

LFIGP Oud Metha - Canteen Menu w/ PM Snack

Dates: 19.05.25 - 22.05.25

	MONDAY	TUESDAY	WEDNESDAY	LEBANESE THURSDAY
NON - VEGETARIAN OPTION	Breaded Dory (F) in Lemon Sauce with Baby Potatoes	Chicken Penne Pasta, Mushroom Sauce	Beef Slider	Chicken Shawarma
VEGETARIAN OPTION	Vegetable Pie (V)	Penne Pasta, Mushroom Sauce (V)	Halloumi & Mushroom Slider with Tomato Chutney (V)	Falafel (V)(VG)(GF)(DF)
VEGETABLES	Sweet Corn & Carrots (V)(VG)(DF)(GF)	Steamed Broccoli (V)(VG)(DF)(GF)	Baked Chips (V)(VG)(DF)(GF)	Riz bi Sh'arieh (Lebanese Rice with Vermicelli)
SALAD OF THE DAY	Salad of the Day (V)(VG)(GF)(DF) Bread Roll	Salad of the Day (V)(VG)(GF)(DF) Bread Roll	Salad of the Day (V)(VG)(GF)(DF) Bread Roll	Garlic Toom, Pickles, Tomatoes (V)(VG)(DF) (GF) / Saj Bread
DESSERT	Fruit Salad (V)(VG)(GF)(DF)	Dessert of the Day	Fruit Salad (V)(VG)(GF)(DF)	Dessert of the Day
PM SNACKS	Mixed Seasonal Fruit Pot (V)(VG)(DF)(GF)	Fresh Banana (V)(VG)(GF)(DF)	Fruit Yoghurt (V)	Mixed Melon Pot (V) (VG) (GF) (DF)
Average calories per day: 580 -650 calories				

(V) – Vegetarian / (VG) – Vegan / (GF) – Gluten free / (DF) – Dairy free / (E) – Contains egg / (F) – Fish / (S) - Contains soya

LFIGP Oud Metha - Canteen Menu w/ PM Snack

Dates: 26.04.25 - 29.05.25

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
NON - VEGETARIAN OPTION	Beef Lasagna	Sweet and Sour Chicken with Garlic Rice	Beef Stroganoff with Mashed Potato	Breaded Dory (F) in Herb Couscous with Tomato Sauce
VEGETARIAN OPTION	Vegetarian Lasagna (V)	Sweet and Sour Tofu with Garlic Rice (V)	Mushroom Stroganoff with Mashed Potato (V)	Mediterranean Vegetables in Herb Couscous with Tomato Sauce (V)
VEGETABLES	Pan Roasted Carrots (V)(VG)(DF) (GF)	Sauteed Snow Peas (V)(VG)(DF) (GF)	Mangetout (V)(VG)(DF) (GF)	Steamed Broccoli (V)(VG)(DF) (GF)
SALAD OF THE DAY	Salad of the Day (V)(VG)(GF) (DF) Bread Roll	Salad of the Day (V)(VG)(GF) (DF) Bread Roll	Salad of the Day (V)(VG)(GF)(DF) Bread Roll	Salad of the Day (V)(VG)(GF)(DF) Bread Roll
DESSERT	Fruit Salad (V)(VG)(GF)(DF)	Dessert of the Day	Fruit Salad (V)(VG)(GF)(DF)	Dessert of the Day
PM SNACKS	Pineapple Pot (V)(VG)(GF)(DF)	Watermelon Pot (V) (VG)	Mango Yoghurt(V) (E)	Banana Bread (V)

Average calories per day: 580 -650 calories

(V) – Vegetarian / (VG) – Vegan / (GF) – Gluten free / (DF) – Dairy free / (E) – Contains egg / (F) – Fish /
(S) - Contains soya

LFIGP Oud Metha - Canteen Menu w/ PM Snack

Dates: 02.06.25 - 05.06.25

	MONDAY	TUESDAY	WEDNESDAY	AMERICAN THURSDAY 
NON - VEGETARIAN OPTION	Emirati Chicken Salona with Saffron Rice	Baked Fish Fingers (F) with Baked New Potatoes & Homemade Tartar Sauce	Beef Teriyaki with Noodles (S)	Chicken Hot Dog, Stuffed Baked Potato
VEGETARIAN OPTION	Vegetable Salona with Saffron Rice (V) (DF)	Baked Beans with Baked New Potatoes & Homemade Tartar Sauce	Tofu Teriyaki with Vegetable Noodles (V)	Vegetarian Jambalaya (V)
VEGETABLES	Steamed Broccoli (V) (VG)(DF)(GF)	Corn and Peas (V) (VG)(DF)(GF)	Stir Fry Vegetables (V) (VG)(DF)(GF)	Southern Corn On The Cob (V) (VG) (GF) (DF)
SALAD OF THE DAY	Salad of the Day (V)(VG)(GF)(DF) Bread Roll	Salad of the Day (V)(VG)(GF)(DF) Bread Roll	Salad of the Day (V)(VG)(GF)(DF) Bread Roll	Salad of the Day (V)(VG)(GF)(DF) Bread Roll
DESSERT	Fruit Salad (V)(VG)(GF)(DF)	Dessert of the Day	Fruit Salad (V)(VG)(GF)(DF)	Dessert of the Day
PM SNACKS	Fresh Banana (V) (VG) (GF) (DF)	Apple Pot (V)(VG)(DF)(GF) .	Mixed Fruit Pot (V) (VG) (GF) (DF)	Plain Yoghurt (V)
Average calories per day: 580 -650 calories				

