



AFLEC -Canteen

Dates: 25.08.25-28.08.25



MONDAY

TUESDAY

WEDNESDAY

GOURMET THURSDAY

NON -VEGETARIAN OPTION	Fish Cake (F) in Lemon Sauce with Mediterranean Couscous	Honey Glazed Chicken with Garlic Rice	Beef Slider	Chicken Rigatoni
VEGETARIAN OPTION	Mediterranean Vegetables w/ Tomato Couscous (V)	Honey Glazed Tofu with Garlic Rice (V)	Halloumi & Mushroom Slider With Tomato Chutney (V)	Vegetarian Rigatoni (V)
VEGETABLES	Sweet Corn & Carrots (V) (VG)(DF)(GF)	Stir Fry Vegetables (V)(VG)(DF)(GF)	Baked Chips (V)(VG)(GF)(DF)	Steamed Broccoli (V)(VG)(GF)(DF)
SALAD OF THE DAY	SALAD OF THE DAY/ BREAD ROLL(V)(VG)(GF)(DF)	SALAD OF THE DAY/ BREAD ROLL(V)(VG)(GF)(DF)	SALAD OF THE DAY (V)(VG)(GF)(DF)	Classic Caesar Salad/ BREAD ROLL (V)(VG)(GF)(DF)
DESSERT	Fruit Yoghurt .(V) with Juice	Apple Pot (V)(VG)(DF)(GF) .With Juice	Grapes Pot (V)(VG)(DF)(GF) With Juice	Mixed Melon Pot (V)(VG)(DF)(GF) With Juice

Average calories per day: 580 -650 calories

(V) – Vegetarian / (VG) – Vegan / (GF) – Gluten free / (DF) – Dairy free / (E) – Contains egg / (F) – Fish / (S) - Contains soya



AFLEC -Canteen

Dates: 01.09.25-04.09.25



	MONDAY	TUESDAY	WEDNESDAY	AMERICAN THURSDAY
NON -VEGETARIAN OPTION	Baked Fish (F) Nuggets with Baked New Potatoes & Homemade Tartar Sauce	Chicken Kabsa	Beef Lasagna	Chicken Hot Dog, Stuffed Baked Beans
VEGETARIAN OPTION	Baked Beans with Baked New Potatoes & Homemade Tartar Sauce (V)	Vegetable Kabsa (V)	Vegetarian Lasagna (V)	Vegetable Jambalaya (V)
VEGETABLES	Sweet Corn and Peas (V)(VG)(DF)(GF)	Sauted Snow Peas (V) (VG) (GF) (DF)	Pan Roasted Carrots (V)(VG) (DF)(GF)	Southern Corn on the Cob (V)(VG)(GF)
SALAD OF THE DAY	SALAD OF THE DAY/ BREAD ROLL(V)(VG)(GF)(DF)	SALAD OF THE DAY/ BREAD ROLL(V)(VG)(GF)(DF)	SALAD OF THE DAY/ BREAD ROLL(V)(VG)(GF)(DF)	American Coleslaw/ BREAD ROLL(V)(VG)(GF)(DF)
DESSERT	Fruit Yoghurt (V) with Juice	Mandarin (V)(VG)(DF)(GF) with Juice	Mixed Seasonal Fruit Pot (V) (VG)(DF)(GF) with Juice	Apple Pie (V) with Juice

Average calories per day: 580 -650 calories

(V) – Vegetarian/ (VG) – Vegan /(GF) – Gluten free/DF) – Dairy free / (E) – Contains egg/ (F) – Fish /(S) - Contains soya



AFLEC -Canteen

Dates: 08.09.25-11.09.25



	MONDAY	TUESDAY	WEDNESDAY	GOURMET THURSDAY
NON -VEGETARIAN OPTION	Fish (F) Teriyaki with Egg Noodles	Beef Stroganoff with Mashed Potato	Chicken Tikka with Jeera Rice	Beef Bolognese with Penne Pasta
VEGETARIAN OPTION	Vegetable Teriyaki with Egg Noodles (V)(DF)	Mushroom Stroganoff with Mashed Potato (V)	Vegetable Tikka with Jeera Rice (V)	Tomato Sauce with Penne Pasta (V)
VEGETABLES	Steamed Broccoli (V)(VG)(GF)(V)(DF)	Steamed Snow Peas (V)(VG)(DF)(GF)	Pan Roasted Carrots (V)(VG)(DF)(GF)	Grilled Mediterranean Vegetables (V)(VG)(DF)(GF)
SALAD OF THE DAY	SALAD OF THE DAY/ BREAD ROLL(V)(VG)(GF)(DF)	SALAD OF THE DAY/ BREAD ROLL(V)(VG)(GF)(DF)	SALAD OF THE DAY/ BREAD ROLL(V)(VG)(GF)(DF)	Garden Salad/ BREAD ROLL(V)(VG)(GF)(DF)
DESSERT	Fruit Yoghurt (V) with Juice	Mixed Seasonal Fruit Pot(V)(VG)(DF)(GF) with Juice	Grapes Pot (V)(VG)(DF)(GF) with Juice	Banana Pudding (V) with Juice

Average calories per day: 580 -650 calories

(V) – Vegetarian / (VG) – Vegan / (GF) – Gluten free / (DF) – Dairy free / (E) – Contains egg / (F) – Fish / (S) - Contains soya



