

## TODAY'S MENU

UNIVERSAL AMERICAN SCHOOL  
22<sup>ND</sup> APRIL 2024 MONDAYLUNCHMAIN COURSESAED**Chicken Marengo****19.00****Calories 111**Chicken, Tomatoes, Mushroom, Shallot, Olive Oil, **ALL PURPOSE FLOUR**, Salt, Garlic Cloves, Black Pepper, Thyme..**Grilled Fish with Herbs and Lemon Sauce****19.00****Calories 145**

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

**Grilled Steak with Pepper Sauce****19.00****Calories 128**Beef, Corn Oil, **LOW FAT MILK**, **FLOUR**, Shallot, **MUSTARD**, Peppercorn, Salt, Beef Stock.**Pasta Shells with Grilled Chicken****19.00****Calories 308**Chicken, Tomatoes, **PASTA SHELLS**, Tomato Paste, Corn Oil, Salt, Parsley, Black Pepper.

# TODAY'S MENU

UNIVERSAL AMERICAN SCHOOL

23<sup>RD</sup> APRIL, 2024 TUESDAY

## LUNCH

### MAIN COURSES

### AED

#### **Butter Chicken (Nut Free)**

19.00

Calories 141

Chicken, Tomatoes, Tomato Puree, Corn Oil, **LOW FAT MILK**, Salt, Garlic Paste, Cinnamon, Cardamom, Garlic Cloves, Garam Masala, Black Pepper, Fenugreek Leaf.

#### **Beef with Baby Onion and Mushroom**

19.00

Calories 118

Beef, Tomato, Onion, Mushroom, Carrots, Baby Corn, Olive Oil, Salt, **FLOUR**, Garlic, Parsley, Black Pepper, Bay Leaves.

#### **Grilled Fish with Creole Sauce**

19.00

Calories 101

Fish Fillet, Green Bell Pepper, Red Bell Pepper, Onion, **CELERY**, Olive Oil, Corn Oil, Salt, Worcestershire Sauce, Basil Leaves, Oregano.

#### **CHICKEN NOUILLE**

19.00

Calories 140

**WHEAT FLOUR**, Chicken, **SPAGHETTI**, Mushrooms, **MOZZARELLA CHEESE**, Ginger, Paste, Olive Oil, **LOW FAT MILK**, White Pepper, Salt

**TODAY'S MENU****UNIVERSAL AMERICAN SCHOOL  
24TH APRIL 2024 WEDNESDAY****LUNCH****MAIN COURSES****AED****Chicken Mandy with Tomato Sauce****19.00****Calories 113**

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.

**Stir Fry Beef with Broccoli****19.00****Calories 156**

Beef, Broccoli, Corn Oil, Onion, Corn Flour, Ginger, **SOY SAUCE**, Garlic, Black Pepper.

**Fish Baked with Tomato and Herbs Sauce****19.00****Calories 90**

Fish, Tomatoes, Onion, Cherry Tomatoes, Lemon, Corn Oil, Garlic, Oregano, Salt, Black Pepper.

**SPAGHETTI WITH MEATBALL****19.00****Calories 150**

**SPAGHETTI**, Beef Meatballs, Tomato, Onion, Tomato Paste, Basil, **WHEAT FLOUR**, Olive Oil, Garlic, Chicken Stock, Pepper.

## TODAY'S MENU

UNIVERSAL AMERICAN SCHOOL  
25<sup>TH</sup> APRIL 2024 THURSDAYLUNCHMAIN COURSESAED**Chicke Biryani (NUT FREE)****19.00****Calories 130**

Chicken Breasts, Basmati Rice, Corn Oil, Onion, Salt, Garlic, Curry Paste, Chicken Stock, Cardamom, Bay Leaf, Cinnamon, Turmeric, Coriander, Ginger.

**Beef Irish Stew****19.00****Calories 138**

Beef, Potato, Carrot, Mushroom, **FLOUR**, Olive Oil, Baby Onion, Beef Stock, Garlic, Thyme, Parsley, Black Pepper, Bay Leaves.

**Grilled Fish with Lemon Chives Sauce****19.00****Calories 126**

Fish Fillet, Lemon, **LOW FAT YOGHURT**, Corn Oil, Garlic, Salt, Chives, Black Pepper.

**Mini Pasta Arabbiata With Turkey****19.00****Calories 186**

Turkey, **MACARONI PASTA**, Tomato Puree, **MOZZARELLA CHEESE**, Olive Oil, Capers, Garlic, Salt, Black Pepper.