



ابيللا وشركاه  
ABELA & CO

## TODAY'S MENU

Universal American School

SEPTEMBER 15, 2025 TUESDAY

### MAIN COURSES

**AED-20.00**

#### Crock Pot Chicken ala Antoinette

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

Nutrition Analysis per 100g.

Calories	Total Fat in g	Saturated Fat in g	Sodium in mg	Added Sugars in g	Fiber in g
111	4.10	0.70	108	0.00	1.00

#### Ginger Beef Peking Style.

Beef Steak, Corn Flour, Carrots, Corn Oil, Onion, Red Bell Pepper, Green Bell Pepper, Soy Sauce, Vinegar, Ginger, Garlic, Black Pepper.

Nutrition Analysis per 100g

Calories	Total Fat in g	Saturated Fat in g	Sodium in mg	Added Sugars in g	Fiber in g
163	8.20	1.80	211	0.00	0.40

#### Fish Baked with Parsley Sauce.

**FISH**, Corn Oil, **FLOUR**, **LOW FAT MILK**, Parsley, Salt. **Contain :Milk and Gluten.**

Nutrition Analysis per 100g

Calories	Total Fat in g	Saturated Fat in g	Sodium in mg	Added Sugars in g	Fiber in g
163	9.10	1.40	355	0.00	0.40

#### Nutfree Chicken Pad Thai.

Chicken, Rice Noodles, **TOFU**, Bean Sprouts, Lime Juice, **FISH SAUCE**, Brown Sugar. **Contain Milk and Soya beans.**

Nutrition Analysis per 100g

Calories	Total Fat in g	Saturated Fat in g	Sodium in mg	Added Sugars in g	Fiber in g
143	1.40	0.30	199	0.60	0.50

**NOTE : Letters Ingredients in HIGHLIGHTED RED COLOR contains common allergen**

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TODAY'S MENU

Universal American School

SEPTEMBER 16, 2025 TUESDAY

MAIN COURSES

AED-20.00

Grilled Chicken Valdostana.

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

Nutrition Analysis per 100g.

Calories	Total Fat in g	Saturated Fat in g	Sodium in mg	Added Sugars in g	Fiber in g
157	8.50	3.00	297	0.00	0.80

Beef and Mushroom Ragout.

Beef, Mushroom, Tomato, Onion, Olive Oil, **FLOUR**, Beef Stock, Spring Thyme, Black Pepper. **Contains: Gluten.**

Nutrition Analysis per 100g

Calories	Total Fat in g	Saturated Fat in g	Sodium in mg	Added Sugars in g	Fiber in g
99	5.20	1.30	75	0.00	0.60

Grilled Fish Fillet with Dill Sauce.

**FISH FILLET**, Tomato, Spinach, Onion, Corn Oil, Olive Oil, Salt, Dill Leaves, Black Pepper.

Nutrition Analysis per 100g

Calories	Total Fat in g	Saturated Fat in g	Sodium in mg	Added Sugars in g	Fiber in g
109	5.40	0.90	382	0.00	0.30

Homemade Macaroni Pasta with Chicken and Vegetable.

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. **Contains: Gluten and Milk.**

Nutrition Analysis per 100g

Calories	Total Fat in g	Saturated Fat in g	Sodium in mg	Added Sugars in g	Fiber in g
160	6.80	2.00	396	0.00	1.20

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**TODAY'S MENU**  
**UNIVERSAL AMERICAN SCHOOL**

**SEPTEMBER 17, 2025 WEDNESDAY**

**MAIN COURSES**

**AED-20.00**

**Grilled Chicken with Rosemary Sauce.**

**Chicken, Olive Oil, Onions, Salt, Rosemary, Chicken Stock, Black Pepper.**

**Nutrition analysis per 100g**

Calories	Total Fat in g	Saturated Fat in g	Sodium in mg	Added Sugars in g	Fiber in g
142	6.40	1.10	475	0.00	0.30

**Beef Stroganoff.**

**Beef, Onion, Mushroom, Corn Oil, **LOW FAT MILK**, Garlic, **FLOUR**, Salt, Black Pepper, Paprika, **MUSTARD**. Contain: **Gluten, Milk and Mustard**.**

**Nutrition analysis per 100g**

Calories	Total Fat in g	Saturated Fat in g	Sodium in mg	Added Sugars in g	Fiber in g
131	7.10	1.90	364	0.00	0.60

**Fish Piccata.**

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

**Contain : **Gluten, Fish and Egg**.**

**Nutrition analysis per 100g**

Calories	Total Fat in g	Saturated Fat in g	Sodium in mg	Added Sugars in g	Fiber in g
111	2.40	0.70	74	0.00	0.30

**Macaroni with Meat Sauce.**

**Elbow Macaroni, Olive Oil, Beef, Onion, Garlic, Parsley, Dried Basil, Oregano, Tomato Sauce, Paprika, Beef Stock, **CELERY**, Tomato.**

**Contain: **Flour and Celery**.**

**Nutrition analysis per 100g**

Calories	Total Fat in g	Saturated Fat in g	Sodium in mg	Added Sugars in g	Fiber in g
145	5.20	1.40	133	0.00	1.20

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# TODAY'S MENU

## UNIVERSAL AMERICAN SCHOOL

SEPTEMBER 18, 2025 THURSDAY

### MAIN COURSES

**AED-20.00**

#### Chicken Biryani

Chicken Breasts, Basmati Rice, Corn Oil, Onion, Salt, Garlic, Curry Paste, **CHICKEN STOCK**, Cardamom, Bay Leaf, Cinnamon, Turmeric, Coriander, Ginger. **Contain :Egg and Soy**

Nutrition analysis per 100g

Calories	Total Fat in g	Saturated Fat in g	Sodium in mg	Added Sugars in g	Fiber in g
142	5.80	0.90	787	0.00	0.40

#### Beef Steak with Puttanesca Sauce.

Beef Steak, Tomato, Black Olives, Olive Oil, Onion, Garlic, Salt, Chili Flakes, Oregano, Black Pepper.

Nutrition analysis per 100g

Calories	Total Fat in g	Saturated Fat in g	Sodium in mg	Added Sugars in g	Fiber in g
129	7.60	1.60	275	0.00	0.70

#### Fish Fillet with Garlic Sauce.

**FISH**, Corn Oil, Garlic, Vinegar, Parsley, Salt, Tarragon.

Nutrition analysis per 100g

Calories	Total Fat in g	Saturated Fat in g	Sodium in mg	Added Sugars in g	Fiber in g
115	4.60	0.80	312	0.00	0.10

#### Pasta Casserole with Turkey, Vegetables and Cheese.

Turkey, Macaroni Pasta, Tomato Sauce, **MOZZARELLA CHEESE**, Salt, Garlic Cloves, Parsley, Basil Leaves, Oregano Leaves.

**Contain: flour and Gluten**

Nutrition analysis per 100g

Calories	Total Fat in g	Saturated Fat in g	Sodium in mg	Added Sugars in g	Fiber in g
152	3.20	1.90	399	0.00	1.00

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