



September 3, 2023 Sunday

Daily Menu

SOUP

CHICKEN MANCHOW SOUP 141 calories
(Chicken, Capsicum, Cabbage, Carrot, Pasta, Soya Sauce, Garlic, Onion)

- 1** SMALL BOWL **QAR 6.50**
- 2** BIG BOWL **QAR 11.50**



BUFFET STYLE (MAIN COURSE)

- 1** SMALL PORTION **QAR 20.00**
- 2** BIG PORTION **QAR 24.00**

HOT FOOD AND VEGETARIAN COMBO **QAR 27.00**

BEEF STROGANOFF 147 calories
(Beef, Onion, Garlic, Salt, Pepper, Demi-Glace, Cooking Cream, Capsicum, Mushroom)

WHITE RICE 100 calories

MASHED POTATO 229 calories
(Potato, Butter, Milk, Salt, Sugar, Cream)

SIDE DISH

GRILLED VEGETABLE 47 calories
(Carrot, Eggplant, Capsicum, Marrow, Onion, Soya Sauce, Balsamic Sauce)

VEGETARIAN

STIR FRY VEGETABLES 46 calories
(Carrot, Capsicum, Cabbage, Zucchini, Green Beans, Soya Sauce, Oyster Sauce)

PASTA

CHICKEN PENNE ARABIATTA 219 calories
(Penne Pasta, Tomato Paste, Basil, Peeled Tomato, Parsley, Capsicum, Eggplant, Red Sauce, Chicken)

- 1** SMALL PORTION **QAR 19.00**
- 2** BIG PORTION **QAR 23.00**





September 4, 2023 Monday

Daily Menu

SOUP

CREAM OF CARROT SOUP 68 calories
(Carrot, Butter, Onion, Garlic, Celery, Cream, Flour, Vegetable Stock)

1 SMALL BOWL **QAR 6.50**

2 BIG BOWL **QAR 11.50**



BUFFET STYLE (MAIN COURSE)

1 SMALL PORTION **QAR 20.00**

2 BIG PORTION **QAR 24.00**

HOT FOOD AND VEGETARIAN COMBO **QAR 27.00**

CHICKEN PARMIGIANA 135 calories
(Chicken, Cream, Red Sauce, Mozzarella Cheese, Salt, Pepper, Onion, Garlic)

CARROT RICE 344 calories
(Rice, Onion, Turmeric Powder, Cinnamon Stick, Cardamom, Cloves, Salt, Oil)

SIDE DISH

STEAMED VEGETABLE 40 calories
(Cauliflower, Broccoli, Marrow, Carrot, Salt, Pepper)

VEGETARIAN

TERIYAKI VEGETABLE 57 calories
(Carrot, Marrow, Cauliflower, Broccoli, Capsicum, Tofu, Teriyaki, Oyster, Soya Sauce)

PASTA

BAKED MACARONI 242 calories
(Macaroni Pasta, Minced Beef, Milk, Cream, Parmesan, Cheddar Cheese, Salt, Pepper, Red Sauce)

1 SMALL PORTION **QAR 19.00**

2 BIG PORTION **QAR 23.00**





September 5, 2023 Tuesday

Daily Menu

SOUP

CREAM OF ASPARAGUS SOUP 92 calories

(Asparagus, Butter, Onion, Garlic, Celery, Cream, Corn Flour, Vegetable Stock)

1 SMALL BOWL **QAR 6.50**

2 BIG BOWL **QAR 11.50**



BUFFET STYLE (MAIN COURSE)

1 SMALL PORTION **QAR 20.00**

2 BIG PORTION **QAR 24.00**

HOT FOOD AND VEGETARIAN COMBO **QAR 27.00**

BEEF BROCCOLI 108 calories

(Beef, Broccoli, Soya Sauce, Oyster sauce, Ginger, Garlic, Onion, Salt, Pepper, Corn Flour)

WHITE RICE 100 calories

SIDE DISH

ROAST VEGETABLE 40 calories

(Potato, Sweet Potato, Pumpkin, Carrot, Capsicum, Olive oil, Salt, Pepper, Parsley)

