



AISJ Cafeteria - Modern Foods Catering Menu

Rab. I-18

	Sunday	Monday	Tuesday	Wednesday	Thursday
	Falafel s/w	Falafel s/w	Falafel s/w	Falafel s/w	Falafel s/w
Breakfast	Hash Brown potato	Bagel & CC	Hot Sandwich	Cheesy Scramble	Hash Brown
	Pancakes	Cheesy Scramble	French Toast (FT)	Pancakes	Omelete
	Omelete	Waffles	Beef Bacon	Omelete	Waffles
	Hot sandwich	Omelete	waffles	Smoked Turkey	Oatmeal
	Smoked Turkey	Beef Bacon	Slice Chicken	Hash Brown potato	Beef Bacon
Week 1 - Lunch			Lentil Soup Plain Rice Shish Tawook Meat Balls Mixed Veg Mashed Potato Pizza Day	Lentil Soup Plain Rice Sweet Corn Spaghati Bolognaise Grilled Ckn Wt Mushroom	Potato Soup Plain Rice Green Beans BBQ Ckn Hamburger French Fries
			1-Rab. I	2-Rab. I	3-Rab. I
	Mix Veg Soup	Tomato Soup	Ckn Rice Soup	Potato Soup	Mushroom Soup
	Plain Rice	Plain Rice	Plain Rice	Plain Rice	Plain Rice
	Brocoli	Mixed Veg	Ckn Kabab	Teriyaki Ckn	Veg Green Beans
Week 2 - Lunch	Macaroni Bechamel	Ckn Nuggets	Sweet Corn	Veg Saute	Roasted Ckn Wt Veg
	Grilled Ckn Wt Mushroom	Grilled fish	Beef Meat Balls	Spaghati Bolognaise	Hamburger
	Roasted potato	Mashed Potato	Pizza Day		French Fries
	6-Rab. I	7-Rab. I	8-Rab. I	9-Rab. I	10-Rab. I
	Lentil Soup	Mix Veg Soup	Tomato Soup	Mushroom Soup	Lentil Soup
Week 3 - Lunch	Plain Rice	Plain Rice	Plain Rice	Plain Rice	Plain Rice
	Grilled Ckn	Bufflow Wings	Shish Tawook	Spaghati Bolognaise	Mixed Vegetable
	Brocoli	Sweet Corn	Green Beans	Brocoli	B.B.Q Ckn
	Macaroni Bechamel	Baked Fish	Sterfryed Beef	Grilled Ckn Wt Mushroom	French Fries
	Mashed Potato	Potato Wedges	Pizza Day	Mashed potato	Hamburger
13-Rab. I	14-Rab. I	15-Rab. I	16-Rab. I	17-Rab. I	
Week 4 - Lunch	Chicken SOUP	Potato Soup	Lentil Soup	Mushroom Soup	Potato Soup
	Plain Rice	Plain Rice	Plain Rice	Plain Rice	Plain Rice
	Stired Fryed Veg	Ckn Nuggets	Ckn Kabab	Green Beans	Roasted Ckn Wt Veg
	Teriyaki Ckn	Beef Meat Balls	Brocoli	Spaghati Bolognaise	Mixed Vegetable
	Macaroni Bechamel	Sweet Corn	Pepper Beef	Stier Fried Ckn	Hamburger
Roasted potato	Roasted veg	Pizza Day	Mashed potato	French Fries	
20-Rab. I	21-Rab. I	22-Rab. I	23-Rab. I	24-Rab. I	
Week 5 - Lunch	Tomato Soup	Chicken Soup	Mixed Veg	Potato Soup	Mushroom Soup
	Plain Rice	Plain Rice	Plain Rice	Plain Rice	Plain Rice
	Brocoli	Sweet Corn	Ckn Kabab	Butter Grilled Ckn	Mixed Vegetable
	Macaroni Bechamel	Ckn Nuggets	Green Beans	Spaghati Bolognaise	BBQ Ckn
	Grilled Ckn	Beef Meat Balls	Teriyaki Beef	Veg Saute	Hamburger
Mashed Potato	Roasted Potato	Pizza Day	Mashed potato	French Fries	
27-Rab. I	28-Rab. I	29-Rab. I	30-Rab. I	31-Rab. I	

Item Name
BEVERAGES
Bottled Water
Fresh Juice Assorted
Almari Juice Assorted 200ml
Milk (all Flavor) 180ml
Milk (all Flavor) 360ml
Milkshake 360ml
BREAKFAST
Falafel/Bagel/Eggs/Foul/Biscuit
Pancakes/Waffles/FT
Granola and fruit
Oatmeal
YogurtAnd Granola
Smoked Turkey
Beef Bacon
Sliced Chicken
GRAB & GO
Ciabatta Sandwich (Normal/Brown)
Triangle Sandwich
Wraps Sandwich
Croissant Sandwich
Fruit Salad
Garden Salad
Chefs Salad
Potato/Pasta Salad
Cesar Salad
Salmon Salad
Yogurt Parfait
PIZZA
Fruit-Whole
Muffin
Plain/Cheese Croissant
Pastries Assorted
LUNCH
Soup
Starch Kids Portion
Starch Regular Portion
Veggies
Chicken Kids Posrtion
Chicken Large Portion
Meat Kids Portion
Meat Regular Portion
Seafood Kids Portion
Seafood Regular Portion
Hamburger
Hotdog
Frech Fries (130g)
Bread