

LFIGP Oud Metha - Canteen Menu w/ PM Snack

Dates: 27.8.25 - 28.8.25



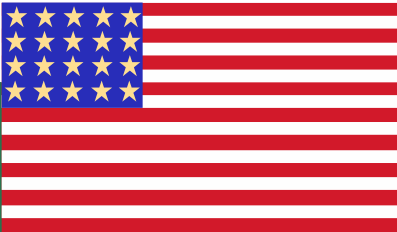
	MONDAY	TUESDAY	WEDNESDAY	GOURMET THURSDAY
NON - VEGETARIAN OPTION			Beef Slider	Chicken Rigatoni
VEGETARIAN OPTION			Halloumi & Mushroom Slider with Tomato Chutney (V)	Vegetarian Rigatoni (V)
VEGETABLES			Baked Chips (V)(VG)(DF)(GF)	Steamed Broccoli (V)(VG)(GF)(DF)
SALAD OF THE DAY			Salad of the Day (V)(VG)(GF)(DF)	Creamy Caesar Salad (V)(VG)(GF)(DF) / Bread Roll
DESSERT			Dessert of the Day	Fruit Salad (V)(VG)(GF)(DF)
PM SNACKS			Mixed Melon Pot (V)(VG)(GF)(DF)	Madeline (V)(E)

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: 01.9.25 - 04.9.25

	MONDAY	TUESDAY	WEDNESDAY	AMERICAN THURSDAY 
NON - VEGETARIAN OPTION	Baked Fish Nuggets (F) with Baked New Potatoes & Homemade Tartar Sauce	Chicken Kabsa	Beef Lasagna (E)	Chicken Katsu with Fragrant Rice
VEGETARIAN OPTION	Baked Beans with Baked New Potatoes & Homemade Tartar Sauce (V)	Vegetable Kabsa (V)	Vegetarian Lasagna (V)	Tofu Katsu with Fragrant Rice (V)
VEGETABLES	Sweet Corn and Peas (V)(VG)(DF) (GF)	Sauteed Snow Peas (V)(VG)(DF) (GF)	Pan Roasted Carrots (V)(VG)(DF) (GF)	Yasai Itame (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	Dessert of the Day	Yoghurt (V)	Fruit Salad (V)(VG)(GF)(DF)	Dessert of the Day
PM SNACKS	Pineapple Pot (V)(VG)(GF)(DF)	Fresh Banana (V)(VG)(GF)(DF)	Vanilla Muffin (V) (E)	Mixed Fruit 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: 08.9.25 - 11.9.25



	MONDAY	TUESDAY	WEDNESDAY	GOURMET THURSDAY
NON - VEGETARIAN OPTION	Fish (F) Teriyaki with Egg Noodles	Beef Stroganoff with Mashed Potato	Chicken Tikka. with Jeera Rice	Beef Bolognese with Penne Pasta
VEGETARIAN OPTION	Vegetable Teriyaki with Egg Noodles (V)(DF)	Mushroom Stroganoff with Mashed Potato (V)	Vegetable Tikka with Jeera Rice (V)	Tomato Sauce with Penne Pasta (V)
VEGETABLES	Steamed Broccoli (V) (VG)(DF)(GF)	Steamed Snow Peas (V) (VG)(DF)(GF)	Pan Roasted Carrots (V) (VG)(DF)(GF)	Grilled Mediterranean Vegetables (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	Garden Salad (V)(VG)(GF)(DF) Bread Roll
DESSERT	Dessert of the Day	Yoghurt (V)	Dessert of the Day	Fruit Salad (V) (VG) (GF) (DF)
PM SNACKS	Grapes Pot (V)(VG)(DF)(GF)	Apple Pot (V)(VG)(DF)(GF)	Madeline (V) (E)	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: 15.9.25-18.9.25

	MONDAY	TUESDAY	WEDNESDAY	MEXICAN THURSDAY
NON - VEGETARIAN OPTION	Fish (F) Machboos with Tomato Sauce	Chicken Alfredo with Fusilli Pasta	Beef Bourguignon with Mashed Potato	Chicken Quesadilla w/ Mexican Rice & Beans
VEGETARIAN OPTION	Vegetable Casserole with Steamed Rice (V)	Mushroom Alfredo with Fusilli Pasta (V)	Mushroom Bourguignon with Mashed Potato (V)	Corn Quesadilla w/ Mexican Rice & Beans (V)
VEGETABLES	Corn on the Cob (V)(VG)(DF) (GF)	Sauteed Broccoli (V)(VG)(DF) (GF)	French Beans (V)(VG)(DF)(GF)	Sauteed Capsicum w/ Sour Yoghurt, 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	Mexican Chopped Salad (V)(VG)(GF)(DF) Tortilla Bread
DESSERT	Fruit Salad (V)(VG)(GF)(DF)	Yoghurt (V)	Fruit Salad (V)(VG)(GF)(DF)	Dessert of the Day
PM SNACKS	Apple Pot (V)(VG)(GF)(DF)	Mixed Melon Pot (V) (VG) (GF) (DF)	Fresh Banana (V)(VG)(GF)(DF)	Blueberry & Oat Muffin (V)(E)

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: 22.9.25 - 25.9.25



	MONDAY	TUESDAY	WEDNESDAY	GOURMET THURSDAY
NON - VEGETARIAN OPTION	Chicken Chow Mein	Fish (F) Fingers with Lemon Rice	Beef Cottage Pie	Baked Chicken Nuggets & Baked Chips with Homemade Tomato Sauce
VEGETARIAN OPTION	Vegetable Chow Mein (V)	Vegetable Stew with Lemon Rice (V)	Vegetarian Cottage Pie (V)	Mac and Cheese (V)
VEGETABLES	Steamed Beans (V)(VG)(DF)(GF)	Steamed Green Peas (V)(VG)(DF)(GF)	Minted Peas (V)(VG)(DF)(GF)	Sweet Corn (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	Classic Potato Salad (V)(VG)(GF)(DF) Bread Roll
DESSERT	Fruit Salad (V)(VG)(GF)(DF)	Dessert of the Day	Yoghurt (V)	Dessert of the Day
PM SNACKS	Fruit Yoghurt (V)	Mixed Seasonal Fruit Pot (V)(VG)(GF)(DF)	Fresh Banana (V)(VG)(GF)(DF)	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: 29.9.25 - 02.10.25

	MONDAY	TUESDAY	WEDNESDAY	LEBANESE THURSDAY 
NON - VEGETARIAN OPTION	Chicken Sausage & Mash Potato with Onion Gravy	Baked Fish (F) Nuggets in Pink Sauce with Fusilli Pasta	Beef Stir Fry with Egg Noodles	Chicken Shawarma
VEGETARIAN OPTION	Vegetarian Meatballs & Mash Potato with Onion Gravy (V)	Fusilli Pasta in Pink Sauce (V)	Vegetable Stir Fry with Egg Noodles (V)	Falafel Wrap (V)
VEGETABLES	Steamed Carrots (V)(VG)(DF)(GF)	Mediterranean Vegetables with Nut Free Pesto (V)(VG)(DF)(GF)	Broccoli with Edamame (V)(VG)(DF)(GF)	Riz bi Sh'arieh (Lebanese Rice with Vermicelli) (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	Garlic Toum, Pickles, Tomato (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	Fruit Yoghurt (V)	Apple Pot (V)(VG)(GF)(DF)	Grapes Pot (V)(VG)(GF)(DF)	Mixed Seasonal Fruit 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