VEGETARIAN

GRILLED VEGETABLE WITH MOZZARELLA 46 calories

(Capsicum, Marrow, Carrot, Indian Spices, Onion, Eggplant, Mozzarella, Cheddar Cheese, Parmesan Cheese)

PASTA

SPAGHETTI BOLOGNESE 260 calories

(Spaghetti, Mince Beef, Onion, Garlic, Celery, Carrot, Tomato Paste, Demi-Glace)

1 SMALL PORTION **QAR 19.00**

2 BIG PORTION **QAR 23.00**





September 6, 2023 Wednesday

Daily Menu

SOUP

VEGETABLE SWEET CORN SOUP 50 calories
(Sweet Corn, Onion Spring, Carrots, Beans, Garlic, Salt, Pepper, Leeks)

1 SMALL BOWL **QAR 6.50**

2 BIG BOWL **QAR 11.50**



BUFFET STYLE (MAIN COURSE)

1 SMALL PORTION **QAR 20.00**

2 BIG PORTION **QAR 24.00**

HOT FOOD AND VEGETARIAN COMBO **QAR 27.00**

OPTION 1

HERB GRILLED FISH 132 calories
(Fish, Garlic, Oregano, Parsley, Salt, Pepper, Butter, Flour)

OPTION 2

CHICKEN BBQ 130 calories
(Chicken, Onion, Garlic, BBQ Sauce, Tomato Ketchup)

YELLOW RICE 344 calories
(Fish, Onion, Garlic, Carrot, Mushroom, Marrow, Cooking Cream, Coriander Powder, Cumin Powder, Butter, Flour)

SIDE DISH

GRILLED VEGETABLE 47 calories
(Carrot, Eggplant, Capsicum, Marrow, Onion, Soya Sauce, Balsamic Sauce)

VEGETARIAN

BUTTER VEGETABLE 57 calories
(Carrot, Cauliflower, Broccoli, Marrow, Garlic, Onion, Butter)

PASTA

PASTA WITH WHITE SAUCE 266 calories
(Pasta, Milk, Cream, Salt, Pepper, Butter, Flour, Oregano, Celery, Garlic, Onion, Parmesan)

PASTA WITH RED SAUCE 181 calories
(Penne Pasta, Tomato Sauce, Tomato Paste, Onion, Garlic, Celery, Leeks, Carrot, Vegetable Oil)

1 SMALL PORTION **QAR 19.00**

2 BIG PORTION **QAR 23.00**





September 7, 2023 Thursday

Daily Menu

SOUP

CREAM OF BROCCOLI SOUP 50 calories
(Broccoli, Butter, Fresh Cream, Garlic, Onion, Flour)

1 SMALL BOWL **QAR 6.50**

2 BIG BOWL **QAR 11.50**



BUFFET STYLE (MAIN COURSE)

1 SMALL PORTION **QAR 20.00**

2 BIG PORTION **QAR 24.00**

HOT FOOD AND VEGETARIAN COMBO **QAR 27.00**

OPTION 1

BEEF FAJITA 102 calories
(Beef, Capsicum, Onion, Garlic, Coriander, Cumin, Red Sauce, Corn Oil)

OPTION 2

CHICKEN BIRYANI 173 calories
(Chicken, Rice, Onion, Garlic, Biryani Masala, Tomato, Yoghurt, Garam Masala, Turmeric, Cumin, Coriander Powder)

SIDE DISH

GRILLED VEGETABLE 47 calories
(Carrot, Eggplant, Capsicum, Marrow, Onion, Soya Sauce, Balsamic Sauce)

VEGETARIAN

SAUTEED BROCCOLI, CARROT, CAULIFLOWER 41 calories
(Broccoli, Cauliflower, Carrot, Salt, Pepper)

PASTA

SPAGHETTI OGLIO OLIO 330 calories
(Spaghetti, Olive Oil, Garlic, Parmesan Cheese, Parsley, Chili Flakes)

