

TODAY'S MENU

UNIVERSAL AMERICAN SCHOOL

27TH JANUARY 2025 MONDAY

LUNCHMAIN COURSESAED

Chicken Teriyaki

20.00

Calories 143

Chicken, Scallions, **Soy Sauce**, Honey, Corn Oil, Coriander, Garlic, Ginger, Black Pepper.

Hungarian Beef Goulash

20.00

Calories 111

Beef, Potato, Tomatoes, Carrot, Bell Peppers, Corn Oil, Onion, Garlic, **Beef Stock**, Salt, Black Pepper, Paprika, Bay Leaves.

Grilled Fish with Creamy Dill Sauce

20.00

Calories 104

Fish Fillet, Onions, Lemon, **Low Fat Yogurt**, Corn Oil, Lemon Juice, Dill Leaves, Salt, Garlic.

Mini Pasta with Minced Meat with Béchamel Sauce

20.00

Calories 242

Beef, Macaroni Pasta, **Egg**, Onion, **Low Fat Milk**, Flour, Corn Oil, Salt, Black Pepper.**Note: Letters in BOLD and RED COLOR contains allergen**

TODAY'S MENU

UNIVERSAL AMERICAN SCHOOL

28TH JANUARY 2025 TUESDAYLUNCHMAIN COURSESAED**Butter Chicken**

20.00

Calories 141

Chicken, Tomatoes, Tomato Puree, Corn Oil, **Low Fat Milk**, Salt, Garlic Paste, Cinnamon, Cardamom, Garlic Cloves, Garam Masala, Black Pepper, Fenugreek Leaf.

Chinese Pepper Steak

20.00

Calories 169

Beef Steak, Green Bell Pepper, Tomato, Corn Oil, Onion, **Soy Sauce**, Corn Flour, Garlic, Ginger.

Oven Baked Fish Finger with Cilantro Aioli

20.00

Calories 167

Fish, **Egg**, Corn Flakes, All Purpose Flour, Olive Oil, Cilantro, Cloves, Salt, Lemon Juice, Black Pepper.

Beefy Macaroni and Cheese

20.00

Calories 173

Ground Beef, Elbow Macaroni, Tomatoes, Mozzarella Cheese, Green Bell Pepper, Corn Oil, Salt, Garlic, Black Pepper, Thyme, Oregano.

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TODAY'S MENU

UNIVERSAL AMERICAN SCHOOL
29TH JANUARY 2024 WEDNESDAY

LUNCH

MAIN COURSES

AED

**Chicken Stuffed with Artichoke and Red Spinach
Dijon Cream Sauce** **20.00**

Calories 95

Chicken, Spinach, **Low Fat Milk**, Mozzarella Cheese, Parmesan Cheese, Artichoke Heart, Garlic, Salt, Black Pepper, Paprika

Beef Irish Stew **20.00**

Calories 138

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

Grilled Fish Fillet with Herbs and Lemon Sauce **20.00**

Calories 145

Fish Fillet, Shallots, Olive Oil, Corn Oil, Lemon Juice, Garlic, Salt, Parsley, Dill, Chives, Mixed Herbs, Black Pepper.

Chicken Penne with Pink Sauce **20.00**

Calories 145

Pasta, **Low Fat Milk**, Chicken, Tomato, Onion, Olive Oil, Tomato Paste, Wheat Flour, Garlic Paste, Oregano.

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UNIVERSAL AMERICAN SCHOOL

30TH 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.

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.

Roasted Fish Fillet with Harra Sauce

20.00

Calories 70

Fish Fillet, Tomatoes, Bell Pepper, Onion, Olive Oil, Coriander, Garlic, Salt, Black Pepper.

Grilled Vegetable and Pasta Bake

20.00

Calories 119

Tomato, Pasta, Broccoli, Zucchini, Red Capsicum, Cheddar Cheese, Carrots, Green Beans, **Mushroom**, Pasta Sauce, Onion, Celery, Olive Oil, Salt, Garlic, Black Pepper.

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