ärtizana

CATERING

THE MENU "TERM 3 - 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
Contact Number: +971 55 973 2172

BREAKFAST MENU

	SUN	MON	TUE	WED	THU
WEEK 1					
MAIN	- Paratha with Labaneh	- Pancakes	- Plain Croissants	Sandwiches: - Cream Cheese - Akkawi Cheese	- Mini Pizza - Cheese Manakeesh
SIDES	- Date Pudding - Oranges	- Cream Cheese - Banana	- Carrot Sticks - Pineapples	- Cucumber Sticks - Apples	- Flavored Yogurt - Mix Fruits
WEEK 2					
MAIN	- Donuts	- Say Cheese	- Cheese Croissants	- English Cake	- Mini Pizza - Cheese Manakeesh
SIDES	- Flavored Yogurt - Oranges	- Tomatoes - Watermelon	- Carrot Sticks - Pineapples	- Cream Cheese - Pears	- Flavored Yogurt - Mix Fruits
WEEK 3					
MAIN	- Paratha with Cream Cheese	- Cheese Twist	- Plain Croissants	Sandwiches: - Cream Cheese - Labaneh Olives	- Mini Pizza - Cheese Manakeesh
SIDES	- Date Pudding - Watermelon	- Cream Cheese - Banana	- Carrot Sticks - Pineapples	- Cucumber Sticks - Apples	- Flavored Yogurt - Mix Fruits
WEEK 4					
MAIN	- Donuts	- Emarati Jbab	- Cheese Croissants	- English Cake	- Mini Pizza - Cheese Manakeesh
SIDES	- Flavored Yogurt - Oranges	- Cream Cheese - Banana	- Carrot Sticks - Pineapples	- Cream Cheese - Pears	- Flavored Yogurt - Mix Fruits

LUNCH MENU

WEEK 1

	SUN	MON	TUE	WED
MAIN COURSE 1	Meat Cordon Bleu	Meat Noodles	Potato & Tomato Kofta	Emirati Lamb Salona
MAIN COURSE 2	Chicken Burger	Chicken Nuggets	Shish Tawook	Fettuccini Alfredo
CARBOHYDRATES	- White Rice - French Fries	- Potato Wedges - White Rice	- White Rice - Pink Sauce Pasta	- White Rice - French Fries
VEGETABLES	Steamed Vegetables	Sauteed Vegetables	Steamed Vegetables	Mix Vegetables

Salad & Yogurt available all days

WEEK 2

	SUN	MON	TUE	WED
MAIN COURSE 1	Spaghetti Bolognese	Lamb Mandi	Lamb Shawerma	Kabab Kheshkhash
MAIN COURSE 2	Chicken Kabseh	Chicken Penne with Pink Sauce	Chicken Mushroom	Musakhan Roll
CARBOHYDRATES	French Fries	Baked Potato with Corn and Cheese	- 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	Lamb Biryani	Mfaraket Batata	Machboos Lamb	Kawaj Lamb
MAIN COURSE 2	Chicken Cordon Bleu	Chicken Curry	Chicken Nuggets	Butter Chicken
CARBOHYDRATES	- French Fries - Penne Pomodoro	- White Rice - Cheesy Macaroni	- Penne Mushroom - 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 stuffed with Vegetables	Beef Burger	Mix Grill Kabab & Shish Tawook
MAIN COURSE 2	Chicken Madfoon	Chicken Escalope	Butter Chicken	
CARBOHYDRATES	- French Fries - Reggatoni Pomo-	- White Rice - Potato Wedges	- White Rice - French Fries	- White Rice - French Fries
VEGETABLES	Spinach	Mix Vegetables	Grilled Marinated Zucchini	Sautéed Vegetables

Salad & Yogurt available all days

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