

LFIGP Secondary - Canteen Menu

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 OPTION	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	Fruit Salad /Dessert of the day / Fruit Yoghurt	Fruit Salad /Dessert of the day / Fruit Yoghurt	Fruit Salad /Dessert of the day / Fruit Yoghurt	Apple Crumble (V)(VG)(DF)(GF)

Average calories per day: 580 -720 calories

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

LFIGP Secondary - Canteen Menu

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 Jollof Rice served with slow-cooked Beef Stew, & sweet bake plantain
VEGETARIAN OPTION	Mushroom Alfredo with Fusilli Pasta	Singaporean Veg Noodles with Paneer(V)	Vegetarian Meatballs & Mash Potato with Onion Gravy (V)	Jollof 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 Salad /Dessert of the day / Fruit Yoghurt	Fruit Salad /Dessert of the day / Fruit Yoghurt	Fruit Salad /Dessert of the day / Fruit Yoghurt	Nigerian Coconut Vanilla Cake Bites (V) Soft vanilla sponge finished with coconut notes, Nigerian-style

Average calories per day: 580 -720 calories

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

LFIGP Secondary - Canteen Menu

Dates: 02.03.26 - 05.03.26

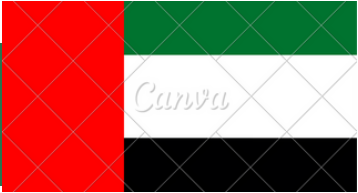
	MONDAY	TUESDAY	WEDNESDAY	GOURMET THURSDAY 
NON-VEGETARIAN	Honey Glazed Chicken with Garlic Rice	Fish (F) Cake in Pomodoro Sauce with Mediterranean Couscous	Beef Slider	Lemon & Herb Roasted Salmon (F) with Spanish Tomato & Pepper Rice
VEGETARIAN OPTION	Honey Glazed Tofu with Garlic Rice (V)	Mediterranean 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
DESSERT	Fruit Salad /Dessert of the day / Fruit Yoghurt	Fruit Salad /Dessert of the day / Fruit Yoghurt	Fruit Salad /Dessert of the day / Fruit Yoghurt	Blueberry Cheesecake bite (V)

Average calories per day: 580 -720 calories

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

LFIGP Secondary - Canteen Menu

Dates: 09.03.26 - 12.03.26

	MONDAY	TUESDAY	WEDNESDAY	EMARATI THURSDAY 
NON-VEGETARIAN	Chicken Kabsa	Baked Fish (F) Nuggets with Baked New Potatoes & Homemade TarTar sauce	Beef Lasagna	Saloonna 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	Fruit Salad /Dessert of the day / Fruit Yoghurt	Fruit Salad /Dessert of the day / Fruit Yoghurt	Fruit Salad /Dessert of the day / Fruit Yoghurt	Basbousa (Nut Free) Traditional Semolina Cake

Average calories per day: 580 -720 calories

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