1 SMALL PORTION **QAR 19.00**

2 BIG PORTION **QAR 23.00**





September 10, 2023 Sunday

Daily Menu

SOUP

CREAM OF MUSHROOM SOUP *72 calories*

(Mushroom, Cream, Salt, Pepper, Onion, Garlic, Butter, Flour, Vegetable Stock, Celery)

1 SMALL BOWL **QAR 6.50**

2 BIG BOWL **QAR 11.50**



BUFFET STYLE (MAIN COURSE)

1 SMALL PORTION **QAR 20.00**

2 BIG PORTION **QAR 24.00**

HOT FOOD AND VEGETARIAN COMBO **QAR 27.00**

BEEF STEAK WITH MUSHROOM *146 calories*

(Beef, Demi-Glace, Rosemary, Garlic, Onion, Cream, Olive Oil, Mushroom)

MASHED POTATO *229 calories*

(Potato, Butter, Milk, Salt, Sugar, Cream)

WHITE RICE *100 calories*

SIDE DISH

ROAST VEGETABLE *40 calories*

(Potato, Sweet Potato, Pumpkin, Carrot, Capsicum, Olive oil, Salt, Pepper, Parsley)

VEGETARIAN

EGGPLANT PARMIGIANA *52 calories*

(Eggplant, Indian Spices, Parsley, Mozzarella Cheese, Parmesan Cheese, Red Sauce, White Sauce, Salt, Pepper)

PASTA

CHICKEN ALFREDO PASTA *242 calories*

(Chicken, Penne Pasta, Milk, Cream, Oregano, Parsley, Onion, Garlic)

1 SMALL PORTION **QAR 19.00**

2 BIG PORTION **QAR 23.00**





September 11, 2023 Monday

Daily Menu

SOUP

CREAM OF PUMPKIN SOUP 49 calories
(Pumpkin, Garlic, Onion, Flour, Butter, Vegetable Stock, Cream)

1 SMALL BOWL **QAR 6.50**

2 BIG BOWL **QAR 11.50**



BUFFET STYLE (MAIN COURSE)

1 SMALL PORTION **QAR 20.00**

2 BIG PORTION **QAR 24.00**

HOT FOOD AND VEGETARIAN COMBO **QAR 27.00**

OPTION 1

GRILLED CHICKEN WITH PEPPER SAUCE 138 calories
(Chicken, Onion, Garlic, Rosemary, Demi-Glace, Cooking Cream)

CARROT AND ONION RICE 100 calories
(Rice, Carrot, Onion, Turmeric, Oil, Salt, Bay Leaves, Cardamom, Cloves)

SIDE DISH

GRILLED VEGETABLE 47 calories
(Carrot, Eggplant, Capsicum, Marrow, Onion, Soya Sauce, Balsamic Sauce)

VEGETARIAN

VEGETABLE AU GRATIN 133 calories
(Mix vegetable, Cream, Salt, Pepper, Flour, Mozzarella Cheese, Sweetcorn, Garlic, Onion)



PASTA

MAC N' CHEESE 235 calories
(Macaroni, Cheddar Cheese, Garlic, Onion, Salt, Pepper, Mozzarella Cheese, Parmesan Cheese, Oregano, Pepper)

1 SMALL PORTION **QAR 19.00**

2 BIG PORTION **QAR 23.00**





September 12, 2023 Tuesday

Daily Menu

SOUP

CHICKEN N' SWEET CORN SOUP 40 calories
(Chicken, Sweet Corn, Onion, Garlic, Salt, Pepper)

1 SMALL BOWL **QAR 6.50**

2 BIG BOWL **QAR 11.50**



BUFFET STYLE (MAIN COURSE)

1 SMALL PORTION **QAR 20.00**

2 BIG PORTION **QAR 24.00**

HOT FOOD AND VEGETARIAN COMBO **QAR 27.00**

OPTION 1

HONEY GARLIC BEEF BITES 136 calories
(Beef, Honey, Onion, Garlic, Soya Sauce, Oyster Sauce)

WHITE RICE 100 calories

SIDE DISH

STEAMED VEGETABLE 40 calories
(Cauliflower, Broccoli, Marrow, Carrot, Salt, Pepper)

