

TODAY'S MENU

UNIVERSAL AMERICAN SCHOOL

29TH APRIL 2024 MONDAYLUNCHMAIN COURSESAED**Crock Pot Chicken ala Antoinette****19.00****Calories 111**

Chicken, Mushrooms, **LOW FAT MILK**, Tomato Coulis, Onion, **FLOUR**, Garlic, Basil, Olive Oil, Oregano, Salt, Black Pepper.

Slow Cooked Beef Stew**19.00****Calories 140**

Beef, Water, Potato, Carrot, Parsnip, Olive Oil, Balsamic Vinegar, Lemon Juice, Garlic, **WHEAT FLOUR**, Beef Stock, Onion, Garlic Powder, Salt, Rosemary, Thyme, Black Pepper, Chili

Grilled fish ala Greek**19.00****Calories 140**

Fish Fillet, **EGG**, Carrots, Parsnips, Celery Stick, Onion, Corn Oil, Tomato Paste, **FLOUR**, Vinegar, Salt, Cilantro, Corn Flour, Bay Leaves, Black Pepper.

Chicken Lo Mien Linguine Pasta**19.00****Calories 155**

Chicken, **LINGUINE PASTA**, Mushroom, Water, **SOY SAUCE**, Ginger Root, Garlic, Green Onion Sugar, Vinegar, Cornstarch, Black Pepper.

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30TH APRIL 2024 THURSDAY

LUNCHMAIN COURSESAED**Mongolian Style Chicken****19.00****Calories 156**

Chicken, Corn Oil, **SOY SAUCE**, Scallions, Ginger, Garlic, Brown Sugar, Cornstarch, Black Pepper.

Fish Baked with Parsley Sauce**19.00****Calories 196**

Fish, Corn Oil, **FLOUR**, **LOW FAT MILK**, Parsley, Salt.

Beef Goulash**19.00****Calories 87**

Beef, Tomatoes, Onion, Water, Bell Pepper, Tomato Puree, Corn Oil, Salt, Garlic, Beef Stock, Paprika, Bay Leaves, Black Pepper.

Farfalle Pasta with Turkey and Pink Sauce**19.00****Calories 139**

Turkey, **FARFALLE**, Tomato Puree, Mushrooms, **LOW FAT MILK**, Olive Oil, Green Onions, Salt, Garlic, Black Pepper, Basil, Oregano

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1ST MAY 2024 WEDNESDAYLUNCHMAIN COURSESAED**Chicken Makhanwala****19.00****Calories 121**

Chicken, Tomato Puree, Water, Onion, **YOGHURT**,
Corn Oil, Ginger, Garlic, Lemon, Salt, Cornstarch,
Turmeric, Garam Masala, Cumin, Bay Leaf, Black Pepper.

Beef Stroganoff**19.00****Calories 131**

Beef, Onion, Mushroom, Corn Oil, **SOUR CREAM**, Garlic,
FLOUR, Salt, Black Pepper, Paprika, **MUSTARD**.

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

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

Baked Macaroni Bolognese**19.00****Calories 140**

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

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2ND MAY 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.

Mini Burger with Onion and Gravy**19.00****Calories 140**

Beef, Onion, **BREADCRUMBS**, Water, **EGG**, **FLOUR**, Salt, Beef Stock, Black Pepper.

Fish Fillet with Garlic Sauce**19.00****Calories 140**

Fish, Corn Oil, Garlic, Vinegar, Parsley, Salt, Tarragon.

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

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