

Ayam Zaman

KING FAHAD ACDAMY



Menu

Tel: 020 8740 6816

WEEK 1

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish (Option 1)	Fish and Chips	Roasted Chicken With Rice	Daoud Pasha With Rice	Veg Pene Pasta With bachamel	Beef Burger With Potato Wedges
Main Dish (Option 2)	Chiken Shawarma Sandwiches	Kafta Sandwiches	Ayam Zaman Chicken	Shawarma Sandwiches	Chicken Kapsa
Veg Dish	Roasted Fresh Mixed Veg				
Salad	Fresh Mixed Salad				
Desserts	Fruit / Desserts	Fruit / Desserts	Fruit / Desserts	Fruit / Desserts	Fruit / Desserts
Drink	Still Water	Still Water	Still Water	Still Water	Still Water

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WEEK 2

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish (Option 1)	Fish and Chips	Bonless chicken With Rice	Chicken Tajin with Rice	Meat Pasta with Bachamel	Beef Burger With Potato Wedges
Main Dish (Option 2)	Chicken Shawarma Sandwiches	French Beans With Lamb	Falafel Sandwiches	Chicken Shawerma Sandwiches	Chicken Kapsa
Veg Dish	Roasted Fresh Mixed Veg				
Salad	Fresh Mixed Salad				
Desserts	Fruit / Desserts	Fruit / Desserts	Fruit / Desserts	Fruit / Desserts	Fruit / Desserts
Drink	Still Water	Still Water	Still Water	Still Water	Still Water

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WEEK 3

WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish (Option 1)	Fish and Chips	Lamb Cub With Mix Veg / Rice	Chicken Fajilas With Rice	Meat Ball With Rice	Beef Burger With Potato Wedges
Main Dish (Option 2)	Chicken Shawarma Sandwiches	Lasagne With Meat	Shish Taouk Sandwiches	Chicken Shawarma Sandwiches	Chicken Kapsa
Veg Dish	Roasted Fresh Mixed Veg				
Salad	Fresh Mixed Salad				
Desserts	Fruit / Desserts	Fruit / Desserts	Fruit / Desserts	Fruit / Desserts	Fruit / Desserts
Drink	Still Water	Still Water	Still Water	Still Water	Still Water

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Menu



WEEK 4

Tel: 020 8740 6816

WEEK 4	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish (Option 1)	Fish and Chips	Briani Chicken	Pasta El Forno	Lamb Cub With Beas And Rice	Beef Burger With Potato Wedges
Main Dish (Option 2)	Chiken Shawarma Sandwiches	Kafta Sandwiches	Falafel Sandwiches	Shawarma Sandwiches	Chicken Kapsa
Veg Dish	Roasted Fresh Mixed Veg				
Salad	Fresh Mixed Salad				
Desserts	Fruit / Desserts	Fruit / Desserts	Fruit / Desserts	Fruit / Desserts	Fruit / Desserts
Drink	Still Water	Still Water	Still Water	Still Water	Still Water