VEGETARIAN

LAYONNAISE POTATO 73 calories
(Potato, Onion, Bay Leaves, Vinegar, Parsley)

PASTA

CREAMY CHICKEN CARBONARA 122 calories
(Chicken, Butter, Milk, Cream, Onion, Garlic, Oregano, Salt, Pepper)

1 SMALL PORTION **QAR 19.00**

2 BIG PORTION **QAR 23.00**





September 13, 2023 Wednesday

Daily Menu

SOUP

LENTIL SOUP 155 calories

(Dal, Butter, Flour, Cream, Celery, Garlic, Onion)

1 SMALL BOWL **QAR 6.50**

2 BIG BOWL **QAR 11.50**



BUFFET STYLE (MAIN COURSE)

1 SMALL PORTION **QAR 20.00**

2 BIG PORTION **QAR 24.00**

HOT FOOD AND VEGETARIAN COMBO **QAR 27.00**

OPTION 1

FISH IN DILL CREAMY SAUCE 149 calories

(Fish, Onion, Garlic, Coriander Powder, Cumin Powder, Dill, Fresh Cream, Corn Oil, Butter, Flour)

OPTION 2

CHICKEN BBQ 130 calories

(Chicken, Onion, Garlic, BBQ Sauce, Tomato Ketchup)

CUMIN RICE 329 calories

(Rice, Onion, Cumin Seed)

SIDE DISH

ROAST VEGETABLE 47 calories

(Carrot, Eggplant, Capsicum, Marrow, Onion, Soya Sauce, Balsamic Sauce)

VEGETARIAN

SAUTEED BROCCOLI, CARROT, CAULIFLOWER 48 calories

(Cauliflower, Carrot, Salt, Pepper)

PASTA

PASTA IN RED SAUCE 185 calories

(Pasta, Tomato Sauce, Celery, Leeks, Carrot, Salt, Pepper)

PASTA IN WHITE SAUCE 266 calories

(Pasta, Milk, Cream, Salt, Pepper, Butter, Flour, Oregano, Celery, Garlic, Onion, Parmesan)

1 SMALL PORTION **QAR 19.00**

2 BIG PORTION **QAR 23.00**





September 14, 2023 Thursday

Daily Menu

SOUP

HOT N' SOUR SOUP 72 calories
(Cabbage, Leeks, Carrot, Lemon Grass, Soya Sauce)

1 SMALL BOWL **QAR 6.50**

2 BIG BOWL **QAR 11.50**



BUFFET STYLE (MAIN COURSE)

1 SMALL PORTION **QAR 20.00**

2 BIG PORTION **QAR 24.00**

HOT FOOD AND VEGETARIAN COMBO **QAR 27.00**

OPTION 1

BEEF GOULASH 105 calories
(Beef, Honey, Tomato Paste, Potato, Carrot, Capsicum, Thyme, Cumin Powder, Cream)

OPTION 2

BUTTER CHICKEN 146 calories
(Chicken, Butter, Garlic, Onion, Cream, Yoghurt, Honey)

WHITE RICE 100 calories

SIDE DISH

GRILLED VEGETABLE 47 calories
(Carrot, Eggplant, Capsicum, Marrow, Onion, Soya Sauce, Balsamic Sauce)

VEGETARIAN

HERB AND GARLIC POTATO 88 calories
(Potato, Garlic, Butter, Herbs, Basil, Salt, Pepper)

PASTA

PRIMAVERA PASTA WITH CHICKEN 290 calories
(Chicken, Onion, Garlic, Milk, Cream, Pasta, Carrot, Beans, Capsicum, Parmesan)

1 SMALL PORTION **QAR 19.00**

2 BIG PORTION **QAR 23.00**





September 17, 2023 Sunday

Daily Menu

SOUP

FRENCH ONION SOUP *20 calories*

(Onion, Beef Stock, Soya Sauce, Salt, Garlic, Pepper, Ginger)

