALAD	GREEN SALAD		GREEN SALAD	GREEN SALAD
SALAD 2	SWEET CORN SALAD	COLESLAW		TOSSED SALAD	CARROT SLAW
SALAD 3	CAESAR	FATTOUCHE		BEETROOT & EGG	HUMMUS
DESSERT 1	FRUIT CUPS & YOGHURT	FRUIT CUPS	FRUIT CUP & COOKIES	FRUIT CUPS	FRUIT CUPS & SMALL PIECE OF CAKE
DESSERT 2	FRESH WHOLE FRUITS	FRESH WHOLE FRUITS	FRESH WHOLE FRUITS	FRESH WHOLE FRUITS	FRESH WHOLE FRUITS
BREAD 1	ARABIC BREAD	ARABIC BREAD	ARABIC BREAD	ARABIC BREAD	ARABIC BREAD
BREAD 2	WHITE & BROWN BREAD ROLLS	WHITE & BROWN BREAD ROLLS	WHITE & BROWN BREAD ROLLS	WHITE & BROWN BREAD ROLLS	WHITE & BROWN BREAD ROLLS
BEVERAGE	MILK/JUICE	MILK/JUICE	MILK/JUICE	MILK/JUICE	MILK/JUICE



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MENU 4	Sunday 16 September	Monday 17 September	Tuesday 18 September	Wednesday 19 September	Thursday 20 September
SOUP 1	LENTIL SOUP	CREAM OF MUSHROOM		CREAM OF BROCCOLI	CARROT & GINGER
ENTRÉE 1	CHICKEN W/ MUSHROOM SAUCE	GREEK FISH	FRIED CHICKEN BURGER OR GRILLED BEEF BURGER WITH FRENCH FRIES	BEEF ENCHILADAS	CHICKEN BIRYANI
ENTRÉE 2	BEEF KABSA	CHICKEN MARYLAND	PIZZA	SWEET & SOUR FISH	PENNE PASTA WITH BEEF STRIP
STARCH	MASHED POTATOES	GARLIC FRIED RICE		FRIED RICE	ROAST POTATOES
VEGETABLE	CAULIFLOWER MORNAY	RATATOUILLE	VEGETABLE PIZZA	STIR FRIED VEGETABLES	CARROTS & PEAS
VEGETARIAN 1	STEAM VEGETABLES	MIX VEGETABLE	FALAFEL BURGER	VEGETABLE ENCHILADAS	BREADED VEGETABLE
SALAD 1	GREEN SALAD	GREEN SALAD		GREEN SALAD	GREEN SALAD
SALAD 2	TABBOULEH	TOSSED SALAD		MEXICAN SALAD MEDLEY	CUCUMBER & YOGURT
SALAD 3	TOMATO & BEAN SALAD	PASTA SALAD		HUMMUS	GREEK SALAD
DESSERT 1	FRUIT CUPS & YOGHURT	FRUIT CUPS	FRUIT CUPS & COOKIES	FRUIT CUPS	FRUIT CUPS & SMALL PIECE OF CAKE
DESSERT 2	FRESH WHOLE FRUITS	FRESH WHOLE FRUITS	FRESH WHOLE FRUITS	FRESH WHOLE FRUITS	FRESH WHOLE FRUITS
BREAD 1	ARABIC BREAD	ARABIC BREAD	ARABIC BREAD	ARABIC BREAD	ARABIC BREAD
BREAD 2	WHITE & BROWN BREAD ROLLS	WHITE & BROWN BREAD ROLLS	WHITE & BROWN BREAD ROLLS	WHITE & BROWN BREAD ROLLS	WHITE & BROWN BREAD ROLLS
BEVERAGE	MILK/JUICE	MILK/JUICE	MILK/JUICE	MILK/JUICE	MILK/JUICE