(V) – Vegetarian / (VG) – Vegan / (GF) – Gluten free / (DF) – Dairy free / (E) – Contains egg / (F) – Fish / (S) - Contains soya

LFIGP Oud Metha - Canteen Menu w/ PM Snack

Dates: 09.06.25 - 12.06.25

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
NON-VEGETARIAN OPTION	Sausage & Mash with Onion Gravy	Beef Picadillo with Fragrant Rice	Steamed Dory (F) in Sweet & Sour Sauce w/ Noodles	Nut Free Chicken Korma with Jeera Coconut Rice
VEGETARIAN OPTION	Mushroom Alfredo w/ Penne Pasta (V)	Chickpea Picadillo w/ Fragrant Rice (V)	Vegetable Noodles w/ Sweet & Sour Sauce (V)	Nut Free Vegetable Korma with Jeera Coconut Rice (V)
VEGETABLES	Sauteed Broccoli (V)(VG)(DF) (GF)	Wok Tossed Vegetables (V)(VG)(DF) (GF)	BBQ Roasted Corn (V)(VG)(DF) (GF)	Roasted Carrots (V)(VG)(DF) (GF)
SALAD OF THE DAY	Salad of the Day (V)(VG)(GF)(DF) Bread Roll	Salad of the Day (V)(VG)(GF)(DF) Bread Roll	Salad of the Day (V)(VG)(GF)(DF) Bread Roll	Salad of the Day (V)(VG)(GF)(DF) Bread Roll
DESSERT	Fruit Salad (V)(VG)(GF)(DF)	Dessert of the Day	Fruit Salad (V)(VG)(GF)(DF)	Dessert of the Day
PM SNACKS	Pineapple Pot (V) (VG) (GF) (DF)	Mixed Melon Pot (V) (VG) (GF) (DF)	Fruit Yoghurt (V)	Orange Financier (V)

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LFIGP Oud Metha - Canteen Menu w/ PM Snack

Dates: 16.06.25 - 19.06.25



	MONDAY	TUESDAY	WEDNESDAY	MEXICAN THURSDAY
NON - VEGETARIAN OPTION	Baked Dory (F) in Pink Sauce with Fusilli Pasta	Chicken Chow Mein	Beef Bourguignon with Rustic Mashed Potato	Chicken Quesadilla w/ Mexican Rice & Beans
VEGETARIAN OPTION	Fusilli Pasta in Pink Sauce (V)	Vegetable Chow Mein (V)	Mushroom Bourguignon with Rustic Mashed Potato (V)	Corn Quesadilla w/ Mexican Rice & Beans (V)
VEGETABLES	Mediterranean Vegetables with Nut Free Pesto (V)(VG)(DF)(GF)	Stir Fry Vegetables (V)(VG)(DF)(GF)	French Beans (V)(VG)(DF)(GF)	Sauteed Capsicum w/ Sour Yogurt, Mild Mexican Salsa, Grilled Lime (V)
SALAD OF THE DAY	Salad of the Day (V)(VG)(GF)(DF) Bread Roll	Salad of the Day (V)(VG)(GF)(DF) Bread Roll	Salad of the Day (V)(VG)(GF)(DF) Bread Roll	Salad of the Day (V)(VG)(GF)(DF) Bread Roll
DESSERT	Fruit Salad (V)(VG)(GF)(DF)	Dessert of the Day	Fruit Salad (V)(VG)(GF)(DF)	Dessert of the Day
PM SNACKS	Pineapple Pot (V) (VG) (GF) (DF)	Mixed Seasonal Fruit Pot (V)(VG) (GF)(DF)	Fresh Banana (V) (VG) (GF) (DF)	Watermelon Pot (V) (VG) (GF) (DF)

Average calories per day: 580 -650 calories

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LFIGP Oud Metha - Canteen Menu w/ PM Snack

Dates: 23.06.25 - 26.06.25

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
NON - VEGETARIAN OPTION	Penne Pasta with Beef Bolognese	Fish (F) Machboos with Tomato Sauce	Baked Chicken Nuggets & Baked Chips w/ Homemade Tomato Sauce	Beef Chow Mein
VEGETARIAN OPTION	Penne Pasta with Tomato Sauce (V)	Vegetable Casserole (V)	Mac & Cheese (V)	Vegetable Chow Mein (V)
VEGETABLES	Grilled Mediterranean Vegetables	Corn On The Cob (V) (VG)(GF)(DF)	Minted Peas (V)(VG)((DF)(GF)	Broccoli with Edamame (V)(VG)(GF)(DF)
SALAD OF THE DAY	Salad of the Day (V)(VG)(GF)(DF) Bread Roll	Salad of the Day (V)(VG)(GF)(DF) Bread Roll	Salad of the Day (V)(VG)(GF)(DF) Bread Roll	Salad of the Day (V)(VG)(GF)(DF) Bread Roll
DESSERT	Fruit Salad (V)(VG)(GF)(DF)	Dessert of the Day	Fruit Salad (V)(VG)(GF)(DF)	Dessert of the Day
PM SNACKS	Pineapple Pot (V) (VG) (GF) (DF)	Mixed Seasonal Fruit Pot (V)(VG) (GF)(DF)	Fresh Banana (V) (VG) (GF) (DF)	Watermelon Pot (V) (VG) (GF) (DF)

Average calories per day: 580 -650 calories

(V) – Vegetarian / (VG) – Vegan / (GF) – Gluten free / (DF) – Dairy free / (E) – Contains egg / (F) – Fish / (S) - Contains soya