



#### January 8, 2024 Monday

### **Daily** Menu

SOUP

CHICKEN MANCHOW SOUP 141 calories \*soup for pre-order only (Chicken, Capsicum, Cabbage, Carrot, Pasta, Soya Sauce, Garlic, Onion)

1 SMALL BOWL QAR 7.75

2 BIG BOWL QAR 14.00

#### **BUFFET STYLE (MAIN COURSE)**

1 SMALL PORTION QAR 20.00

2 BIG PORTION QAR 24.00

HOT FOOD AND VEGETARIAN COMBO QAR 27.00

MAIN DISH
OPTION 1

**CHICKEN STROGANOFF 121 calories** 

(Chicken, Capsicum, Celery, Mushroom, Butter, Demi-Glace, Cream)

MAIN DISH
OPTION 2

**CARROT RICE** 100 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** 

**CHICKEN PENNE ARABIATTA 219 calories** 

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

1 SMALL PORTION QAR 19.00











#### January 9, 2024 Tuesday

### **Daily** Menu

SOUP

MINESTRONE SOUP 50 calories \*soup for pre-order only (Tomate Paste, Pasta, Carrot, Potato, Leeks, Celery, Onion, Cabbage)

1 SMALL BOWL QAR 7.75

2 BIG BOWL QAR 14.00

#### **BUFFET STYLE (MAIN COURSE)**

1 SMALL PORTION QAR 20.00

2 BIG PORTION QAR 24.00

HOT FOOD AND VEGETARIAN COMBO QAR 27.00

#### **PASTA**

#### **MEAT LASAGNA** 290 calories

(Lasagna Sheet, Minced Beef, Cheddar Cheese, Mozzarella Cheese, Tomato Sauce, Celery)

#### **PASTA WITH WHITE SAUCE W/ CHICKEN 266 calories**

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

#### PASTA WITH RED SAUCE W/ CHICKEN 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

SIDE DISH

#### **GRILLED VEGETABLE** 48 calories

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











#### January 10, 2024 Wednesday

### **Daily** Menu

CREAM OF BROCCOLI SOUP 50 calories \*soup for pre-order only SOUP

(Broccoli, Butter, Fresh Cream, Garlic, Onion, Flour)

1 SMALL BOWL **QAR 7.75** 

2 BIG BOWL **QAR 14.00** 

**BUFFET STYLE (MAIN COURSE)** 

**1** SMALL PORTION **QAR 20.00** 

2 BIG PORTION **QAR 24.00** 

HOT FOOD AND VEGETARIAN COMBO OAR 27.00

MAIN DISH **BEEF GOULASH** 105 calories

OPTION 1

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

MAIN DISH **GRILLED FISH IN CAJUN SAUCE 121 calories** 

**OPTION 2** (Fish, Lemon, Flour, Cajun Spice, Salt, Pepper)

WHITE RICE 100 calories

**ROAST VEGETABLE** 40 calories

SIDE DISH (Potato, Sweet Potato, Pumpkin, Carrot, Capsicum, Olive oil,

Salt, Pepper, Parsley)

**GRILLED VEGETABLE WITH MOZZARELLA** 46 calories **VEGETARIAN** 

(Capsicum, Eggplant, Carrot, Marrow, Onion, Oregano, Soya Sauce,

Balsamic, Mozzarella)

**PASTA IN CHERIE TOMATO SAUCE 242 calories PASTA** 

(Red Sauce, White Sauce Cherry Tomato, Oregano, Parsley, Salt, Pepper)

**1** SMALL PORTION **QAR 19.00** 









#### January 11, 2024 Thursday

### **Daily** Menu

SOUP

**FRENCH ONION SOUP** 20 calories \*soup for pre-order only (Onion, Beef Stock, Soya Sauce, Salt, Garlic, Pepper, Ginger)

