

LFIGP Oud Metha Lunch Menu w/ PM Snack

Dates: 16.02.26 - 19.02.26



	MONDAY	TUESDAY	WEDNESDAY	GOURMET THURSDAY
NON - VEGETARIAN	Fish (F) Teriyaki with Egg Noodles	Turkey & Mushroom Fricassee with Mashed Potato	Chicken Tikka with Jeera Rice	Classic Steak Frites Pan-seared beef, Truffle mash & Wild Mushroom Sauce
VEGETARIAN	Tufo Teriyaki with Egg Noodles (V)	Mushroom Fricassee with mashed Potato (V)	Paneer & Vegetable Tikka with Jeera Rice (V)	Artisan Penne Primavera (V) Garden vegetables, olive oil & Aged Parmesan
VEGETABLES	Steamed Broccoli (V)(VG) (DF)(GF)	Steamed Snow Peas (V) (VG)(DF)(GF)	Pan Roasted Carrots (V)(VG)(DF)(GF)	Fire-Roasted Corn on the Cob Gently BBQ-Seasoned
SALAD OF THE DAY	Salad of the Day (V)/ Bread Roll	Salad of the Day (V)/ Bread Roll	Salad of the Day (V)/ Bread Roll	Salad of the day (v) Warm Garlic & Herb Baguette
DESSERT	Fresh Banana (V) (VG) (GF) (DF)	Apple Pot (V)(VG)(GF)(DF)	Grapes Pot (V) (VG) (GF) (DF)	Mango Coconut Chia Pudding (V)
PM SNACKS	Blueberry & Oat Muffin (V)(E)	Orange pound loaf (V)	Short Bread Cookie (V)(VG)(DF)(GF)	Madeline (V)(E)

Average calories per day: 580 - 650 calories

(V) – Vegetarian / (VG) – Vegan / (GF) – Glutenfree / (DF) – Dairyfree / (E) – Contains egg / (F) – Fish / (S) – Contains soya

LFIGP Oud Metha Lunch Menu w/ PM Snack

Dates: 23.02.26 - 26.02.26

	MONDAY	TUESDAY	WEDNESDAY	NIGERIAN THURSDAY
NON - VEGETARIAN	Chicken Alfredo with Fusilli Pasta	Fish & Chips with Homemade Tartar Sauce (F)	Thyme Roasted Chicken Mashed Potato with Onion Gravy	Nigerian Jolof Rice served with slow-cooked Beef Stew, & sweet bake plantain
VEGETARIAN	Mushroom Alfredo with Fusilli Pasta	Singaporean Veg Noodles with Paneer(V)	Vegetarian Meatballs & Mash Potato with Onion Gravy (V)	Jolof Rice mixed with Chickpeas & sweet bake plantain(V)
VEGETABLES	Sauteed Broccoli (V) (VG) (DF) (GF)	Pan Roasted Carrots (V) (VG)(DF) (GF)	Steamed Mangetout (V) (VG)(DF)(GF)	Efo-Inspired Nigerian Vegetable Sauté (V)(VG)(DF)(GF) Spinach & seasonal vegetables in a mild tomato base
SALAD OF THE DAY	Salad of the Day (V)/ Bread Roll	Salad of the Day (V)/ Bread Roll	Salad of the Day (V)/ Bread Roll	Lagos Party Slaw (V) Fresh cabbage & carrot slaw with a light Nigerian-style creamy dressing/ Nigerian Milk Bread
DESSERT	Fruit Yoghurt (V)	Mandarin (V) (VG) (GF) (DF)	Mixed Seasonal Fruit Pot (V) (VG) (GF) (DF)	Nigerian Coconut Vanilla Cake Bites (V) Soft vanilla sponge finished with coconut notes, Nigerian-style
PM SNACKS	Plain Croissant (V)(E)	Vanilla Muffin (V)(VG)(GF)	Short Bread Cookie (V)(VG)(GF)(DF)	Nigerian Coconut Vanilla Cake Bites (V) Soft vanilla sponge finished with coconut notes, Nigerian-style

