

## King Fahad Academy Winter Menu 2018 - Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Dish of the Day 1	Shish Taouk marinated Chicken Skewers with garlic and yoghurt	Middle Eastern Spiced with Beef Ragout Cous Cous & Corriander	Roast Chicken with Kapsa Arabian Rice	Lamb Tagine with Cous Cous	Jumbo Fish Finger & Chips
Vegetarian	Shish Kebab (veg) with Teriyaki marinade	Tabbouleh with Goats Cheese & Canelini Beans	Arabian Cauliflower with spiced Tahini	Chick Pea Stew / 1 Arab vegan stew	Vegetable Curry with Rice
Option 3	Jacket Potato with choice of fillings	Jacket Potato with choice of fillings	Jacket Potato with choice of fillings	Jacket potato with choice of fillings	Jacket Potato with choice of fillings
Vegetable	Roasted Fresh Mixed Vegetables	Roasted Fresh Mixed Vegetables	Roasted Fresh Mixed Vegetables	Roasted Fresh Mixed Vegetables	Roasted Fresh Mixed Vegetables
Salad Bar	Selection of Fresh Salad	Selection of Fresh Salad	Selection of Fresh Salad	Selection of Fresh Salad	Selection of Fresh Salad
Dessert Desert Option	Fresh Fruit Pot Whole Fresh Fruit Banana or Apple or Tangerine	Fresh Fruit Pot Whole Fresh Fruit Banana or Apple or Tangerine	Fresh Fruit Pot Whole Fresh Fruit Banana or Apple or Tangerine	Fresh Fruit Pot Whole Fresh Fruit Banana or Apple or Tangerine	Fresh Fruit Pot Whole Fresh Fruit Banana or Apple or Tangerine
Drinks	Water	Water Jacket Potato Fillings, Baked Beans, Cheese or Tuna	Water	Water	Water

## King Fahad Academy Winter Menu 2018 - Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Dish of the Day 1	Chicken Shawarma Wraps	Daoud Pasha (spiced meatball) with Rice	Lamb Curry with Peas & Rice	Kushauri Chicken with Macaroni & Noodles	Fish Caspa with Jasmin Rice
Vegetarian	Vegetable Shawarma Wraps	Vegetarian Loubyeh B'zeit French Bean Stew	Vegetable Curry with Peas & Rice	Falafel Wraps with Chips or salad	Shashuka (Tomato Ragout with Egg)
Option 3	Jacket Potato with choice of fillings	Jacket Potato with choice of fillings	Jacket Potato with choice of fillings	Jacket potato with choice of fillings	Jacket Potato with choice of fillings
Vegetable	Roasted Fresh Mixed Vegetables	Roasted Fresh Mixed Vegetables	Roasted Fresh Mixed Vegetables	Roasted Fresh Mixed Vegetables	Roasted Fresh Mixed Vegetables
Salad Bar	Selection of Fresh Salad	Selection of Fresh Salad	Selection of Fresh Salad	Selection of Fresh Salad	Selection of Fresh Salad
Dessert	Fresh Fruit Pot	Fresh Fruit Pot	Fresh Fruit Pot	Fresh Fruit Pot	Fresh Fruit Pot
Desert Option	Whole Fresh Fruit Banana or Apple or Tangerine	Whole Fresh Fruit Banana or Apple or Tangerine	Whole Fresh Fruit Banana or Apple or Tangerine	Whole Fresh Fruit Banana or Apple or Tangerine	Whole Fresh Fruit Banana or Apple or Tangerine
Drinks	Water	Water Jacket Potato Fillings Baked Beans, Cheese or Tuna	Water	Water	Water

## King Fahad Academy Winter Menu 2018 - Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Dish of the Day 1	Lasagne	Shish Taouk with Tanhini & Rice	Lebanese Lamb with Rice	Meat balls with Rice	Pasta El Forno
Vegetarian	Vegetable Lasagne	Babaghanoush (Lebanese Veg. Aubergine) with Pitta Bread	Vegetable Curry with Rice	Tabbouleh with Goats Cheese and Canelini Beans	Arabian Cauliflower with Spiced Tahini
Option 3	Jacket Potato with choice of fillings	Jacket Potato with choice of fillings	Jacket Potato with choice of fillings	Jacket potato with choice of fillings	Jacket Potato with choice of fillings
Vegetable	Roasted Fresh Mixed Vegetables	Roasted Fresh Mixed Vegetables	Roasted Fresh Mixed Vegetables	Roasted Fresh Mixed Vegetables	Roasted Fresh Mixed Vegetables
Salad Bar	Selection of Fresh Salad	Selection of Fresh Salad	Selection of Fresh Salad	Selection of Fresh Salad	Selection of Fresh Salad
Dessert	Fresh Fruit Pot	Fresh Fruit Pot	Fresh Fruit Pot	Fresh Fruit Pot	Fresh Fruit Pot
Desert Option	Whole Fresh Fruit Banana or Apple or Tangerine	Whole Fresh Fruit Banana or Apple or Tangerine	Whole Fresh Fruit Banana or Apple or Tangerine	Whole Fresh Fruit Banana or Apple or Tangerine	Whole Fresh Fruit Banana or Apple or Tangerine
Drinks	Water	Water	Water	Water	Water
		Jacket Potato Fillings Baked Beans, Cheese or Tuna			