1 SMALL BOWL QAR 7.75

2 BIG BOWL QAR 14.00



#### **BUFFET STYLE (MAIN COURSE)**

1 SMALL PORTION QAR 20.00

2 BIG PORTION QAR 24.00

HOT FOOD AND VEGETARIAN COMBO QAR 27.00

MAIN DISH OPTION 1 **BUTTER CHICKEN 146 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

**VEGETABLE AU GRATIN** 133 calories

(Mix Vegetable, Cream, Salt, Pepper, Flour, Mozzarella Cheese, Sweetcorn, Garlic,

Onion)

**PASTA** 

**CHICKEN PRIMAVERA PASTA SAUCE** 290 calories

(Chicken, Onion, Garlic, Milk, Cream, Pasta, Carrot, Beans,

Capsicum, Parmesan)

1 SMALL PORTION QAR 19.00









#### January 14, 2024 Sunday

### **Daily** Menu

SOUP

**VEGETABLE SWEET CORN SOUP** 40 calories \*soup for pre-order only

(Sweet Corn, Onion Spring, Carrots, Beans, Garlic, Salt, Pepper, Leeks)

1 SMALL BOWL QAR 7.75

2 BIG BOWL QAR 14.00

#### **BUFFET STYLE (MAIN COURSE)**

1 SMALL PORTION QAR 20.00

2 BIG PORTION QAR 24.00

HOT FOOD AND VEGETARIAN COMBO QAR 27.00

MAIN DISH

**BEEF IN BROWN GRAVY 154 calories** 

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

WHITE RICE 100 calories

MASHED POTATO 229 calories

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

SIDE DISH

**SAUTEED CARROT AND CAULIFLOWER** 41 calories

(Carrot, Cauliflower, Salt, Pepper)

**PASTA** 

**CREAMY BROCCOLI PASTA 122 calories** 

(Pasta, Butter, Milk, Cream, Onion, Garlic, Oregano, Broccoli)

1 SMALL PORTION QAR 19.00









#### January 15, 2024 Monday

## **Daily** Menu

SOUP

**PUMPKIN SOUP** 28 calories \*soup for pre-order only (Pumpkin, Garlic, Onion, Flour, Butter, Vegetable Stock)

1 SMALL BOWL QAR 7.75

2 BIG BOWL QAR 14.00



#### **BUFFET STYLE (MAIN COURSE)**

1 SMALL PORTION QAR 20.00

2 BIG PORTION QAR 24.00

HOT FOOD AND VEGETARIAN COMBO QAR 27.00

MAIN DISH
OPTION 1

**GRILLED CHICKEN IN CAJUN SAUCE** 121 calories

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

WHITE RICE 100 calories

SIDE DISH

**ROAST VEGETABLE** 40 calories

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

**VEGETARIAN** 

**PUMPKIN CURRY** 84 calories

(Pumpkin, Ginger, Garlic, Indian Spices, Onion, Tomato, Salt, Pepper)

**PASTA** 

**SPAGHETTI WITH MEATBALLS** 260 calories

(Spaghetti, Onion, Garlic, Salt, Pepper, Tomato, Beef, Oregano, Basil)

1 SMALL PORTION QAR 19.00









#### January 16, 2024 Tuesday

### **Daily** Menu

SOUP

CREAM OF MUSHROOM SOUP 72 calories \*soup for pre-order only

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

1 SMALL BOWL QAR 7.75

2 BIG BOWL QAR 14.00



#### **BUFFET STYLE (MAIN COURSE)**

**PASTA** 

MEAT LASAGNA 290 calories

(Lasagna Sheet, Minced Beef, Cheddar Cheese, Mozzarella Cheese, Tomato Sauce, Celery)

PASTA WITH WHITE SAUCE W/ SAUSAGE 266 calories

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

PASTA WITH RED SAUCE W/ SAUSAGE 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

