

**Artizana**  
CATERING

**THE MENU "TERM 1- 2019/20"**



Dear Parents,

Welcome to a new year of health and nutrition with Artizana. We would like to extend a warm greeting to all of our returning students as well as the new students joining us this year.

Our founders are parents first, and chefs second. We therefore understand and appreciate the level of trust that you as parents place with us in providing the necessary nutrition for your children. This trust is not taken lightly on our end, and we vow to carefully implement the standards of healthy living that we provide to our very own families on a daily basis, while continuously developing our menu with the aim of exceeding your expectations.

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 a new year journey together.

Kind regards,

The Artizana Team



**Manager: Basel Mardini**

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# BREAKFAST MENU

	SUN	MON	TUE	WED	THU
<b>WEEK 1</b>					
<b>MAIN</b>	Vegetable Quiche	Say cheese in a Toast	Sandwiches: - Labneh Olive - Craft Cheese	Croissants	- Mini Pizza - Cheese Manakeesh
<b>SIDES</b>	- Orange Cuts - Carrots	- Cucumber Sticks - Watermelon	- Carrot Sticks - Pineapples	- Cucumber - Orange Cuts	- Flavored Yogurt - Mix Fruits

<b>WEEK 2</b>					
<b>MAIN</b>	- Scrambled Egg on a Bread	Crape with Banana and Honey	English Roll - Akkawi Cheese - Butter and Fig Jam	Croissants	- Mini pizza - Cheese Manakeesh
<b>SIDES</b>	- Hash Brown - Pinapple	- Raspberry Yogurt - Cream Cheese	- Cucumber Sticks - Pears	- Carrot Sticks - Watermelon	- Flavored Yogurt - Mix Fruits

<b>WEEK 3</b>					
<b>MAIN</b>	Cheesy Omelets Sandwich	French Toast with Cream Cheese	Sandwiches: - Labneh Olive - Craft Cheese	Croissants	- Mini pizza - Cheese Manakeesh
<b>SIDES</b>	- Date Pudding - Apples	- Banana	- Sliced Tomatoes - Apples	- Carrot Sticks - Watermelon	- Flavored Yogurt - Mix Fruits

<b>WEEK 4</b>					
<b>MAIN</b>	Spinach muffin	Emirati Chbab	Cheesy Vegetable Toast	Croissants	- Mini Pizza - Cheese Manakeesh
<b>SIDES</b>	- Date Pudding - Orange Cuts	- Flavored Yogurt - Pineapples	- Cucumber Sticks - Peers	- Carrot Sticks - Watermelon	- Flavored Yogurt - Mix Fruits







## LUNCH MENU



# WEEK 1

WEEK 1				PASTA DAY
	SUN	MON	TUE	WED
MAIN COURSE 1	Mini Beef Burgers	Zucchini Gratin	Spinach with Meatballs	Spaghetti Bolognaise
MAIN COURSE 2	Shish Tawook	Chicken Potato in Oven	Chicken vegies Casserole	Creamy Chicken Pasta
CARBOHYDRATES	-White Rice -French Fries	White Rice	- White Rice -French Fries	Herbal Baked Potato with olive oil
VEGETABLES	Grilled Vegetables	Italian Herbal Vegetables	Mediterranean Vegetables	Oven Roasted Vegetables

Salad & Yogurt available all days

# WEEK 2

WEEK 2				SHAWERMA DAY
	SUN	MON	TUE	WED
MAIN COURSE 1	Lamb Madfoon	Meat Gratin	Lamb Ouzi	Lamb Shawerma Sandwich
MAIN COURSE 2	Chicken Schnitzel	Chicken Spinach Pie	Butter Chicken	Chicken Shawerma Sandwich
CARBOHYDRATES	French Fries	Roasted Potato Wedges	-White Rice - French Fries	- White Rice - French Fries
VEGETABLES	Oven Roasted Vegetable	Mixed Vegetables Cassrole	Ratatouille	Mixed Vegetables

Salad & Yogurt available all days



## WEEK 3

WEEK 3				<b>BURGER DAY</b>  <b>WED</b>
	<b>SUN</b>	<b>MON</b>	<b>TUE</b>	
<b>MAIN COURSE 1</b>	Lamb Biryani	Shepherd Broccoli Pie	Meat with vegetables Farfalle	Beef Burger
<b>MAIN COURSE 2</b>	Cajun Chicken	Chicken Kabseh	Thai Chicken	Chicken Burger
<b>CARBOHYDRATES</b>	- French Fries - Penne	- French Fries - Cheesy Macaroni	- White Rice - Potato Haras	- White Rice - French Fries
<b>VEGETABLES</b>	Sautéed Vegetables	Mediterranean Vegetables	Grilled Vegetables	Sweet Corn with butter

Salad & Yogurt available all days

## WEEK 4

WEEK 4				<b>MIX GRILL DAY</b>  <b>WED</b>
	<b>SUN</b>	<b>MON</b>	<b>TUE</b>	
<b>MAIN COURSE 1</b>	Lamb Mandi	Beef Noodles	Oriental Lamb Rice	Kebab & Tikka
<b>MAIN COURSE 2</b>	Chicken Milanese	Mexican Chicken	Sweet & Sour Chicken	Shish Tawook
<b>CARBOHYDRATES</b>	Zesty Potato	- White Rice - French Fries	-Potato Wedges -Steamed Rice	- White Rice - French Fries
<b>VEGETABLES</b>	Sautéed Vegetables	Sautéed Cauliflower and Carrots	Grilled Corn	Grilled Eggplant and Tomato

Salad & Yogurt available all days



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