AFLEC -Canteen
Dates: 15.09.25-18.09.25



MONDAY

TUESDAY

WEDNESDAY

**MEXICAN
THURSDAY**



NON - VEGETARIAN OPTION	Fish Machboos (F) with Tomato Sauce	Chicken Alfredo with Fusilli Pasta	Beef Bourguignon with Mashed Potato	Chicken Quesadilla w/ Mexican Rice and Beans
VEGETARIAN OPTION	Vegetable Casserole with Steamed Rice (V)	Mushroom Alfredo with Fusilli Pasta (V)	Mushroom Bourguignon with Mashed Potato (V)	Corn Quesadilla w/ Mexican Rice and Beans (V)
VEGETABLES	Corn on the Cob (V)(VG)(DF)(GF)	Sauteed Broccoli (V)(VG)(DF)(GF)	French Beans (V)(VG)(GF)(DF)	Sauteed Capsicum w/ Sour Yogurt, Mild Mexican Salsa, Grilled Lime (V)
SALAD OF THE DAY	SALAD OF THE DAY/ BREAD ROLL (V)(VG)(GF)(DF)	SALAD OF THE DAY/ BREAD ROLL (V)(VG)(GF)(DF)	SALAD OF THE DAY/ BREAD ROLL (V)(VG)(GF)(DF)	Mexican Chopped Salad/ Tortilla Bread (V)(VG)(DF)(GF)
DESSERT	Mixed Melon Pot (V)(VG)(DF)(GF) with Juice	Apple Pot (V)(VG)(DF)(GF) with Juice	Fresh Banana (V)(VG)(DF)(GF) . with Juice	Mango Pudding (V) with Juice

Average calories per day: 580 -650 calories

(V) – Vegetarian / (VG) – Vegan / (GF) – Gluten free / (DF) – Dairy free / (E) – Contains egg / (F) – Fish / (S) - Contains soya



AFLEC -Canteen

Dates: 22.09.25-25.09.25



MONDAY

TUESDAY

WEDNESDAY

GOURMET THURSDAY

NON - VEGETARIAN OPTION	Chicken Chow Mein	Fish (F) Fingers with Lemon Rice	Beef Cottage Pie	Baked Chicken Nuggets & Baked Chips with Homemade Tomato Sauce
VEGETARIAN OPTION	Vegetable Chow Mein (V)	Vegetable Stew with Lemon Rice (V)	Vegetarian Cottage Pie (V)	Mac and Cheese (V)
VEGETABLES	Steamed Beans (V)(VG)(DF)(GF)	Steamed Green Peas (V) (VG) (GF) (DF)	Minted Peas (V)(VG)(DF)(GF)	Sweet Corn (V)(VG)(GF)(DF)
SALAD OF THE DAY	SALAD OF THE DAY/ BREAD ROLL (V)(VG)(GF)(DF)	SALAD OF THE DAY/ BREAD ROLL (V)(VG)(GF)(DF)	SALAD OF THE DAY/ BREAD ROLL (V)(VG)(GF)(DF)	Classic Potato Salad/ BREAD ROLL (V)(VG)(GF)(DF)
DESSERT	Fruit Yoghurt (V) with Juice	Mixed Melon Pot (V)(VG)(DF)(GF) with Juice	Fresh Banana (V)(VG)(DF)(GF) with Juice	(Mixed Seasonal Fruit Pot (V)(VG)(DF)(GF) with Juice

Average calories per day: 580 -650 calories

(V) – Vegetarian / (VG) – Vegan /(GF) – Gluten free /DF) – Dairy free / (E) – Contains egg /(F) – Fish /(S) - Contains soya



AFLEC -Canteen

Dates: 29.09.25- 02.10.25



	MONDAY	TUESDAY	WEDNESDAY	LEBANESE THURSDAY
NON - VEGETARIAN OPTION	Chicken Sausage & Mash Potato with Onion Gravy	Baked Fish (F) Nuggets in Pink Sauce with Fusilli Pasta	Beef Stir Fry with Egg Noodles	Chicken Shawarma
VEGETARIAN OPTION	Vegetarian Meatballs & Mash Potato with Onion Gravy (V)	Fusilli Pasta in Pink Sauce (V)	Vegetable Stir Fry with Egg Noodles (V)	Falafel Wrap (V)
VEGETABLES	Steamed Carrots (V)(VG)(GF)(DF)	Mediterranean Vegetables with Nut Free Pesto (V)(VG)(GF)(DF)	Broccoli with Edamame (V)(VG) (GF)(DF)	Riz bi Sh'arieh (Lebanese Rice with Vermicelli) (V)
SALAD OF THE DAY	SALAD OF THE DAY/ BREAD ROLL (V) (VG) (GF) (DF)	SALAD OF THE DAY/ BREAD ROLL (V)(VG)(GF)(DF)	SALAD OF THE DAY/ BREAD ROLL (V)(VG)(GF)(DF)	Garlic Toum, Pickles, Tomato (V)(VG)(GF)(DF) / Saj Bread
DESSERT	Fresh Banana (V)(VG)(GF)(DF) with Juice	Mixed Melon Pot (V)(VG)(GF)(DF)) with Juice	Grapes Pot (V)(VG)(GF)(DF) with Juice	Ma'amoul (Date Cookies) (V) with Juice

Average calories per day: 580 -650 calories

(V) – Vegetarian / (VG) – Vegan / (GF) – Gluten free / (DF) – Dairy free / (E) – Contains egg / (F) – Fish / (S) - Contains soya