

TODAY'S MENU

UNIVERSAL AMERICAN SCHOOL

20TH JANUARY 2025 MONDAY**LUNCH****MAIN COURSES****AED****Asian BBQ Chicken****20.00**

Calories 101

Chicken, Onion, Red Pepper, Lime, Lime Juice, Brown Sugar, Soy **Sauce**, Garlic, Curry Powder.**Ginger Beef Peking Style****20.00**

Calories 173

Beef Steak, Corn Flour, Carrots, Corn Oil, Onion, Red Bell Pepper, Green Bell Pepper, **Soy Sauce**, Vinegar, Ginger, Garlic, Black Pepper.**Grilled Dory Fish with Creamy Chives Sauce** **20.00**

Calories 129

Dory Fish, Onion, Low Fat Milk, Corn Oil, Garlic Cloves, **Fish Stock**, Chives, Salt.**Chicken Lo Mein Linguine Pasta** **20.00**

Calories 155

Chicken, Linguine Pasta, **Mushroom**, Water, **Soy Sauce**, Ginger Root, Garlic, Green Onion Sugar, Vinegar, Cornstarch, Black Pepper.**Note: Letters in BOLD and RED COLOR contains allergen**

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21ST JANUARY 2025 TUESDAY

LUNCHMAIN COURSESAED**Grilled Chicken Tandoori****20.00**

Calories 154

Chicken, Onion, Yoghurt, Corn Oil, Lemon Juice, Salt, Garlic, Ginger, Paprika, Cumin, Turmeric, Coriander, Garam Masala.

Swedish Meatballs with Brown Gravy**20.00**

Calories 115

Beef, Beef Stock, **Sour Cream**, **Egg**, Onion, All Purpose Flour, Corn Oil, Salt, Parsley, Mixed Spices, Black Pepper.**Grilled Fish Fillet with Dill Sauce****20.00**

Calories 112

Fish Fillet, Tomato, Spinach, Onion, Corn Oil, Olive Oil, Salt, Dill Leaves, Black Pepper.**Homemade Macaroni Pasta
with Chicken and Vegetable****20.00**

Calories 168

Chicken, Elbow Macaroni, Mozzarella Cheese, **Mushroom**, Broccoli Florets, Cherry Tomatoes, **Low Fat Milk**, Onion, Olive Oil, Spinach Leaves, **Peas**, Carrots, Flour, Corn Oil, Salt, Garlic, Black Pepper.**Note: Letters in BOLD and RED COLOR contains allergen**

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UNIVERSAL AMERICAN SCHOOL
23RD JANUARY 2024 WEDNESDAY

LUNCH

MAIN COURSES

AED

**Baked Chicken with Spinach
and Cream Sauce**

20.00

Calories 166

Chicken Breast, Spinach, **MOZZARELLA CHEESE**, Corn Oil, **LOW FAT YOGURT**, Onion.

Beef Stroganoff

20.00

Calories 131

Beef, Onion, Mushroom, Corn Oil, **LOW FAT MILK**, Garlic, **FLOUR**, Salt, Black Pepper, Paprika, **MUSTARD**.

Grilled Fish with Asparagus Sauce

20.00

Calories 135

FISH FILLET, Asparagus, Onion, **LOW FAT MILK**, Olive Oil, Corn Oil, Garlic Cloves, Salt, Parsley, Basil, Chives, Black Pepper.

**Mini Pasta with Turkey Meatballs
in Tomato Sauce**

20.00

Calories 187

Turkey, **MOZZARELLA CHEESE**, **MACARONI PASTA**, Tomato Paste, Onion, **EGG**, Olive Oil, Salt, Black Pepper.

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24TH JANUARY 2024 THURSDAYLUNCHMAIN COURSESAED**Chicken Biryani (Nut Free)****20.00**

Calories 142

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

Roast Beef with Homemade Brown Gravy**20.00**

Calories 128

Beef, Onion, **FLOUR**, Worcestershire Sauce, Garlic, Black Pepper, **MUSTARD**, Salt, Paprika, Beef Stock.**Fish Fillet with Garlic Sauce****20.00**

Calories 131

FISH, Corn Oil, Garlic, Vinegar, Parsley, Salt, Tarragon.**Pasta Casserole with Turkey, Vegetables and Cheese****20.00**

Calories 167

Turkey, **MACARONI PASTA**, Tomato Sauce, **MOZZARELLA CHEESE**, Salt, Garlic Cloves, Parsley, Basil Leaves, Oregano Leaves.**Note: Letters in BOLD and RED COLOR contains allergen**