



AISJ Cafeteria - Modern Foods Catering Menu
November 2017

	Sunday	Monday	Tuesday	Wednesday	Thursday
Breakfast	Hashbrown Potato Pancakes Omelette B/F Sausage Biscuits & Gravy	Bagel & CC Cheesy Scramble Waffles Omelette Beef Bacon	Hot Sandwich French Toast (FT) Beef Bacon B/F Sausage Sliced Chicken	Cheesy Scramble Pancakes Omelette Smoked Turkey Hashbrown Potato	Biscuits & Gravy Omelette Waffles Oatmeal Beef Bacon
Week 1 - Lunch				Lentil Soup Fried Rice Buttter Beans Chicken Nuggets Mashed Potato Beef with Peanuts & Mushrooms Nov. 1	Potato Soup Plain Rice Butter Broccoli French Fries Roasted Chicken w/ Brown Sauce Hamburger Nov. 2
Week 2 - Lunch	Tomato Soup Fried Rice Buffalo Wings Broccoli Sweet Corn Mashed Potatoes Macaroni Bechmel Nov. 5	Mushroom Soup Plain Rice Meatballs Roasted Vegetables Chicken Nuggets Seafood Kabob Nov. 6	Lentil Soup Rice Pilaf Vegetable Chopsy Hot Dogs Roasted Potato Grilled Chicken w/ Sauce Nov. 7	Chicken Rice Soup White Rice Grilled Chicken French Fries Hamburger Green Beans Nov. 8	HALF DAY Nov. 9
Week 3 - Lunch	Chicken Rice Soup Plain Rice Chicken Stir Fry Mixed Vegetables Macaroni Bechmel Fried Fish Mashed Potatoes Nov. 12	Vegetable Rice Soup Fried Rice Chicken Breast Pepper Beef Broccoli Sauteed Kalamari Nov. 13	Tomato Soup Rice Pilaf Green Beans French Fries Hamburger Roasted Chicken Nov. 14	HALF DAY Nov. 15	HALF DAY Nov. 16
Week 4 - Lunch	Mushroom Soup Rice Pilaf Mixed Vegetables Mashed Potatoes Macaroni Bechmel Chicken Kabob Nov. 19	Chicken Rice Soup Fried Rice Chicken Nuggets Sweet Corn Pepper Beef Fried Fish Nov. 20	Veg Rice Soup White Rice Hot Dog Mixed Vegetables Fish Kebab Potato Wedges Nov. 21	Green Peas Rice Pilaf BBQ Chicken Hamburger French Fries Green Beans Nov. 22	VIRTUAL DAY Nov. 23
Week 5 - Lunch	Beef Stew Soup Plain Rice Broccoli Macaroni Bechmel Fish & Chips BBQ Chicken Nov. 26	Potato Onion Soup Pepper Beef Fried Rice Mashed Potato Seet Corn Chicken Nuggets Nov. 27	Lentil Soup Rice Pilaf Buffalo Wings Mixed Vegetables Hot Dog Potato Wedges Nov. 28	Chicken Rice Soup Plain Rice BBQ Chicken Fried Fish Butter Beans Spaghetti Bolognaise Nov. 29	Potato Soup Plain Rice Broccoli French Fries Roasted Chicken Hamburger Nov. 30

Item Name	SAR
BEVERAGES	
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
BREAKFAST	
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
GRAB & GO	
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
LUNCH	
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