SIDE DISH

**STEAM VEGETABLE** 40 calories

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











#### January 17, 2024 Wednesday

### **Daily** Menu

SOUP

**CREAMY BROCCOLI SOUP** 50 calories \*soup for pre-order only (Broccoli, Butter, Fresh Cream, Garlic, Onion, Flour)

1 SMALL BOWL QAR 7.75

2 BIG BOWL QAR 14.00

#### **BUFFET STYLE (MAIN COURSE)**

1 SMALL PORTION QAR 20.00

2 BIG PORTION QAR 24.00

HOT FOOD AND VEGETARIAN COMBO QAR 27.00

MAIN DISH
OPTION 1

**BEEF STEW** 134 calories

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

MAIN DISH OPTION 2 FISH N' DILL CREAMY SAUCE 154 calories

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

WHITE RICE 100 calories

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** 

**CREAMY CHICKEN CARBONARA** 122 calories

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

1 SMALL PORTION QAR 19.00









#### January 18, 2024 Thursday

### **Daily** Menu

SOUP

**CHICKEN NOODLE SOUP** 78 calories \*soup for pre-order only (Chicken, Noodles, Onion, Garlic, Chicken Stock, Carrot)

1 SMALL BOWL QAR 7.75

2 BIG BOWL QAR 14.00



#### **BUFFET STYLE (MAIN COURSE)**

1 SMALL PORTION QAR 20.00

2 BIG PORTION QAR 24.00

HOT FOOD AND VEGETARIAN COMBO QAR 27.00

MAIN DISH OPTION 1 **CHICKEN BIRYANI** 173 calories

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

SIDE DISH

**ROAST VEGETABLE** 40 calories

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

**VEGETARIAN** 

STIR FRY VEGETABLE 46 calories

(Carrot, Capsicum, Cabbage, Zucchini, Green Beans, Soya Sauce, Oyster Sauce)

**PASTA** 

**CHICKEN PENNE ARABIATTA** 242 calories

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

1 SMALL PORTION QAR 19.00









#### January 21, 2024 Sunday

### **Daily** Menu

SOUP

**CHICKEN CLEAR SOUP** 150 calories \*soup for pre-order only (Corn, Cream, Flour, Butter, Vegetable Stock, Salt, Pepper, Garlic, Onion)

1 SMALL BOWL QAR 7.75

2 BIG BOWL QAR 14.00

#### **BUFFET STYLE (MAIN COURSE)**

1 SMALL PORTION QAR 20.00

2 BIG PORTION QAR 24.00

HOT FOOD AND VEGETARIAN COMBO QAR 27.00

MAIN DISH

**BEEF WITH PEPPER SAUCE 150 calories** 

(Beef, Garlic, Mustard, Onion, Butter, Demi-Glace, Cream)

WHITE RICE 266 calories

MASHED POTATO 229 calories

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

SIDE DISH

STEAM VEGETABLE 40 calories

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

**VEGETARIAN** 

**BROCCOLI AND CAULIFLOWER CURRY** 116 calories

(Broccoli, Cauliflower, Onion, Garlic, Cinnamon Stick, Cardamom, Cloves, Coriander, Cumin,

Turmeric Powder)

**PASTA** 

**CHICKEN PRIMAVERA PASTA** 242 calories

(Chicken, Onion, Garlic, Milk, Cream, Pasta, Carrot, Capsicum,

Parmesan)

1 SMALL PORTION QAR 19.00











#### January 22, 2024 Monday

### **Daily** Menu

SOUP

**CREAM OF CARROT SOUP** 68 calories \*soup for pre-order only (Carrot, Butter, Onion, Garlic, Celery, Cream, Flour, Vegetable Stock)

1 SMALL BOWL QAR 7.75

2 BIG BOWL QAR 14.00

#### **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 WITH BROCCOLI** 108 calories

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

WHITE RICE 100 calories

SIDE DISH

**GRILLED VEGETABLE 48** calories

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

**VEGETARIAN** 

**HERB AND GARLIC POTATO** 88 calories

(Potato, Garlic, Butter, Herbs, Basil, Salt, Pepper)

**PASTA** 

**PASTA IN CHERIE TOMATO SAUCE** 235 calories

(Red Sauce, White Sauce Cherry Tomato, Oregano,

Parsley, Salt, Pepper)