Average calories per day: 580 - 650 calories

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LFIGP Oud Metha Lunch Menu w/ PM Snack

Dates: 02.03.26 - 05.03.26



	MONDAY	TUESDAY	WEDNESDAY	GOURMET THURSDAY
NON - VEGETARIAN	Honey Glazed Chicken with Garlic Rice	Fish (F) Cake in Pomodoro Sauce with Mediterranean Couscous	Beef Slider	Lemon & Herb Roasted Salmon (F) with Spanish Tomato & Pepper Rice
VEGETARIAN OPTION	Honey Glazed Tofu with Garlic Rice (V)	Mediterranean Vegetables w/ Tomato Couscous (V)	Halloumi & Mushroom Slider with Tomato Chutney (V)	Mediterranean Chickpea & Vegetable Stew (V) with Spanish Tomato & Pepper Rice
VEGETABLES	Stir Fry Vegetables (V) (VG)(DF)(GF)	Sweet Corn & Carrots (V) (VG)(DF)(GF)	Baked Chips (V) (VG)(DF)(GF)	Oven-Roasted Seasonal Vegetables (V)(VG)(DF)(GF) with Dried Herb Mix
SALAD OF THE DAY	Salad of the Day (V)/ Bread Roll	Salad of the Day (V)/ Bread Roll	Salad of the Day (V)/ Bread Roll	Mediterranean Market Salad (V) (VG) (DF)(GF) Tomatoes & cucumber with fresh herbs and a light citrus olive oil dressing l
DESSERT	Fruit Yoghurt (V)	Mixed Seasonal Fruit Pot (V) (VG)(GF) (DF)	Banana Fruit (V)(VG) (GF)(DF)	Blueberry Cheese Cake Bite (V)
PM SNACKS	Orange pound loaf (V)	Blueberry & Oat Muffin (V)(E)	Madeline (V) (E)	Cheese Croissant (V)(E)

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LFIGP Oud Metha Lunch Menu w/ PM Snack

Dates: 09.03.26 - 12.03.26

	MONDAY	TUESDAY	WEDNESDAY	EMIRATI THURSDAY
NON - VEGETARIAN	Chicken Kabsa with Mint Yogurt	Baked Fish (F) Nuggets with Baked New Potatoes & Homemade TarTar sauce	Beef Lasagna	Saloona Dajaj with Aish Emirati Emirati Chicken Salona with Traditional Emirati Rice
VEGETARIAN OPTION	Vegetable Peas Kabsa with Mint Yogurt (V)	Baked Beans with Baked New Potatoes & Homemade Tartar Sauce (V)	Vegetarian Ricotta Lasagna (V)	Saloonat Adas wa Khodar with Aish Emirati (V) Emirati Lentil & Vegetable Salona with Traditional Emirati Rice
VEGETABLES	Sauteed Snow Peas (V)(VG)(DF) (GF)	Pan Roasted Carrots (V) (VG)(DF) (GF)	Sweet Corn & Peas (V) (VG)(DF) (GF)	Khodar Mutabbal Emirati Style (V)(VG) (DF)(GF) Emirati-Spiced Seasonal Vegetables
SALAD OF THE DAY	Salad of the Day (V)/ Bread Roll	Salad of the Day (V)/ Bread Roll	Salad of the Day (V)/ Bread Roll	Salatat Tamat wa Khiyar Emirati (V)(VG) (DF)(GF) Traditional Emirati Tomato & Cucumber Salad/ Raqaq Bread (Fresh Emirati Flatbread)
DESSERT	Mixed Melon Pot (V) (VG) (GF) (DF)	Dessert of the Day	Fruit Salad (V)(VG)(GF)(DF)	Basbousa (Nut Free) Traditional Semolina Cake
PM SNACKS	Plain Croissant (VG)(GF)(DF)	Vanilla Muffin (V)(VG)(GF)	Egg Free Choco chip Cookie (V)(VG)(GF)(DF)	Blueberry & Oat Muffin (V)(E)

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