



LUNCH

MAIN COURSES

AED

Baked Chicken with Spinach and Cream Sauce 20.00

Calories 107

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

Beef In Hongkong Style 20.00

Calories 130

Beef, Mixed Pepper, Soya, Onion, Corn Flour, Corn Oil, Spring Onion, Sugar, Garlic, Ginger, Rice Vinegar, Black Pepper.

Pasta Formaggio with Turkey and Three Herbs 20.00

Calories 220

Turkey, **SPAGHETTI PASTA**, **MOZZARELLA CHEESE**, Olive Oil, Parsley, Garlic, Salt, Basil, Oregano.

Grilled Fish with Asparagus Sauce 20.00

Calories 130

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

Note: Letters in BOLD and VIOLET COLOR contains allergen



24TH JUNE 2025 TUESDAY

LUNCH

MAIN COURSES

AED

Chicken Mushroom Lasagna

20.00

Calories 194

Chicken, **LASAGNA NOODLES**, Mushroom,
MOZZARELLA CHEESE, **LOW FAT MILK**, Corn Oil,
ALL PURPOSE FLOUR, Garlic Cloves, Thyme Leaves.

Bifes de Debolada (Beef and Onion)

20.00

Calories 119

Beef, Tomatoes, Onion, Garlic, Parsley, Olive Oil,
Salt, Pepper.

Fish Fillet Italian

20.00

Calories 196

FISH, Tomato, Onion, Olive Oil, Garlic
Cloves, Parsley.

Spaghetti with Meatball

20.00

Calories 173

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

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TODAY'S MENU

UNIVERSAL AMERICAN SCHOOL
25TH JUNE 2025 WEDNESDAY

LUNCH

MAIN COURSES

AED

Butter Chicken(nut free)

20.00

Calories 131

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

Grilled Steak With BBQ Sauce

20.00

Calories 173

Beef Steak, Tomato Ketchup, Olive Oil, Onion, Worcestershire Sauce, Sugar, Vinegar, Garlic, Salt, Black Pepper, **SOY SAUCE**.

Baked Macaroni Bolognese

20.00

Calories 159

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

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TODAY'S MENU

UNIVERSAL AMERICAN SCHOOL
25TH JUNE 2025 WEDNESDAY

LUNCH

MAIN COURSES

AED

Chicken Biryani- (Nut-free)

20.00

Calories 130

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

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.

Hungarian Beef Goulash

20.00

Calories 135

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

Fish Baked with Dill and Tarragon Sauce

20.00

Calories 152

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

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