1 SMALL PORTION QAR 19.00











#### January 23, 2024 Tuesday

### **Daily** Menu

SOUP

**MACARONI CHICKEN SOUP** 92 calories \*soup for pre-order only (Pumpkin, Veg Stock, Butter, Flour, Cream, Salt, Pepper, Garlic, Onion)

1 SMALL BOWL QAR 7.75

2 BIG BOWL QAR 14.00



#### **BUFFET STYLE (MAIN COURSE)**

**PASTA** 

**MEAT LASAGNA** 290 calories

(Lasagna Sheet, Minced Beef, Cheddar Cheese, Mozzarella Cheese, Tomato Sauce, Celery)

PASTA WITH WHITE SAUCE W/ CHICKEN 266 calories

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

PASTA WITH RED SAUCE W/ CHICKEN 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

SIDE DISH

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











#### January 24, 2024 Wednesday

### Daily Menu

SOUP

**AMERICAN CORN CHOWDER SOUP** 50 calories \*soup for pre-order only (Corn, Vegetable Stock, Cream, Milk, Butter, Flour, Celery, Salt, Pepper, Garlic, Onion)

1 SMALL BOWL QAR 7.75

2 BIG BOWL QAR 14.00

#### **BUFFET STYLE (MAIN COURSE)**

1 SMALL PORTION QAR 20.00

2 BIG PORTION QAR 24.00

HOT FOOD AND VEGETARIAN COMBO QAR 27.00

MAIN DISH
OPTION 1

**GRILLED CHICKEN WITH LEMON BUTTER SAUC E** 146 calories

(Chicken, Capsicum, Celery, Mushroom, Butter, Demi- Glace, Cream)

MAIN DISH OPTION 2 FISH IN GOURMET SAUCE 139 calories

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

WHITE RICE 100 calories

SIDE DISH

**STEAM VEGETABLE** 40 calories

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

**VEGETARIAN** 

**PUMPKIN CURRY** 84 calories

(Pumpkin, Ginger, Garlic, Indian Spices, Onion, Tomato, Salt, Pepper)

**PASTA** 

**CHICKEN ALFREDO PASTA 242 calories** 

(Chicken, Penne Pasta, Milk, Cream, Oregano, Parsley,

Onion, Garlic)

1 SMALL PORTION QAR 19.00











#### January 25, 2024 Thursday

### Daily Menu

SOUP

**LENTIL SOUP** 155 calories \*soup for pre-order only (Dal, Butter, Flour, Cream, Celery, Garlic, Onion)

1 SMALL BOWL QAR 7.75

**2** BIG BOWL **QAR 14.00** 

#### **BUFFET STYLE (MAIN COURSE)**

1 SMALL PORTION QAR 20.00

2 BIG PORTION QAR 24.00

HOT FOOD AND VEGETARIAN COMBO QAR 27.00

MAIN DISH

**BUTTER CHICKEN** 146 calories

(Chicken, Butter, Garlic, Onion, Cream, Yoghurt, Honey)

WHITE RICE 100 calories

SIDE DISH

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

**VEGETARIAN** 

**LAYONNAISE POTATO 73 calories** 

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

**PASTA** 

**SPAGHETTI WITH MEATBALLS** 260 calories (Spaghetti, Onion, Garlic, Salt, Pepper, Tomato, Beef, Oregano, Basil)

SMALL PORTION QAR 19.00











#### January 28, 2024 Sunday

### **Daily** Menu

SOUP

CREAM OF CHICKEN SOUP 92 calories \*soup for pre-order only

(Cream, Chicken, Chicken Stock, Salt, Pepper, Butter, Flour)

1 SMALL BOWL QAR 7.75

2 BIG BOWL QAR 14.00

**BUFFET STYLE (MAIN COURSE)** 

**1** SMALL PORTION **QAR 20.00** 

2 BIG PORTION QAR 24.00

HOT FOOD AND VEGETARIAN COMBO QAR 27.00

MAIN DISH

**BEEF GOULASH 134 calories** 

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

WHITE RICE 100 calories

MASHED POTATO 229 calories

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

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, Eggplant, Carrot, Marrow, Onion, Oregano, Soya Sauce, Balsamic, Mozzarella)

