



# Q.F.I. School MENU JANUARY 2023

Sunday 1st	Monday 2nd	Tuesday 3rd	Wednesday 4th	Thursday 5th
<b>SOUP</b>				
	Cream of Broccoli Soup	Cream of Corn Soup	Cream of Tomato Soup	Thai Red Chicken Pumpkin Soup
<b>HOT FOOD STATION</b>				
	Mongolian Beef	Butter Chicken	Grilled Fish with Mustard	Beef Stew
	White Rice	White Rice	Chicken Permigiana	Chicken Fajita
	Mashed Potato		Yellow Rice	Tomato Rice
<b>VEGETARIAN STATION</b>				
	Couliflower Curry	Vegetable Goulash	Creamy Baked Vegetables	Herb Potato
	Grilled Vegetables	Steamed Vegetables	Grilled Vegetables	Steamed Vegetables
<b>PASTA STATION</b>				
	Penne Pasta	Mac N Cheese	Spaghetti	Pasta
<b>PASTA SAUCE</b>				
	Red Sauce		Bolognaise Sauce	Primevera Sauce
	White Sauce		White Sauce	White Sauce
<b>WEEK 2</b>				
Sunday 8th	Monday 9th	Tuesday 10th	Wednesday 11th	Thursday 12th
<b>SOUP</b>				
Lentil Soup	Hot N Sour Soup	Cream of Mushroom Soup	Pumpkin Soup	Spinach Soup
<b>HOTFOOD STATION</b>				
Mongolian Beef	Chicken Biryani	Honey Garlic Beef Bites	Fish in Gourmet Sauce	Chicken Strongonoff
White Rice		White Rice	Chicken Cafreal	Cumin Rice
Mashed Potato		Mashed Potatoes	Pulao Rice	
<b>VEGETARIAN STATION</b>				
Egg Plant Permigiana	Vegetable Biryani	Jacket Potato With Sour Cream	Teriyaki Vegetables	Stir fry Vegetables
Grilled Vegetables	Steamed Vegetables	Grilled Vegetables	Steamed Vegetables	Grilled Vegetables
<b>PASTA STATION</b>				
Penne	Penne	Meat Lasagna	Mac N Cheese	Pasta

PASTA SAUCE				
Mixed Vegetable Sauce	Pesto Sauce			Chicken N Mushroom Farfelle
Red Sauce	Red Sauce			Red Sauce
WEEK 3				
Sunday 15th	Monday 16th	Tuesday 17th	Wednesday 18th	Thursday 19th
SOUP				
French Onion Soup	Egg Drop Soup	Cream of Mexican Soup	Cream Of Pumpkin Soup	Cream of Chicken Soup
HOT FOOD STATION				
Beef Stir Fry	Bbq Chicken	Beef Goulash	Fish in Dill Creamy Sauce	Beef Fajita
White Rice	Carrot and Onion Rice	White Rice	Chicken Casserole	Tomato Rice
Mashed Potato		Mashed Potatoes	Corn Pepper Rice	
VEGETARIAN STATION				
Vegetable Choupsey	Dal Fry	Potato Patties	Vegetable Cutty	Grilled Vegetable with Mozzarella Cheese
Steamed Vegetables	Grilled Vegetables	Steamed Vegetables	Grilled Vegetables	Steamed Vegetables
PASTA STATION				
Baked Macaroni	Spaghetti	Penne	Spaghetti	Pasta
PASTA SAUCE				
	Bolognese Sauce	Alfredo Sauce	White Sauce	Chicken Carbonarra Sauce
	White Sauce	Red Sauce	Red Sauce	Red Sauce
WEEK 4				
Sunday 22th	Monday 23th	Tuesday 24th	Wednesday 25th	Thursday 26th
SOUP				
Beef Vegetable Soup	Chicken Noodle Soup	Chicken Sweet Corn Soup	Cream of Asparugus Soup	Chicken Manchow Soup
HOT FOOD STATION				
Sweet N Sour Chicken	Beef Strongonoff	Chicken with Pepper Sauce	Fish in Gourmet Soup	Beef Goulash
Corn and Pepper Rice	White Rice	Vegetable Rice	Chicken Tandoori	Chicken Fajita
	Mashed Potato		Corn N Pepper Rice	Tomato Rice
VEGETARIAN STATION				
Red Kidney Beans Curry	Bamia	Vegetable Lasagna	Vegetable Teriyaki	Egg Plant Permigiana
Grilled Vegetables	Steamed Vegetables	Grilled Vegetables	Steamed Vegetables	Grilled Vegetables
PASTA STATION				
Pasta	Spaghetti Oglio Olio	Spaghetti with Meat Balls	Pasta	Mac N Cheese
PASTA SAUCE				

Curried Vegetable sauce			Arabiatta Sauce	
White Sauce			White Sauce	

**WEEK 5**

Sunday 29th	Monday 30th	Tuesday 31st
<b>SOUP</b>		
American Corn Chowder Soup	Egg Drop Soup	Cream of Carrot Soup
<b>HOT FOOD STATION</b>		
Beef Steak With Brown Gravy	Roast Chicken	Beef Fajita
White Rice	Yellow Rice	Tomato Rice
Mashed Potato		
<b>VEGETARIAN STATION</b>		
Vegetable Choupsey	Mixed Vegetable Curry	Creamy Baked Vegetables
Steamed Vegetables	Grilled Vegetables	Steamed Vegetables
<b>PASTA STATION</b>		
Spaghetti	Pasta	Spaghetti
<b>PASTA SAUCE</b>		
Bolognaise Sauce	Alfredo Sauce	Red Sauce
White Sauce	White Sauce	White Sauce

<b>Daileys(on a Daily Basis)</b>	<b>price (QR)</b>	
Panini with Roast Chicken	18.00	
Panini with Turkey	19.00	
Panini with Cheese	15.00	
Panini with Roast Beef	19.00	
Panini with Vegetables	15.00	
Panini with Tuna	15.75	
Chicken Ceasar Wrap	12.75	
Chicken Shawarma	12.75	
Chicken Fajitas	17.00	
Bagel with Cheese Bagel	17.00	
<b>Meals Prices QR</b>	<b>Small</b>	<b>Big</b>
Soup	6.50	10.50

Hot Food Combo & Vegetarian	20.00	26.50
Hot Food Station	15.75	22.00
Vegetarian Station	15.00	21.00
Pasta Station	15.00	21.00

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