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MENU 5	Sunday 23 September	Monday 24 September	Tuesday 25September	Wednesday 26 September	Thursday 27 September
SOUP 1	LENTIL SOUP	CHICKEN & CORN		THAI PUMPKIN SOUP	GREEN PEAS SOUP
ENTRÉE 1	CHICKEN MARYLAND	BAKED FIH PAPIKA	FRIED CHICKEN BURGER OR GRILLED BEEF BURGER WITH FRENCH FRIES	CHICKEN KABSA	ROAST CHICKEN
ENTRÉE 2	SPAGHETTI BOLOGNAISE	BEEF ENCHILADAS	PIZZA	BAKED FISH IN TOMATO SAUCE	LASAGNA BOLOGNAISE
STARCH	MASHED POTATO	POTATO WEDGES		SPAGHETTI	ROAST POTATOES
VEGETABLE	CARROT & PEAS	BRAISED CABBAGE	VEGETABLE PIZZA	MIXED VEGETABLES	SAUTE MIX VEGETABLE
VEGETARIAN 1	SPAGHETTI WITH GRILLED VEGETABLES	PASTA VEGETABLE	FALAFEL BURGER	VEGETABLE STRUDEL	VEGETARIAN LASAGNE
SALAD 1	GREEN SALAD	GREEN SALAD		GREEN SALAD	GREEN SALAD
SALAD 2	COLESLAW	MOROCCAN ORANGE & DATE		RUSSIAN SALAD	HUMMUS
SALAD 3	ITALIAN SALAD	TABBOULEH		BEEF ROOT SALAD	CAESAR SALAD
DESSERT 1	FRUIT CUPS & FRUIT YOGHURT	FRUIT CUPS	FRUIT CUPS & COOKIES	FRUIT CUPS	FRUIT CUPS & SMALL PIECE OF CAKE
DESSERT 2	FRESH WHOLE FRUITS	FRESH WHOLE FRUITS	FRESH WHOLE FRUITS	FRESH WHOLE FRUITS	FRESH WHOLE FRUITS
BREAD 1	ARABIC BREAD	ARABIC BREAD	ARABIC BREAD	ARABIC BREAD	ARABIC BREAD
BREAD 2	WHITE & BROWN BREAD ROLLS	WHITE & BROWN BREAD ROLLS	WHITE & BROWN BREAD ROLLS	WHITE & BROWN BREAD ROLLS	WHITE & BROWN BREAD ROLLS
BEVERAGE	MILK/JUICE	MILK/JUICE	MILK/JUICE	MILK/JUICE	MILK/JUICE



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MENU 6	Sunday 30 September	Monday 1, October	Tuesday 2, October	Wednesday 3, October	Thursday 4, October
SOUP 1	LENTIL SOUP	CREAM OF VEGETABLE		VEGETABLE NOODLE	POTATO & LEEK
ENTRÉE 1	CHICKEN PENNE ALFREDO SAUCE	CHICKEN SHISH TAWOOK	FRIED CHICKEN BURGER OR GRILLED BEEF BURGER WITH FRENCH FRIES	ITALIAN CHICKEN CASSEROLE	BEEF BOLOGNAISE SAUCE
ENTRÉE 2	GRILLED WHITE FISH FILLET WITH LEMON BUTTER SAUCE	BEEF BURRITOS	PIZZA	BAKED FISH WITH VEGETABLE SALSA	CHICKEN PICCATA
STARCH	BAKED POTATO WEDGES	STEAMED RICE		MASHED POTATOES	SPAGHETTI
VEGETABLE	BRAISED CABBAGE	SAUTEED GREEN BEANS	VEGETABLE PIZZA	CARROTS & PEAS	STEAMED VEG.
VEGETARIAN 1	VEGETARIAN LASAGNE	VEGETABLE CURRY	FALAFEL BURGER	VEGETARIAN CASSEROLE	STIR FRY VEG.