**PASTA** 

**PASTA IN CHICKEN MUSHROOM SAUCE 235 calories** 

(Chicken, Farfalle Pasta, Mushroom, Butter, Onion, Garlic,

Milk, Cream)

1 SMALL PORTION QAR 19.00







## SCHOOL MENU

(Month of January 2024)



### **Daily** Menu

SOUP

FRENCH ONION SOUP 20 calories \*soup for pre-order only

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

1 SMALL BOWL QAR 7.75

2 BIG BOWL QAR 14.00

**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)

**HERB RICE** 135 calories

(Rice, Thyme, Parsley, Oregano, Butter, Bay Leaves, Cardamom, Cloves)

SIDE DISH

**STEAMED VEGETABLE** 40 calories

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

**VEGETARIAN** 

**SAUTEED CAULIFLOWER AND CARROT** 48 calories

(Cauliflower, Carrot, Salt, Pepper)

**PASTA** 

**CHICKEN PENNE ARABIATTA** 122 calories

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

Chicken)

**1** SMALL PORTION **QAR 19.00** 











#### January 30, 2024 Tuesday

### **Daily** Menu

SOUP

**CREAM OF BROCCOLI SOUP** 50 calories \*soup for pre-order only

(Broccoli, Butter, Fresh Cream, Garlic, Onion, Flour)

1 SMALL BOWL QAR 7.75

2 BIG BOWL QAR 14.00

**BUFFET STYLE (MAIN COURSE)** 

1 SMALL PORTION QAR 20.00

2 BIG PORTION QAR 24.00

HOT FOOD AND VEGETARIAN COMBO QAR 27.00

**PASTA** 

MEAT LASAGNA 290 calories

(Lasagna Sheet, Minced Beef, Cheddar Cheese, Mozzarella Cheese, Tomato Sauce, Celery)

PASTA WITH WHITE SAUCE W/ SAUSAGE 266 calories

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

PASTA WITH RED SAUCE W/ SAUSAGE 181 calories

(Penne Pasta, Tomato Sauce, Tomato Paste, Onion, Garlic, Celery, Leeks, Carrot, Vegetable Oil)

1 SMALL PORTION QAR 19.00

SIDE DISH











#### January 31, 2024 Wednesday

## **Daily** Menu

SOUP

**CREAM OF SPINACH SOUP** 49 calories \*soup for pre-order only (Spinach, Cream, Salt, Pepper, Onion, Garlic, Butter, Flour, Vegetable Stock)

1 SMALL BOWL QAR 7.75

**2** BIG BOWL **QAR 14.00** 

**BUFFET STYLE (MAIN COURSE)** 

1 SMALL PORTION QAR 20.00

2 BIG PORTION QAR 24.00

HOT FOOD AND VEGETARIAN COMBO QAR 27.00

MAIN DISH OPTION 1

**CHICKEN CASSEROLE** 117 calories

(Chicken, Tomato, Tomato Paste, Onion, Garlic, Cream, Mozzarella, Oregano, Basil)

MAIN DISH OPTION 2 FISH IN LEMON BUTTER SAUCE 139 calories

(Fish, Lemon, Butter, Garlic, Salt, Pepper, Parsley)

WHITE RICE 100 calories

SIDE DISH

**ROAST VEGETABLE** 40 calories

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

**VEGETARIAN** 

**TERIYAKI VEGETABLE** 57 calories

(Carrot, Marrow, Cauliflower, Broccoli, Capsicum,

Teriyaki, Oyster, Soya Sauce)

**PASTA** 

**CHERIE TOMATO SAUCE PASTA 242 calories** 

(Red Sauce, White Sauce Cherry Tomato, Oregano, Parsley,

Salt, Pepper)

**1** SMALL PORTION **QAR 19.00** 