1 SMALL BOWL **QAR 6.50**

2 BIG BOWL **QAR 11.50**



BUFFET STYLE (MAIN COURSE)

1 SMALL PORTION **QAR 20.00**

2 BIG PORTION **QAR 24.00**

HOT FOOD AND VEGETARIAN COMBO **QAR 27.00**

GRILLED BEEF IN HONEY PEPPER SAUCE *150 calories*

(Beef, Honey, Onion, Garlic, Oyster Sauce, Soya Sauce, Capsicum, Corn Oil)

MASHED POTATO *136 calories*

(Potato, Butter, Milk, Salt, Sugar, Cream)

WHITE RICE *100 calories*

SIDE DISH

STEAMED VEGETABLE *40 calories*

(Cauliflower, Broccoli, Marrow, Carrot, Salt, Pepper)

VEGETARIAN

BUTTER VEGETABLE *57 calories*

(Carrot, Cauliflower, Broccoli, Marrow, Garlic, Onion, Butter)

PASTA

CARBONARA PASTA WITH CHICKEN *235 calories*

(Chicken, Butter, Milk, Cream, Onion, Garlic, Oregano, Salt, Pepper)

1 SMALL PORTION **QAR 19.00**

2 BIG PORTION **QAR 23.00**





September 18, 2023 Monday

Daily Menu

SOUP

VEGETABLE SWEET CORN SOUP *40 calories*
(Sweet Corn, Onion Spring, Carrots, Beans, Garlic, Salt, Pepper, Leeks)

1 SMALL BOWL **QAR 6.50**

2 BIG BOWL **QAR 11.50**



BUFFET STYLE (MAIN COURSE)

1 SMALL PORTION **QAR 20.00**

2 BIG PORTION **QAR 24.00**

HOT FOOD AND VEGETARIAN COMBO **QAR 27.00**

CHICKEN STROGANOFF *121 calories*
(Chicken, Capsicum, Celery, Mushroom, Butter, Demi-Glace, Cream)

WHITE RICE *100 calories*

SIDE DISH

ROAST VEGETABLE *40 calories*
(Potato, Sweet Potato, Pumpkin, Carrot, Capsicum, Olive oil, Salt, Pepper, Parsley)

VEGETARIAN

SAUTEED CAULIFLOWER, CARROT *48 calories*
(Cauliflower, Carrot, Salt, Pepper)

PASTA

MEAT LASAGNA *290 calories*
(Lasagna Sheet, Minced Beef, Cheddar Cheese, Mozzarella Cheese, Tomato Sauce, Celery)

1 SMALL PORTION **QAR 19.00**

2 BIG PORTION **QAR 23.00**





September 19, 2023 Tuesday

Daily Menu

SOUP

CREAM OF BROCCOLI SOUP 20 calories
(Onion, Beef Stock, Soya Sauce, Salt, Garlic, Pepper, Ginger)

1 SMALL BOWL **QAR 6.50**

2 BIG BOWL **QAR 11.50**



BUFFET STYLE (MAIN COURSE)

1 SMALL PORTION **QAR 20.00**

2 BIG PORTION **QAR 24.00**

HOT FOOD AND VEGETARIAN COMBO **QAR 27.00**

CHICKEN PARMIGIANA 135 calories
(Chicken, Cream, Red Sauce, Parmesan Cheese, Salt, Pepper, Onion, Garlic)

WHITE RICE 100 calories

SIDE DISH

GRILLED VEGETABLE 48 calories
(Capsicum, Eggplant, Carrot, Marrow, Onion, Oregano, Soya Sauce, Balsamic)

VEGETARIAN

VEGETABLE CURRY 61 calories
(Carrot, Potato, Cauliflower, Salt, Pepper, Cumin, Turmeric, Coriander, Onion, Garlic)

PASTA

CREAMY BROCCOLI PASTA 122 calories
(Pasta, Butter, Milk, Cream, Onion, Garlic, Oregano, Broccoli)

