



Q.F.I. School MENU MARCH 2023

				Wednesday 1st	Thursday 2nd
SOUP					
				Cream Of Mushroom Soup	Thai Red Pumpkin Soup
HOT FOOD STATION					
				Herb Grilled Fish	Beef Fajita
				Chicken Tandoori	Chicken fajita
				Corn Pepper Rice	
VEGETARIAN STATION					
				Grilled Vegetables with Mozarella	Roasted Vegetables
				Steamed Vegetables	Grilled Vegetables
PASTA STATION					
				Spaghetti	Mac N Cheese
PASTA SAUCE					
				Red Sauce with Sausage	
				White Sauce	
Sunday 5th	Monday 6th	Tuesday 7th	Wednesday 8th	Thursday 9th	
SOUP					
Lentil Soup	Egg Drop Soup	American Corn Chowder Soup	Cream of Pumkin Soup	Chicken Noodle Soup	
HOTFOOD STATION					
Beef Stew	Sweet N Sour Chicken	Beef Strongonoff	Fish in Gourmet Sauce	Butter Chicken	
White Rice	Corn Pepper Rivce	White Rice	Chicken With Crushed Black Olives	Tomato Rice	
Mashed Potato			Yellow Rice		
VEGETARIAN STATION					
Spinach and Potato Curry	Dal Fry	Vegetable Lasgna	Egg Plant Permigiana	Stir Fry Vegetables	
Steamed Vegetables	Grilled Vegetables	Steamed Vegetables	Grilled Vegetables	Grilled Vegetables	
PASTA STATION					
Spaghetti	Pasta	Meat Lasagna	Penne	Farfalle Pasta	
PASTA SAUCE					
Bolognaise Sauce / White Sauce	Alfredo Sauce / Red Sauce		White Sauce / Red Sauce	Chicken Mushroom / Red Sauce	

Sunday 12th	Monday 13th	Tuesday 14th	Wednesday 15th	Thursday 16th
SOUP				
			Beef Vegetable Soup	Vegetable Broth Soup
HOT FOOD STATION				
			Fish in Dill Creamy Sauce	Chicken Biryani
			Beef Stir Fry	Tomato Rice
			White Rice	
VEGETARIAN STATION				
			Vegetable Au Gratini	Vegetable Biryani
			Steamed Vegetables	Grilled Vegetables
PASTA STATION				
			Pasta	Spaghetti
PASTA SAUCE				
			Meat Ball Sauce	Bolognese Sauce
			White sauce	White sauce
Sunday 19th	Monday 20th	Tuesday 21th	Wednesday 22th	Thursday 23th
SOUP				
Chicken Manchow Soup	Chicken Clear Soup	Cream Of Tomato Soup	Chicken And Sweet Corn Soup	Cream Of Potato Soup
HOT FOOD STATION				
Roast Chicken	Beef Goulash	Chicken With Pepper Sauce	Fish with Gourmet Sauce	Chicken Tandoori
Yellow Rice	White Rice	White Rice	Stir Fry Beef	Tomato Rice
	Mashed Potato		White Rice	
VEGETARIAN STATION				
Thai Pumkin Curry	Roasted Vegetables	Couliflower And Potato Curry	Jacket Potato With Sour Cream	Egg Plant Permigiana
Steamed Vegetables	Grilled Vegetables	Steamed Vegetables	Grilled Vegetables	Steamed Vegetables
PASTA STATION				
Spaghetti	Penne	Meat Lasagna	Pasta	Pasta
PASTA SAUCE				
Sausage in Red Sauce	Primevera Sauce		Sausage in Red Sauce	Carbonara Sauce
White Sauce	White Sauce		White Sauce	Red Sauce

Sunday 26th	Monday 27th	Tuesday 28th	Wednesday 29th	Thursday 30th
SOUP				
American Corn Chowder Soup	Egg Drop Soup	Pumkin Soup	Macaroni Chicken Soup	Cream Of Potato Soup
HOT FOOD STATION				
Beef Stew	Beef Strongonoff	Beef Steak With Brown Gravy	Herb Grilled fish	Chicken Fajita
White Rice	Corn Pepper Rice	White Rice	Chicken Teriyaki	Tomato Rice
Mashed Potato			White Rice	
VEGETARIAN STATION				
Vegetable Curry	Baked Potato	Vegetable Goulash	Roasted Vegetables	Potato Curry
Grilled Vegetables	Steamed Vegetables	Grilled Vegetables	Steamed Vegetables	Grilled Vegetables
PASTA STATION				
Mac N Cheesa	Penne	Spaghetti	Spaghetti	Baked Macaroni
PASTA SAUCE				
	Arabiatta Sauce / White Sauce	Bolognaise Sauce / White Sauce	Red Sauce / White sauce	
Daileys(on a Daily Basis		price (QR)		
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		
Meals Prices QR		Small	Big	
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	
