






SLICES CANTEEN LUNCH MENU

10th of September – 14th of September

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
 SOUP	Leek & Potato	Pea & Mint	Minestrone	Carrot & Ginger	Zucchini
 MAIN COURSE	Baked Beef Kofta	Chicken Curry	Beef Cannelloni	Fish Cake	Chicken Burger
 VEGETARIAN	Vegetable Kofta	Chickpea & Tomato Curry	Tuscan Chickpea & Spinach Cannelloni	Crispy Vegetable Cake	Vegetable Burger
 STARCH/ CARBS	Brown & White Rice	Mixed Rice		Fusilli Pasta	Roasted Potato Wedges
 VEGETABLE	Grilled Vegetables & Tomato Sauce	Mixed Vegetables	Steamed Cauliflower	Creamed Corn	Lettuce, Onion Tomato & Pickle
 FRESH SALAD	Fattoush Salad	Caesar Salad	Rocca & Tomato	Mixed Garden Salad	Green Salad
 DESSERT	Strawberry Swiss Roll	Apple Crumble	Lemon Cake	Orange & Blossom Cake	Victoria Sponge
 FRESH FRUIT	Whole Fruit	Whole Fruit	Whole Fruit	Whole Fruit	Whole Fruit
 DRINK	Milk, Laban or Water	Milk, Laban or Water	Milk, Laban or Water	Milk, Laban or Water	Milk, Laban or Water

SLICES CANTEEN LUNCH MENU

17th of September – 21th of September

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
 SOUP	Carrot & Ginger	Lentil	Tomato & Basil	Pumpkin	Carrot
 MAIN COURSE	Beef Bolognaise	Chicken Biryani	Chicken Shish Tawouk	Beef Stir Fry	Chicken in Rose Sauce
 VEGETARIAN	Vegetable Bean Ragu	Vegetable Biryani	Vegetable Shish Tawouk	Vegetable Stir Fry	Vegetable in Rose Sauce
 STARCH/ CARBS	Fusilli Pasta		Mixed Rice / Arabic Bread	Asian Noodles	Brown & White Rice
 VEGETABLE	Steam Broccoli	Raita	Roasted Peppers	Roasted Sweet Corn	Broccoli
 FRESH SALAD	Rocca & Tomato	Green Salad	Fattoush Salad	Mixed Garden Salad	Caesar Salad
 DESSERT	Date Cake	Lemon Swiss Roll	Profiteroles	Cherry Crumble	Banana Cake
 FRUIT	Whole Fruit	Whole Fruit	Whole Fruit	Whole Fruit	Whole Fruit
 DRINK	Milk, Laban or Water	Milk, Laban or Water	Milk, Laban or Water	Milk, Laban or Water	Milk, Laban or Water

SLICES CANTEEN LUNCH MENU

24th of September – 28th of September

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
 SOUP	Peas and Mint	Lentil	Zucchini	Tomato & Basil	Minestrone
 NON-VEGETARIAN	Beef Lasagna	Butter Chicken	Chicken Quesadilla	Beef Stroganoff	Pepperoni Pizza
 VEGETARIAN	Vegetable Lasagna	Butter Vegetable	Vegetable Quesadilla	Cauliflower Gratin	Margarita Pizza
 STARCH/ CARBS		Mixed Rice	Mexican Rice	Penne Pasta	
 VEGETABLE	Roasted Carrot	Aloo Gobi	Roasted Corn	Green Beans	Roasted Peppers
 FRESH SALAD	Rocca & Tomato	Fattoush Salad	Mixed Garden Salad	Caesar Salad	Green Salad
 DESSERT	Apple Cinnamon	Tropical Cake	Madeleine	Carrot Cake	Mango Swiss Roll
 FRESH FRUIT	Whole Fruit	Whole Fruit	Whole Fruit	Whole Fruit	Whole Fruit
 BEVERAGE	Milk, Laban or Water	Milk, Laban or Water	Milk, Laban or Water	Milk, Laban or Water	Milk, Laban or Water

SCHOOL GRAB N STAY MENU



Snacks

Snacks are rotated on a daily basis and not all items are available everyday.