1 SMALL PORTION **QAR 19.00**

2 BIG PORTION **QAR 23.00**



Set Meal Menu

APPETIZER MEAL

Italian Salad
Chicken Parmigiana
Herb Rice

VEGETARIAN MEAL FRUITS DESSERT BEVERAGES

Grilled Vegetable
Fresh Fruits
Mini Chocolate Muffin
Water



Set Meal Menu for Primary (age 4 up to 10) **QAR 19.00 (400-500 calories)**

Set Meal Menu for Secondary (from age 11 to 14) **QAR 23.00 (500-600 calories)**





September 20, 2023 Wednesday

Daily Menu

SOUP

CHICKEN CLEAR SOUP 49 calories
(Chicken, Carrot, Potato, Leek, Chicken Stock, Garlic, Onion, Parsley)

1 SMALL BOWL **QAR 6.50**

2 BIG BOWL **QAR 11.50**



BUFFET STYLE (MAIN COURSE)

1 SMALL PORTION **QAR 20.00**

2 BIG PORTION **QAR 24.00**

HOT FOOD AND VEGETARIAN COMBO **QAR 27.00**

OPTION 1

CAJUN GRILLED FISH IN MUSTARD SAUCE 162 calories
(Cajun Powder, White Fish, Lime, Mustard Cream, Cumin, Coriander, Milk, Cream, Butter)

OPTION 2

BEEF MONGOLIAN 96 calories
(Beef, Onion, Garlic, Capsicum, Soya Sauce, Oyster Sauce, Corn Flour)

CORN N' PEPPER RICE 332 calories
(Rice, Capsicum, Corn, Oil, Salt, Cinnamon Stick, Bay Leaves, Cardamom, Cloves)

SIDE DISH

STEAMED VEGETABLE 40 calories
(Cauliflower, Broccoli, Marrow, Carrot, Salt, Pepper)

VEGETARIAN

STIR FRY VEGETABLE 46 calories
(Carrot, Capsicum, Cabbage, Zucchini, Green Beans, Soya Sauce, Oyster Sauce)

PASTA

PASTA IN RED SAUCE 185 calories
(Pasta, Tomato Sauce, Celery, Leeks, Carrot, Salt, Pepper)

PASTA IN WHITE SAUCE 266 calories
(Pasta, Milk, Cream, Salt, Pepper, Butter, Flour, Oregano, Celery, Garlic, Onion, Parmesan)

1 SMALL PORTION **QAR 19.00**

2 BIG PORTION **QAR 23.00**





September 21, 2023 Thursday

Daily Menu

SOUP

CREAM OF CHICKEN SOUP 92 calories

(Potato, Sweet Potato, Pumpkin, Carrot, Capsicum, Olive oil, Salt, Pepper, Parsley)

1 SMALL BOWL QAR 6.50

2 BIG BOWL QAR 11.50



BUFFET STYLE (MAIN COURSE)

1 SMALL PORTION QAR 20.00

2 BIG PORTION QAR 24.00

HOT FOOD AND VEGETARIAN COMBO QAR 27.00

OPTION 1

BEEF STIR FRY 136 calories

(Beef, Oyster Sauce, Soya Sauce, Ginger, Onion, Garlic, Corn Flour, Capsicum)

OPTION 2

CHICKEN BIRYANI 173 calories

(Chicken, Rice, Onion, Garlic, Biryani Masala, Tomato, Yoghurt, Garam Masala, Turmeric, Cumin, Coriander Powder)

SIDE DISH

ROAST VEGETABLE 40 calories

(Carrot, Eggplant, Capsicum, Marrow, Onion, Soya Sauce, Balsamic Sauce)

VEGETARIAN

GRILLED VEGETABLE WITH MOZZARELLA 46 calories

(Capsicum, Marrow, Carrot, Indian Spices, Onion, Eggplant, Mozzarella, Cheddar Cheese, Parmesan Cheese)

PASTA

CHICKEN PENNE ARABIATTA 219 calories

(Penne Pasta, Tomato Paste, Basil, Peeled Tomato, Parsley, Capsicum, Eggplant, Red Sauce, Chicken)

