

## LFIGP Oud Metha Lunch Menu

Dates: 01.06.26 - 04.06.26

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
NON - VEGETARIAN	Chicken Alfredo with Fusilli Pasta	Fish & Chips with Homemade Tartar Sauce (F)	Mexican Beef Mince Tacos/ Sour Cream/ Cheese	Chicken Penne Melanese with Sundried Tomato
VEGETARIAN	Paneer Alfredo with Fusilli Pasta	Singaporean Veg Noodles with Paneer(V)	Mexican Lentil Mince Tacos/ Sour Cream/ Cheese (V)	Penne Melanese with Sundried Tomato (V)
VEGETABLES	Sauteed Broccoli (V) (VG)(DF) (GF)	Pan Roasted Carrots (V) (VG)(DF) (GF)	Sweetcorn (V)(VG)(DF)(GF)	Oven-Roasted Mediterranean Vegetables (V)(VG)(DF)(GF)
SALAD OF THE DAY	Salad of the day / Bread Roll (V)	Salad of the day / Bread Roll (V)	Salad of the day / Bread Roll (V)	Salad of the day / Bread Roll (V)
DESSERT	Apple pot (V) (VG) (GF) (DF)	Mandarin (V) (VG) (GF) (DF)	Mixed Seasonal Fruit Pot (V) (VG) (GF) (DF)	Fresh Banana Fruit (V)(VG)(DF)(GF)

**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 Lunch Menu

Dates: 08.06.26 - 11.06.26

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
NON - VEGETARIAN	Chicken Kabsa with Mint Yogurt	Baked Fish Nuggets with New Potatoes & Homemade Tartar sauce (F)	Beef Lasagna	Farmhouse Chicken Stew w/ Steamed Rice
VEGETARIAN	Vegetable Pea Kabsa with Mint Yogurt (V)	Baked Beans with New Potatoes & Homemade Tartar Sauce (V)	Vegetarian Ricotta Lasagna (V)	Farmhouse Vegetable Stew w/ Steamed Rice (V)
VEGETABLES	Sauteed Snow Peas (V)(VG)(DF) (GF)	Pan Roasted Carrots (V) (VG)(DF) (GF)	Sweet Corn & Peas (V) (VG)(DF) (GF)	Steamed Broccoli (V)(VG)(DF)(GF)
SALAD OF THE DAY	Salad of the day / Bread Roll (V)	Salad of the day / Bread Roll (V)	Salad of the day / Bread Roll (V)	Salad of the day / Bread Roll (V)
DESSERT	Mixed Melon Pot (V) (VG) (GF) (DF)	Dessert of the Day	Fresh Banana (V) (VG) (GF) (DF)	Dessert of the Day

**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 Lunch Menu

Dates: 15.06.26 - 19.06.26

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
NON - VEGETARIAN	Teriyaki Steamed Fish with Egg Noodles (F)	Chicken Tikka. with Jeera. Rice	Penne Pasta. w/ Bolognese	Spanish Chicken Hotpot with Herb Baby Potato
VEGETARIAN	Tofu Teriyaki with Egg Noodles (V)	Paneer & Vegetable Tikka. with Jeera. Rice (V)	Lentil Bolognese with Penne Pasta (V)	Spanish Bean & Vegetable Hotpot with Herb Baby Potato
VEGETABLES	Steamed Broccoli (V)(VG)(DF)GF)	Pan Roasted Carrots (V) (VG)(DF)(GF)	Steamed Snow Peas (V) (VG)(DF)(GF)	Lemon Paprika. Corn on the Cob (V)(VG)(DF)(GF)
SALAD OF THE DAY	Salad of the day / Bread Roll (V)	Salad of the day / Bread Roll (V)	Salad of the day / Bread Roll (V)	Salad of the day / Bread Roll (V)
DESSERT	Fruit Salad (V)(VG)(GF)(DF)	Dessert of the Day	Fresh Banana (V) (VG) (GF) (DF)	Dessert of the Day

**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 Lunch Menu

Dates: 22.06.26 - 26.06.26

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
NON - VEGETARIAN	Beef Bourguignon with Mashed Potato	Light Soy & Ginger Chicken stir fry with Egg Noodles	Steamed Fish in Pink Sauce with Fusilli Pasta (F)	Tropical Coconut Chicken Curry with Fragrant Rice
VEGETARIAN	Mushroom Bourguignon with Mashed Potato (V)	Light Soy & Ginger Vegetable Stir Fry with Egg Noodles (V)	Paneer in Pink Sauce with Fusilli Pasta (V)	Tropical Coconut Chickpea Curry with Fragrant Rice (V)
VEGETABLES	French Beans (V)(VG)(DF)(GF)	Broccoli with Edamame (V)(VG)(DF)(GF)	Mediterranean Vegetables with Nut Free Pesto (V)(VG)(DF)(GF)	Garden Sugar Snaps (V)(VG)(DF)(GF)
SALAD OF THE DAY	Salad of the day / Bread Roll (V)	Salad of the day / Bread Roll (V)	Salad of the day / Bread Roll (V)	Salad of the day / Bread Roll (V)
DESSERT	Fruit Salad (V)(VG)(GF)(DF)	Dessert of the Day	Fresh Banana (V)(VG)(GF)(DF)	Dessert of the Day

**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 Lunch Menu

Dates: 29.06.26 - 02.07.26

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
NON - VEGETARIAN	Honey Glazed Chicken with Basmati Rice	Fish Cake with Mediterranean Tomato Couscous (F)	Beef Slider	Fusili Pasta with Beef Bolognese
VEGETARIAN	Honey Glazed Tofu with Basmati Rice (V)	Mediterranean Vegetables w/ Tomato Couscous & Edamame (V)	Mac & Cheese (V)	Fusili Pasta with Pink Sauce and Roasted Zucchini
VEGETABLES	Stir Fry Vegetables (V)(VG) (DF)(GF)	Sweet Corn & Carrots (V) (VG)(DF)(GF)	Baked Chips (V) (VG)(DF)(GF)	Steamed Broccoli (V) (VG)(DF)(GF)
SALAD OF THE DAY	Salad of the day / Bread Roll (V)	Salad of the day / Bread Roll (V)	Salad of the day / Bread Roll (V)	Salad of the day / Bread Roll (V)
DESSERT	Dessert of the Day	Mandarin (V) (VG) (GF) (DF)	Dessert of the Day	Fresh Banana Fruit (V)(VG)(DF)(GF)

**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**