Omelette in Whole Wheat Toast
 Traffic Light Omelette with Whole Wheat Toast
 Scrambled Egg rolled in Tortilla Wrap
 Boiled Egg with Whole Wheat Toast
 2pc Mini Banana Pancakes
 2pc Honey & Oats Mini Pancake
 Piece of Flapjack
 Kids Size Round Cheese Manakish
 Kids Size Round Manakish with Zaatar
 2pc Mini Round Oats & Whole Meal Cookie
 2oz. Hummus with Crudités in a Cup
 2oz. Moutable with Crudités in a Cup
 2oz. Tzatziki with Crudités in a Cup
 50 grs. Variety of Muffin
 (Apple, Plain & Strawberry)
 Mini Margarita Pizza with Whole Wheat Base
 Fruit Salad in a Cup
 (Seasonal Fruits - Watermelon, Melon, Pineapple & Grapes)

All Snacks at AED 5.00



Regular Sandwiches

Our sandwiches prepared with as much fresh locally grown ingredients as possible. They come in different forms such as wraps and flat breads.

Chicken Aioli Sandwich	AED 12.00
Chicken Mayo Sandwich	AED 12.00
Egg Mayo Sandwich	AED 12.00
Grilled Vegetable Sandwich	AED 12.00
Cheese & Tomato Sandwich	AED 12.00
Tuna Lime Sandwich	AED 15.00
Tuna Mayo Sandwich	AED 15.00
Turkey Ham and Cheese Sandwich	AED 15.00
Shawarma Sandwich	AED 15.00
Smoked Turkey Ham Baguette	AED 15.00
Chargrilled Sandwich	AED 18.00
Chicken Pastrami Sandwich	AED 18.00
Club Sandwich	AED 18.00
Kofta Sandwich	AED 18.00
Philly Cheese Steak Sandwich	AED 18.00
Pulled Beef Sandwich	AED 22.00
Grilled Vegetable Wrap	AED 15.00
Beef Fajita Wrap	AED 18.00
Chicken Caesar Wrap	AED 18.00
Chicken Fajita Wrap	AED 18.00
Chicken Tikka Wrap	AED 18.00
Shish Tawouk Wrap	AED 18.00

SCHOOL GRAB N STAY MENU



Baked Goods

Homemade Cakes AED 5.00

Apple Sponge Cake
Banana Cake
Carrot Cake
Pineapple Upsidedown Cake
Lemon Sponge Cake

Croissants and Muffins

Assorted Croissants AED 6.00
Assorted Muffins AED 8.00

Manakish

Cheese AED 8.00
Zaatar AED 8.00



Salads

Packed Salads AED 15.00

Chicken Caesar Salad
Chicken and Avocado Salad
Fattoush Salad
Green Salad
Greek Salad
Quinoa Salad
Basil Pesto Pasta Salad
Sundried Tomato Pasta Salad

Fruit Salad AED 10.00
Yogurt with Muesli AED 10.00
Fresh Fruit per Piece AED 2.00

SCHOOL GRAB N STAY MENU



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Thirst Quenchers

Packed Organic Juice	AED 3.00
Orange	
Apple	
Mixed Fruit	
Strawberry	
Fresh Milk	AED 3.00
Laban	AED 3.00
Bottled Water	AED 2.00



Cold Pressed Juice

Cold-Pressed juices keep the nutrients and enzymes of fruit & vegetables intact which make them healthy, fresh & the closest thing to raw pure fruit & vegetables.

Carrot	AED 10.00
Pineapple	AED 10.00
Orange	AED 10.00
Apple	AED 10.00
Cocktail	AED 10.00

TRY OUR NEW
COLD-PRESSED
JUICES!