SALAD 1	GREEN SALAD	GREEN SALAD		GREEN SALAD	GREEN SALAD
SALAD 2	SWEET CORN SALAD	COLESLAW		FRUIT DIPLOMATE SALAD	APPLE CABBAGE SALAD
SALAD 3	CAESAR	FATTOUCHE		BEETROOT & EGG	HUMMUS
DESSERT 1	FRUIT CUPS & YOGHURT	FRUIT CUPS	FRUIT CUP & COOKIES	FRUIT CUPS	FRUIT CUPS & SMALL PIECE OF CAKE
DESSERT 2	FRESH WHOLE FRUITS	FRESH WHOLE FRUITS	FRESH WHOLE FRUITS	FRESH WHOLE FRUITS	FRESH WHOLE FRUITS
BREAD 1	ARABIC BREAD	ARABIC BREAD	ARABIC BREAD	ARABIC BREAD	ARABIC BREAD
BREAD 2	WHITE & BROWN BREAD ROLLS	WHITE & BROWN BREAD ROLLS	WHITE & BROWN BREAD ROLLS	WHITE & BROWN BREAD ROLLS	WHITE & BROWN BREAD ROLLS
BEVERAGE	MILK/JUICE	MILK/JUICE	MILK/JUICE	MILK/JUICE	MILK/JUICE



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MENU 8 MENU 7	Sunday Sunday 14, October 7, October	Monday Monday 15, October 8, October	Tuesday Tuesday 16, October 9, October	Wednesday Wednesday 17, October 10, October	Thursday Thursday 18, October 11, October
SOUP 1	LENTIL SOUP	CHICKEN & CORN		THAI PUMPKIN SOUP	CHICKEN VEGETABLE SOUP
ENTRÉE 1	CHICKEN MARYLAND	FRIED FISH WITH TAR TAR SAUCE	FRIED CHICKEN BURGER OR GRILLED BEEF BURGER WITH FRENCH FRIES	CHICKEN PARMIGIANA	ROAST CHICKEN
ENTRÉE 2	SLICE BEEF WITH VEGETABLE	BEEF ENCHILADAS	PIZZA	BAKED FISH PROVENCIAL	PASTA CARBONARA
STARCH	ROAST POTATO	STEAMED RICE		SPAGHETTI	ROAST POTATOES
VEGETABLE	CARROT & PEAS	CORN AND PEAS	VEGETABLE PIZZA	MIXED VEGETABLES	CAULIFLOWER MORNAY
VEGETARIAN 1	VEGETABLE PASTA	VEGETABLE TAJIN	FALAFEL BURGER	VEGETABLE STRUDEL	VEGETARIAN SAUTE
SALAD 1	GREEN SALAD	GREEN SALAD		GREEN SALAD	GREEN SALAD
SALAD 2	COLESLAW	MOROCCAN ORANGE & DATE		RUSSIAN SALAD	HUMMUS
SALAD 3	GREEK SALAD	TABBOULEH		RED BEAN SALAD	JAR JAR SALAD
DESSERT 1	FRUIT CUPS & FRUIT YOGHURT	FRUIT CUPS	FRUIT CUPS & COOKIES	FRUIT CUPS	FRUIT CUPS & SMALL PIECE OF CAKE
DESSERT 2	FRESH WHOLE FRUITS	FRESH WHOLE FRUITS	FRESH WHOLE FRUITS	FRESH WHOLE FRUITS	FRESH WHOLE FRUITS
BREAD 1	ARABIC BREAD	ARABIC BREAD	ARABIC BREAD	ARABIC BREAD	ARABIC BREAD
BREAD 2	WHITE & BROWN BREAD ROLLS	WHITE & BROWN BREAD ROLLS	WHITE & BROWN BREAD ROLLS	WHITE & BROWN BREAD ROLLS	WHITE & BROWN BREAD ROLLS
BEVERAGE	MILK/JUICE	MILK/JUICE	MILK/JUICE	MILK/JUICE	MILK/JUICE



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SOUP 1	LENTIL SOUP	CREAM OF MUSHROOM		CREAM OF BROCCOLI	CARROT & GINGER
ENTRÉE 1	CHICKEN ALA KING	FISH W/ OLIVES	FRIED CHICKEN BURGER OR GRILLED BEEF BURGER WITH FRENCH FRIES	BEEF ENCHILADAS	CHICKEN BIRYANI
