

## THE MENU "TERM 1 - 2020"



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	THE
<b>WEEK 1</b>					
<b>MAIN</b>	Paratha	Say cheese in a Toast	Sandwiches: - Akkawi Cheese - Butter Fig Jam	Butter Croissants	- Mini Pizza - Cheese Manakeesh
<b>SIDES</b>	- Orange Cuts - Dates	- Cucumber Sticks - Watermelon	- Tomatoes - Pineapples	- Cucumber - Orange Cuts	- Flavored Yogurt - Mix Fruits
<b>WEEK 2</b>					
<b>MAIN</b>	Cheese Twist	French Twist with maple syrup	English Roll - Akkawi Cheese - Butter and Fig Jam	Croissants	- Mini pizza - Cheese Manakeesh
<b>SIDES</b>	- Orange Cuts - Sponge Cake	- Bananas - Cream Cheese	- Pineapples - Cucumber Sticks	- Watermelon - Carrot Sticks	- Mix Fruits - Flavored Yogurt
<b>WEEK 3</b>					
<b>MAIN</b>	Vanilla Cupcake	Parhata - Labneh - Cream Cheese	Cheddar Cheese Toast	Croissants	- Mini pizza - Cheese Manakeesh
<b>SIDES</b>	- Tangerine - Date Pudding	- Apple - Carrot Sticks	- Pineapples - Cucumber Sticks	- Watermelon - Carrot Sticks	- Mix Fruits - Flavored Yogurt
<b>WEEK 4</b>					
<b>MAIN</b>	English Cake	Cheese Twist	Cheesy Vegetable Toast	Croissants	- Mini Pizza - Cheese Manakeesh
<b>SIDES</b>	- Orange Cuts - Date Digestives	- Pineapples - Flavored Yogurt	- Bananas - Cucumber Sticks	- Watermelon - Carrot Sticks	- Mix Fruits - Flavored Yogurt





## LUNCH MENU



# WEEK 1

WEEK 1				STAR DAY
	SUN	MON	TUE	WED
<b>MAIN COURSE 1</b>	Mini Beef Burgers	Spaghetti Bolognese	Lamb Biryani	Chicken Nuggets
<b>MAIN COURSE 2</b>	Mini Chicken Burger	Spaghetti Mushroom Chicken	Chicken a la Kiev	
<b>SIDE 1</b>	- White Rice - Baked French Fries	Sautéed Vegetables	- White Rice - Potato Purée	- Baked French Fries - Mac n Cheese - White Rice
<b>SIDE 2</b>	Coleslaw Salad	Oriental Salad	Mediterranean Vegetables	Caesar Salad

Salad & Yogurt available all days

# WEEK 2

WEEK 2				STAR DAY
	SUN	MON	TUE	WED
<b>MAIN COURSE 1</b>	Kefta Potato in the Oven	Farfalle in Vegies sauce	Kebab Hindi	Mini Beef Burgers
<b>MAIN COURSE 2</b>	Chicken Potato in the Oven	Chicken Milanese	Florentine Chicken Meatballs	Mini Chicken Burger
<b>CARBOHYDRATES</b>	- White Rice - Baked French Fries	- Baked Wedges - White Rice	- White Rice - Baked Sliced Potato	- White Rice - Baked French Fries
<b>VEGETABLES</b>	Oriental Salad	Grilled vegetables	Assorted Vegetables	Coleslaw Salad

Salad & Yogurt available all days

## WEEK 3

	SUN	MON	TUE	STAR DAY WED
MAIN COURSE 1	Beef Cordon Bleu	Beef Gratin	Lamb Madfoon	Chicken Nuggets
MAIN COURSE 2	Chicken Cordon Bleu	Chicken a la Kiev	Chicken Madfoon	- Baked French Fries - Mac n Cheese
CARBOHYDRATES	- White Rice - Pasta Pink Sauce	-White Rice - Baked Potato	- Potato Cubes	- White Rice
VEGETABLES	Sautéed Vegetables	Mediterranean Vegetables	Oriental Salad	Caesar Salad

Salad & Yogurt available all days

## WEEK 4

	SUN	MON	TUE	STAR DAY WED
MAIN COURSE 1	Dwood Basha	Penne Meetball	Lamb Beryani	Mini Beef Burgers
MAIN COURSE 2	Butter Chickeh	Fetuccini Aalfredo	Chicken Biryani	Mini Chicken Burger
CARBOHYDRATES	- White Rice - Sliced baked PotatoS	-Baked herby wedges	Baked Potato	- White Rice - Baked French Fries
VEGETABLES	Green Salad	Sicilian Vegetables	Oriental Salad	Coleslaw Salad

Fresh Yogurt available Everyday





Artizana

CATERING