



**AISJ Cafeteria - Modern Foods Catering Menu**

October 2017

	Sunday	Monday	Tuesday	Wednesday	Thursday
<b>Breakfast</b>	Hashbrown Potato Pancakes Omelete B/F Sausage Biscuits & Gravy	Bagel & CC Cheesy Scramble Waffles Omelete Beef Bacon	Hot Sandwich French Toast (FT) Beef Bacon B/F Sausage Sliced Chicken	Cheesy Scramble Pancakes Omelete Smoked Turkey Hashbrown Potato	Biscuits & Gravy Omelete Waffles Oatmeal Beef Bacon
<b>Week 1 - Lunch</b>	Tomato Soup Rice Pilaf Macaroni Bechmel Sauteed Vegetables Grilled Chicken Fried Fish <b>Oct. 1</b>	Chicken Rice Soup Plain Rice BBQ Chicken Fish & Chips Mixed Vegetables Pepper Beef <b>Oct. 2</b>	Mushroom Soup White Rice Chicken Wings Sweet Corn Hot Dogs Grilled Fish <b>Oct. 3</b>	Lentil Soup Fried Rice Buttter Beans Chicken Kabab Mashed Potato Teriyaki Beef <b>Oct. 4</b>	Potato Soup Plain Rice Butter Broccoli French Fries Roasted Chicken Hamburger <b>Oct. 5</b>
<b>Week 2 - Lunch</b>	Green Peas Fried Rice Buffalo Wings Broccoli Sweet Corn Mashed Potatoes Macaroni Bechmel <b>Oct. 8</b>	Mushroom Soup Plain Rice Meatballs Roasted Vegetables Chicken Nuggets Grilled Fish <b>Oct. 9</b>	Lentil Soup Rice Pilaf Mixed Vegetables Hot Dogs French Fries Grilled Chicken <b>Oct. 10</b>	Chicken Rice Soup White Rice Chili Chicken Roasted Potato Grilled Fish Mixed Vegetables <b>Oct. 11</b>	Cream of Pea Soup Rice Broccoli Hamburger French Fries Chicken With Gravy <b>Oct. 12</b>
<b>Week 3 - Lunch</b>	Chicken Rice Soup Plain Rice Grilled Chicken Mixed Vegetables Macaroni Bechmel Fried Fish <b>Oct. 15</b>	Vegetable Rice Soup Fried Rice Shish Taouk Pepper Beef Broccoli Mashed Potato <b>Oct. 16</b>	Tomato Soup Rice Pilaf Hot Dog Roasted Vegetable Beef Steak Potato Veg <b>Oct. 17</b>	Lentil Soup White Rice Teriyaki Beef Chicken Roast Sauteed Vegetables Grilled Fish <b>Oct. 18</b>	<b>NO SCHOOL</b> <b>Oct. 19</b>
<b>Week 4 - Lunch</b>	Mushroom Soup Macaroni Bechmel Rice Pilaf Broccoli Mashed Potatoes Butter Chicken <b>Oct. 22</b>	Chicken Rice Soup Fried Rice Shish Taouk Corn Pepper Beef Fried Fish <b>Oct. 23</b>	Veg Rice Soup White Rice Hot Dog Mixed Vegetables Grilled Fish Baked Potato <b>Oct. 24</b>	Green Peas Rice Pilaf Roasted Vegetables Shish Taouk Potato Veg Beef Steak <b>Oct. 25</b>	Lentil Soup Plain Rice Hamburger BBQ Chicken Broccoli French Fries <b>Oct. 26</b>
<b>Week 5 - Lunch</b>	Beef Stew Soup Plain Rice Broccoli Macaroni Bechmel Fish & Chips BBQ Chicken <b>Oct. 29</b>	Potato Onion Soup Pepper Beef Fried Rice Mashed Potato Seet Corn Roasted Chicken <b>Oct. 30</b>	Lentil Soup Baked Potato Rice Pilaf Buffalo Wings Broccoli Hot Dog <b>Oct. 31</b>		

Item Name	SAR
<b>BEVERAGES</b>	
Bottled Water	2
Fresh Juice Assorted	8
Almari Juice Assorted 200ml	2
Milk (All Flavors) 180ml	3
Milk (All Flavors) 360ml	4
Milkshake 360ml	5
<b>BREAKFAST</b>	
Falafel/Bagel/Eggs/Foul/Biscuit	8
Pancakes/Waffles/FT	6
Granola and Fruit	12
Oatmeal	8
Yogurt And Granola	12
Smoked Turkey	9
Beef Bacon	10
Sliced Chicken	8
<b>GRAB &amp; GO</b>	
Ciabatta Sandwich (Normal/Brown)	12
Triangle Sandwich	12
Wraps Sandwich	12
Croissant Sandwich	12
Fruit Salad	11
Garden Salad	8
Chefs Salad	13
Potato/Pasta Salad	9
Cesar Salad	10
Salmon Salad	13
Yogurt Parfait	8
Yogurt Drinks	5
Fruit-Whole	4
Muffin	7
Plain/Cheese Croissant	5
Pastries Assorted	5
<b>LUNCH</b>	
Soup	6
Starch Kids Portion	3
Starch Regular Portion	5
Veggies	5
Chicken Kids Portion	8
Chicken Large Portion	15
Meat Kids Portion	10
Meat Regular Portion	20
Seafood Kids Portion	13
Seafood Regular Portion	25
Hamburger	18
Hotdog	11
Frech Fries (130g)	6
Bread	2