



# örtizana

CATERING

**THE MENU "TERM 2- 2019"**

Dear Parents,

We at Artizana would like to welcome you to our new home at Ajman Academy, and introduce ourselves to you.

Our founders are parents first, and chefs second. This means that we understand, appreciate, and very carefully implement the standards of healthy eating that we provide to our very own children on a daily basis.

This is achieved through a variety of factors, such as using fresh and high quality ingredients in our cooking, using no additives, and ensuring that our meals are balanced and contain the relevant quantities of each food group in order to make sure that your children, our children, are receiving their nutrition just as they would be at home.

Our communication channels are always open, please feel free to contact us through our email below or by reaching out directly to our manager on site, Mr. Basel Mardini (contact details below).

Finally, we would like to emphasize the importance of mentioning any food allergies that your children may have in the registration forms of Artizana.

We look forward to our journey together.

Kind regards,

The Artizana Team



**Manager: Basel Mardini**

**Email: [bm@mentorhospitality.ae](mailto:bm@mentorhospitality.ae)**

**Contact Number: +971 55 973 2172**



# BREAKFAST MENU

	SUN	MON	TUE	WED	THU
<b>WEEK 1</b>					
<b>MAIN</b>	- Donuts	Sandwiches: - Cream Cheese - Butter & Jam	- Plain Croissants	- Labneh Sandwich - Boiled Egg	- Mini Pizza - Cheese Manakeesh
<b>SIDES</b>	- Flavored Yogurt - Oranges	- Cucumber Sticks - Watermelon	- Carrot Sticks - Pineapples	- Sliced Tomatoes - Green Apples	- Flavored Yogurt - Mix Fruits
<b>WEEK 2</b>					
<b>MAIN</b>	- Scrambled Egg Sandwich	- Pancakes	- English roll Cream cheese - Butter and jam	- Cheese Croissant	- Mini pizza - Cheese manakeesh
<b>SIDES</b>	- Date Pudding - Cut Fruits	- Cream Cheese - Bananas	- Cucumber Sticks - Pineapples	- Carrot Sticks - Green Apples	- Flavored Yogurt - Mix Fruits
<b>WEEK 3</b>					
<b>MAIN</b>	- Paratha with Cream - Cheese	- Emirati Chbab	- Labneh Sandwich - Boiled Egg	- Twist Cheese	- Mini pizza - Cheese manakeesh
<b>SIDES</b>	- Date Pudding - Watermelon	- Cream Cheese - Banana	- Sliced Tomatoes - Green Apples	- Cucumber Sticks - Pineapples	- Flavored Yogurt - Mix Fruits
<b>WEEK 4</b>					
<b>MAIN</b>	- Scrambled Egg Sandwich	Sandwiches - Cream Cheese - Butter & Jam	- Pancakes	Sandwiches - Labneh w/ Olives - Cream Cheese	- Mini Pizza - Cheese Manakeesh
<b>SIDES</b>	- Date Pudding - Cut Fruits	- Cucumber sticks - Watermelon	- Cream Cheese - Banana	- Cucumber Sticks - Mix Fruits	- Flavored Yogurt - Mix Fruits





# LUNCH MENU



## WEEK 1

	SUN	MON	TUE	WED
MAIN COURSE 1	Beef Burgers	Dawood Basha	Tomato Kofta	Emirati Lamb Salona
MAIN COURSE 2	Chicken a la Kiev	Chicken Nuggets	Creamy Chicken	Pasta Alfredo
CARBOHYDRATES	-White Rice -French Fries	- Potato Wedges - Vermicelli Rice	- White Rice - Pink Sauce Spaghetti	White Rice
VEGETABLES	Steamed Vegetables	Vegetable Stew with Chopped Parsley	Cauliflower Purée	Mix Vegetables

Salad & Yogurt available all days

## WEEK 2

	SUN	MON	TUE	WED
MAIN COURSE 1	Lasagna	Kabab Hendi	Beef Stroganoff	Arayes
MAIN COURSE 2	Chicken Kabseh	Chicken Singapore Noodles	Shish Tawook	Lemon Chicken
CARBOHYDRATES	Potato Croquette	- White Rice - Baked Potato	- Rice with Herbs - French Fries	- White Rice - Potato Cubes
VEGETABLES	Mix Vegetables	Mediterranean Vegetables	Sautéed Corn and Cabbage	Vegetable Stew with Chopped Parsley

Salad & Yogurt available all days

## WEEK 3

	SUN	MON	TUE	WED
MAIN COURSE 1	Bukhari Rice	Mfaraket Batata	Gratin Bolognaise	Makloubeh
MAIN COURSE 2	Chicken Shawarma	Chicken Spinach	Chicken Nuggets	Butter Chicken
CARBOHYDRATES	- French Fries - Penne Pomodoro	- White Rice - Cheesy Macaroni	- White Rice - French Fries	- White Rice - Potato Wedges
VEGETABLES	Sautéed Vegetables	Mix Vegetables	Mediterranean Vegetables	Ratatouille

Salad & Yogurt available all days

## WEEK 4

	SUN	MON	TUE	WED
MAIN COURSE 1	Potato Gratin	Meat Roll	Rigatoni Aubergine	Jordanian Mansaf
MAIN COURSE 2	Chicken Biryani	Escalope Milanaise	Chicken Machbous	Grilled Chicken with Mixed Vegetables
CARBOHYDRATES	White Rice	- White Rice - French Fries	Baked Potato	French Fries
VEGETABLES	Spinach	Sautéed Cauliflower and Carrots	Grilled Marinated Zucchini	Sautéed Vegetables

Salad & Yogurt available all days



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