1 SMALL PORTION QAR 19.00

2 BIG PORTION QAR 23.00





September 24, 2023 Sunday

Daily Menu

SOUP

AMERICAN CORN CHOWDER SOUP 126 calories

(Corn, Vegetable Stock, Cream, Milk, Butter, Flour, Celery, Salt, Pepper, Garlic, Onion)

1 SMALL BOWL **QAR 6.50**

2 BIG BOWL **QAR 11.50**



BUFFET STYLE (MAIN COURSE)

1 SMALL PORTION **QAR 20.00**

2 BIG PORTION **QAR 24.00**

HOT FOOD AND VEGETARIAN COMBO QAR 27.00

SLICE BEEF WITH BROWN GRAVY 154 calories

(Beef, Salt, Pepper, Garlic, Onion, Demi-Glace, Cooking Cream, Rosemary, Corn Oil)

MASHED POTATO 229 calories

(Potato, Butter, Milk, Salt, Sugar, Cream)

WHITE RICE 100 calories

SIDE DISH

GRILLED VEGETABLE 47 calories

(Carrot, Eggplant, Capsicum, Marrow, Onion, Soya Sauce, Balsamic Sauce)

VEGETARIAN

MIX VEGETABLE CURRY 61 calories

(Carrot, Potato, Beans, Cauliflower, Green Peas, Salt, Pepper, Cumin, Turmeric, Coriander, Chili, Onion, Garlic)

PASTA

SPAGHETTI BOLOGNESE 260 calories

(Spaghetti, Mince Beef, Onion, Garlic, Celery, Carrot, Tomato Paste, Demi-Glace)

1 SMALL PORTION **QAR 19.00**

2 BIG PORTION **QAR 23.00**





September 25, 2023 Monday

Daily Menu

SOUP

CHICKEN MANCHOW SOUP 141 calories

(Chicken, Capsicum, Cabbage, Carrot, Pasta, Soya Sauce, Garlic, Onion)

1 SMALL BOWL **QAR 6.50**

2 BIG BOWL **QAR 11.50**



BUFFET STYLE (MAIN COURSE)

1 SMALL PORTION **QAR 20.00**

2 BIG PORTION **QAR 24.00**

HOT FOOD AND VEGETARIAN COMBO **QAR 27.00**

GRILLED CHICKEN WITH CAJUN SAUCE 121 calories

(Chicken, Lemon, Flour, Cajun Spice, Salt, Pepper)

HERB RICE 100 calories

(Chicken, Lemon, Flour, Cajun Spice, Salt, Pepper)

SIDE DISH

STEAM VEGETABLE 40 calories

(Cauliflower, Broccoli, Marrow, Carrot, Salt, Pepper)

VEGETARIAN

BAKED ZUCCHINI CASSEROLE 66 calories

(Marrow, Red Sauce Salt, Pepper, Mozzarella, Oregano, Onion, Garlic)

PASTA

BAKE MACARONI 249 calories

(Macaroni Pasta, Minced Beef, Milk, Cream, Parmesan, Cheddar Cheese, Salt, Pepper, Red Sauce)

1 SMALL PORTION **QAR 19.00**

2 BIG PORTION **QAR 23.00**





September 26, 2023 Tuesday

Daily Menu

SOUP

CREAM OF ASPARAGUS SOUP *49 calories*

(Asparagus, Butter, Onion, Garlic, Celery, Cream, Corn Flour, Vegetable Stock)

1 SMALL BOWL **QAR 6.50**

2 BIG BOWL **QAR 11.50**



BUFFET STYLE (MAIN COURSE)

1 SMALL PORTION **QAR 20.00**

2 BIG PORTION **QAR 24.00**

HOT FOOD AND VEGETARIAN COMBO **QAR 27.00**

BEEF GOULASH *105 calories*

(Beef, Honey, Tomato Paste, Potato, Carrot, Capsicum, Thyme, Cumin Powder, Cream)

YELLOW RICE *344 calories*

(Rice, Onion, Turmeric Powder, Cinnamon Stick, Cardamom, Cloves, Salt, Oil)