ENTRÉE 2	BEEF KABSA	CHICKEN MARYLAND	PIZZA	SWEET & SOUR FISH	PASTA CARBONARA
STARCH	MASHED POTATOES	SAFFRON RICE		FRIED RICE	ROAST POTATOES
VEGETABLE	ASSORTED VEGETABLES	VEGETABLE TEMPURA	VEGETABLE PIZZA	MIX VEGETABLE	CARROTS & PEAS
VEGETARIAN 1	CAULIFLOWER MORNAY	RATATOUILLE	FALAFEL BURGER	STIR FRIED VEGETABLES	BREASED VEGETABLE
SALAD 1	GREEN SALAD	GREEN SALAD		GREEN SALAD	GREEN SALAD
SALAD 2	TABBOULEH	TOSSED SALAD		MEXICAN SALAD MEDLEY	CUCUMBER & YOGURT
SALAD 3	TOMATO WITH SWEET CORN SALAD	GRILLED VEGETABLE SALAD		HUMMUS	GREEK SALAD
DESSERT 1	FRUIT CUPS & YOGHURT	FRUIT CUPS	FRUIT CUPS & COOKIES	FRUIT CUPS	FRUIT CUPS & SMALL PIECE OF CAKE
DESSERT 2	FRESH WHOLE FRUITS	FRESH WHOLE FRUITS	FRESH WHOLE FRUITS	FRESH WHOLE FRUITS	FRESH WHOLE FRUITS
BREAD 1	ARABIC BREAD	ARABIC BREAD	ARABIC BREAD	ARABIC BREAD	ARABIC BREAD
BREAD 2	WHITE & BROWN BREAD ROLLS	WHITE & BROWN BREAD ROLLS	WHITE & BROWN BREAD ROLLS	WHITE & BROWN BREAD ROLLS	WHITE & BROWN BREAD ROLLS
BEVERAGE	MILK/JUICE	MILK/JUICE	MILK/JUICE	MILK/JUICE	MILK/JUICE





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MENU 9	Sunday 21, October	Monday 22, October	Tuesday 23, October	Wednesday 24, October	Thursday 25, October
SOUP 1	LENTIL SOUP	CREAM OF MUSHROOM		CREAM OF BROCCOLI	CARROT & GINGER
ENTRÉE 1	CHICKEN QUESADILLA	FISH MANCHURIAN	FRIED CHICKEN BURGER OR GRILLED BEEF BURGER WITH FRENCH FRIES	BEEF MEXICAN	BBQ CHICKEN
ENTRÉE 2	BEEF KABSA	CHICKEN MARYLAND	PIZZA	FISH HERB SAUCE	PASTA CARBONARA W/ HOT DOGS
STARCH	STEAMED RICE	SAFFRON RICE		GARLIC FRIED RICE	ROAST POTATO
VEGETABLE	SAUTE MIX VEGETABLES	VEGETABLE STEAM		ASST VEGETABLE	CARROTS & PEAS
VEGETARIAN 1	VEGETABLE KORMA	RATATOUILLE	FALAFEL BURGER	PASTA VEGETABLE	BUTTER VEGETABLE
SALAD 1	GREEN SALAD	GREEN SALAD		GREEN SALAD	GREEN SALAD
SALAD 2	TABBOULEH	TOSSED SALAD		MEXICAN BEAN SALAD	ICE BURG WITH ORANGE SALAD
SALAD 3	POTATO SALAD	GRILLED VEGETABLE SALAD		HUMMUS	GREEK SALAD
DESSERT 1	FRUIT CUPS	FRUIT CUPS	FRUIT CUPS & COOKIES	FRUIT CUPS	FRUIT CUPS & SMALL PIECE OF CAKE
DESSERT 2	FRESH WHOLE FRUITS	FRESH WHOLE FRUITS	FRESH WHOLE FRUITS	FRESH WHOLE FRUITS	FRESH WHOLE FRUITS
BREAD 1	ARABIC BREAD	ARABIC BREAD	ARABIC BREAD	ARABIC BREAD	ARABIC BREAD
BREAD 2	WHITE & BROWN BREAD ROLLS	WHITE & BROWN BREAD ROLLS	WHITE & BROWN BREAD ROLLS	WHITE & BROWN BREAD ROLLS	WHITE & BROWN BREAD ROLLS
BEVERAGE	MILK/JUICE	MILK/JUICE	MILK/JUICE	MILK/JUICE	MILK/JUICE