

ابيللا وشركاه
ABELA & CO

TODAY'S MENU
UNIVERSAL AMERICAN SCHOOL
2ND JUNE 2025 MONDAY

LUNCH

MAIN COURSES

AED

Grilled Chicken Valdostana

20.00

Calories 204

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

Slow Cooked Beef Stew

20.00

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, Chilli.

Mediterranean Baked Fish

20.00

Calories 111

FISH, Onion, Tomato, Lemon Juice, Olive Oil, Olives, Garlic Paste, Paprika, Thyme, **MUSTARD**, Oregano, Coriander, Salt, Black Pepper.

Chicken Penne with Pink Sauce

20.00

Calories 140

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

Note: Letters in BOLD and VILOET COLOR contains allergen

TODAY'S MENU

UNIVERSAL AMERICAN SCHOOL

3RD JUNE 2025 TUESDAY

LUNCH

MAIN COURSES

AED

Chicken Mandy

20.00

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.

Swedish Meatballs with Brown Gravy

20.00

Calories 152

Beef, Beef Stock, **LOW FAT MILK**, **EGG**, Onion, **ALL PURPOSE FLOUR**, Corn Oil, Salt, Parsley, Mixed Spices, Black Pepper.

Fish Baked with Dill and Tarragon Sauce

20.00

Calories 152

FISH, Corn Oil, **LOW FAT MILK**, Tarragon, Dill Weed, Salt, Black Pepper.

Chicken Nouille

20.00

Calories 140

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

Note: Letters in BOLD and VIOLET COLOR contains allergen

ابيلا وشركاه
ABELA & CO

TODAY'S MENU

UNIVERSAL AMERICAN SCHOOL
4TH JUNE 2025 WEDNESDAY

LUNCH

MAIN COURSES

AED

Stuffed Chicken with Gravy 20.00

Calories 140

Chicken, Spinach, Mushrooms, Tomatoes, **WHEAT FLOUR**, Onion, Demi Glace, Olive Oil, **LOW FAT MILK**, **CELERY**, **MUSTARD**, Thyme, Miraya, Chicken Stock, Oregano, Salt, Bay Leaf, Black Pepper.

Lasagne Al Forno 20.00

Calories 233

Beef, **LASAGNA PASTA**, **MOZZARELLA CHEESE**, **LOW FAT MILK**, Tomato Puree, Parsley, Olive Oil, Onion, Garlic, Salt, Black Pepper.

Fish Piccata 20.00

Calories 140

FISH, **EGG**, **FLOUR**, Parsley, Capers.

Note: Letters in BOLD and VIOLET COLOR contains allergen