SIDE DISH

ROAST VEGETABLE *40 calories*

(Potato, Sweet Potato, Pumpkin, Carrot, Capsicum, Olive oil, Salt, Pepper, Parsley)

VEGETARIAN

POTATO AND CARROT CURRY *116 calories*

(Potato, Carrot, Onion, Garlic, Coriander Powder, Cumin Powder, Turmeric Powder)

PASTA

SPAGHETTI OGLIOI OLIO *330 calories*

(Spaghetti, Olive Oil, Garlic, Parmesan Cheese, Parsley, Chili Flakes)

1 SMALL PORTION **QAR 19.00**

2 BIG PORTION **QAR 23.00**





September 27, 2023 Wednesday

Daily Menu

SOUP

MINESTRONE SOUP 50 calories

(Tomate Paste, Pasta, Carrot, Potato, Leeks, Celery, Onion, Cabbage)

1 SMALL BOWL **QAR 6.50**

2 BIG BOWL **QAR 11.50**



BUFFET STYLE (MAIN COURSE)

1 SMALL PORTION **QAR 20.00**

2 BIG PORTION **QAR 24.00**

HOT FOOD AND VEGETARIAN COMBO **QAR 27.00**

OPTION 1

FISH IN GOURMET SAUCE 139 calories

(Fish, Onion, Garlic, Carrot, Mushroom, Marrow, Cooking Cream, Coriander Powder, Cumin Powder, Butter, Flour)

OPTION 2

CHICKEN WITH PEPPER SAUCE 136 calories

(Chicken, Onion, Garlic, Rosemary, Demi-Glace, Cooking Cream)

YELLOW RICE 344 calories

(Rice, Onion, Turmeric Powder, Cinnamon Stick, Cardamom, Cloves, Salt, Oil)

SIDE DISH

GRILLED VEGETABLE 47 calories

(Carrot, Eggplant, Capsicum, Marrow, Onion, Soya Sauce, Balsamic Sauce)

VEGETARIAN

LAYONNAISE POTATO 73 calories

(Potato, Onion, Bay Leaves, Vinegar, Parsley)

PASTA

PASTA IN RED SAUCE 185 calories

(Pasta, Tomato Sauce, Celery, Leeks, Carrot, Salt, Pepper)

PASTA IN WHITE SAUCE 235 calories

(Pasta, Milk, Cream, Salt, Pepper, Butter, Flour, Oregano, Celery, Garlic, Onion, Parmesan)

1 SMALL PORTION **QAR 19.00**

2 BIG PORTION **QAR 23.00**





September 28, 2023 Thursday

Daily Menu

SOUP

CHICKEN NOODLE SOUP 78 calories
(Chicken, Noodles, Onion, Garlic, Chicken Stock, Carrot)

1 SMALL BOWL **QAR 6.50**

2 BIG BOWL **QAR 11.50**



BUFFET STYLE (MAIN COURSE)

1 SMALL PORTION **QAR 20.00**

2 BIG PORTION **QAR 24.00**

HOT FOOD AND VEGETARIAN COMBO **QAR 27.00**

OPTION 1

BEEF STEW 134 calories
(Beef, Potato, Onion, Garlic, Ginger, Celery, Bay Leaves, Tomato Paste Demi-Glace, Carrot)

OPTION 2

BUTTER CHICKEN 136 calories
(Chicken, Butter, Garlic, Onion, Cream, Yoghurt, Honey)

WHITE RICE 100 calories

SIDE DISH

STEAMED VEGETABLE 40 calories
(Cauliflower, Broccoli, Marrow, Carrot, Salt, Pepper)

VEGETARIAN

SAUTEED CAULIFLOWER, CARROT, BROCCOLI 41 calories
(Broccoli, Cauliflower, Carrot, Salt, Pepper)

PASTA

SPAGHETTI IN RED SAUCE WITH SAUSAGE 235 calories
(Chicken, Farfalle Pasta, Mushroom, Butter, Onion, Garlic, Milk, Cream)

1 SMALL PORTION **QAR 19.00**

2 BIG PORTION **QAR 23.00**

