

TODAY'S MENU

UNIVERSAL AMERICAN SCHOOL
5TH FEBRUARY 2024 MONDAYLUNCHMAIN COURSESAED**Grilled Chicken Valdostana****19.00****Calories 157**

Chicken, Mushrooms, **LOW FAT MILK**, Beef Bacon, **MOZZARELLA CHEESE**, Onion, **FLOUR**, Garlic, Parsley, Olive Oil, Salt, Black Pepper

Grilled Steak with Pepper Sauce**19.00****Calories 145**

Beef, Corn Oil, **LOW FAT MILK**, **FLOUR**, Shallot, **MUSTARD**, Peppercorn, Salt, Beef Stock

Grilled Fish with Herbs and Lemon Sauce**19.00****Calories 121**

Fish Fillet, Lemon, Olive Oil, Garlic, Salt, Parsley, Mint Leaves, Black Pepper.

Pasta Shells with Grilled Chicken**19.00****Calories 308**

Chicken, Tomatoes, **PASTA SHELLS**, Tomato Paste, Corn Oil, Salt, Parsley, Black Pepper..

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UNIVERSAL AMERICAN SCHOOL
6TH FEBRUARY 2024 TUESDAYLUNCHMAIN COURSESAED**Mongolian Style Chicken****19.00****Calories 156**

Chicken, Corn Oil, Soy Sauce, Scallions, Ginger, Garlic, Brown Sugar, Cornstarch, Black Pepper.

Stir Fry Beef with Broccoli**19.00****Calories 156**Beef, Broccoli, Corn Oil, Onion, Corn Flour, Ginger, **SOY SAUCE**, Garlic, Black Pepper.**Iranian Grilled Fish in Saffron Sauce****19.00****Calories 137**Fish, Olive Oil, **LOW FAT MILK**, Lime Juice, Coriander, Parsley, Salt, Saffron Threads, Black Pepper.**Pasta Formaggio with Turkey
and Three Herbs****19.00****Calories 220**Turkey, **SPAGHETTI PASTA**, **MOZZARELLA CHEESE**, Olive Oil, Parsley, Garlic, Salt, Basil, Oregano.

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UNIVERSAL AMERICAN SCHOOL
7TH FEBRUARY 2024 WEDNESDAYLUNCHMAIN COURSESAED**Chicken Fricassee****19.00****Calories 135**

Chicken, Onion, Mushroom, **LOW FAT MILK**, Corn Oil, **PLAIN FLOUR**, Chicken Stock, Salt, Thyme, Cumin, Black Pepper.

Beef Mediterranean**19.00****Calories 119**

Beef, Tomato, Olive Oil, Mushroom, Carrot, Tomato Paste, Onion, Celery, Garlic, Parsley, Beef Stock, Dried Thyme, Black Pepper, Bay Leaf.

Saffron Marinated Grilled Fish Fillet**19.00****Calories 98**

Fish, Tomatoes, Red Pepper, Onion, Olive Oil, **LOW FAT MILK**, **FLOUR**, Salt, Parsley, Black Pepper, **Saffron**.

Baked Macaroni Bolognese**19.00****Calories 145**

Beef, Tomatoes, **MACARONI**, **MOZZARELLA CHEESE**, Onion, Carrot, Celery, Olive Oil, Garlic, Salt, Oregano, Black Pepper.

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UNIVERSAL AMERICAN SCHOOL
8TH FEBRUARY 2024 THURSDAYLUNCHMAIN COURSESAED**Chicken Mandy****19.00****Calories 130**

Basmati Rice, Chicken, Tomatoes, **LOW FAT YOGURT**,
Onion, **LOW FAT MILK**, Corn Oil, Lemon Juice, Garlic,
Coriander Leaves, Cardomon , Ground Cumin, Ginger,
Chili Peppers, Pepper, Ground Coriander, Salt

Beef with Baby Onion and Mushroom**19.00****Calories 118**

Beef, Mushroom, **LOW FAT CREAM**, Baby Onion, Corn
Oil, Beef Stock, Garlic, **MUSTARD**, Salt, Black Pepper.

Grilled Fish Fillet with Dill Sauce**19.00****Calories 122**

Fish Fillet, Tomato, Spinach, Onion, Corn Oil, Olive Oil,
Salt, Dill Leaves, Black Pepper.

CHICKEN PENNE WITH PINK SAUCE**19.00****Calories 145**

PENNE PASTA, **LOW FAT MILK**, Chicken, Tomato, Onion, Olive Oil,
Tomato Paste, **WHEAT FLOUR**, Garlic Paste, Oregano.