

WEEK 1

Menu Week: (20/10-23/10, 10/11-13/11, 01/12-04/12)



	Monday	Tuesday	Wednesday	Thursday
Student Favorite	Italian Meatballs w/ Penne pasta ●●, Garden Greens	Chicken Parmigiana with Spaghetti ●●●, Roast Carrots & Broccoli	Butter Chicken ● w/ Basmati Rice, Roast Marrow & Beans	Spaghetti Bolognese ●● Herb & Tomato Zucchini
Option 2	Baked Chicken in garlic sauce w/ Roast Potato, Garden Greens	Cajun Fish Bites ●● w/ Creamy Mash Potatoes, Roast Carrots and Broccoli	Lamb Tagine w/ Cous-Cous ● or Rice Roast Marrow & Beans	Sticky Honey & Chicken Bites ●● w/ Fried Rice and Herb & Tomato Zucchini
Vegetarian Option	Vegetarian Burrito with Mix Peppers & Beans ●●, Garden Greens	Meatless 'Meatball' Pasta ●● w/ Roast Carrots & Broccoli	Cauliflower & Chickpea Tagine w/ Cous-Cous ● or Rice, Roast marrows	Mushroom Stroganoff ●● w/ Roast Potato, Herb & Tomato Zucchini
Vegan Option	Penne Pasta w/ Napoli sauce ●, Garden Greens	Vegetable Biryani w/ Roast Carrots and Broccoli	Cauliflower & Chickpea Tagine w/ Cous-Cous ● or Rice, Roast marrows	Stir Fried Vegetables, w/ Fried Rice and Herb & Tomato Zucchini
Dessert (optional)	Apple Cake ●●	Sticky Toffee Pudding ●●	Carrot Cake & Custard ●●	Tiramisu ●●



We are thrilled to share that as a result of our commitment made during the Sustainable School Food Summit hosted by TASS at COP28, we have introduced low-carbon school meals! Look out for this logo!

Choice of One main course, served with Sides and Vegetables
Add a Dessert for AED 3/- only

WEEK 2

Menu Week: (27/10-30/10, 17/11-20/11)



	Monday	Tuesday	Wednesday	Thursday
Student Favorite	Fish Bites & Tartare Sauce ●●●● w/Baked Potato Wedges, Sautéed Corn & Green Beans	Chicken Tikka Masala ● w/ Steamed Rice & Ratatouille	Pasta Twists w/ Chicken, Mozzarella & Basil ●●, Garden Greens	Spaghetti Bolognaise ●● w/ Zesty Corn & Carrots
Option 2	Chicken Biryani ● w/ Sauteed Corn & Green Beans	Hungarian Beef Goulash ● w/ Steamed Rice, Ratatouille	Pulled BBQ Beef w/ Creamy Mash● & Garden Greens	Honey glazed Turkey w/ Roast potato, Zesty Corn & Carrots
Vegetarian Option	Cauliflower Cheese Lasagna ●● w/ Sauteed Corn & Green Beans	Vegan Sweet Potato Burrito bowl ●, Ratatouille	Korean BBQ 'Vegan' Meatballs w/ Stir Fried Veggies, Wok Noodles and Garden Greens	Mac N Cheese ●● w/ Zesty Corn & Carrots
Vegan Option	Quinoa Vegetarian Fried Rice w/ Sauteed Corn & Green Beans	Vegan Sweet Potato Burrito bowl ●, Ratatouille	Lebanese Vegan Mujadara, Garden Greens	Vegetarian Con Carne w/ Steamed Rice & Zesty Corn & Carrots
Dessert (optional)	Dusted Berry Sponge ●●●	Oaty Shortbread ●●	Red Velvet Slice ●●●	Banana Bread ●●●



We are thrilled to share that as a result of our commitment made during the Sustainable School Food Summit hosted by TASS at COP28, we have introduced low-carbon school meals!_ Look out for this logo!

Choice of One main course, served with Sides and Vegetables
Add a Dessert for AED 3/- only

WEEK 3

Menu Week: (03/11-06/11, 24/11-27/11)



Monday

Tuesday

Wednesday

Thursday

Student Favorite

Pesto Chicken Pasta ●●
w/ Roast Zucchini and Broccoli

Beef Lasagna ●● w/
Green Beans,
Corn & Peas

Butter Chicken ● w/
Basmati Rice & Sautee
Vegetables

Spaghetti Bolognese ●●
w/ Honey Glazed Carrots
& Peas

Option 2

Grilled Fish ● w/ Potato
Puree, Roast Zucchini and
Broccoli

Chicken Paella , Roasted
Peppers, Green Beans,
Corn & Peas

Korean BBQ Meatballs ●
w/ Stir Fried Veggies,
Wok Noodles and Sautee
Vegetables

Sweet & Sour Chicken ●●
w/ Fried Rice, Honey
Glazed Carrots & Peas

Vegetarian Option

The Green Lasagna ●●
w/ Roast Zucchini and
Broccoli

Spinach and Feta
Cannelloni ●● w/
Green Beans, Corn & Peas

Harissa Spaghetti ●,
sundried tomatoes w/
Sautee Vegetables

Wok Tossed Vegetables
w/ Fried Rice, Honey
Glazed Carrots & Peas

Vegan Option

Chinese Chow Mein ● w/
Peppers, Roast Zucchini and
Broccoli

Vegan Paella with
Mushroom, Green Beans,
Corn & Peas

Vegetarian Korma w/
Basmati Rice,
Sautee Vegetables

Wok Tossed Vegetables
w/ Fried Rice, Honey
Glazed Carrots & Peas

Dessert (optional)

Vanilla
Cheesecake ●●●

French Apple
Cake ●●●

Cocoa Orange
Slice ●●●

Banana Custard ●●●



We are thrilled to share that as a result of our commitment made during the Sustainable School Food Summit hosted by TASS at COP28, we have introduced low-carbon school meals! Look out for this logo!

Choice of One main course, served with Sides and Vegetables
Add a Dessert for AED 3/- only

Gluten



Dairy



Egg



Soy



Fish





GRAB AND GO TERM 1



SANDWICHES

CHICKEN STEAKHOUSE

(248 g - 550 kCal) - **AED 16.00**

Fat - 5.8g, Sat. Fat - 1.66g, Sugar - 03.4g, Salt - 01.32g

BOLOGNAISE IN BAGUETTE

(200 g - 195 kCal) - **AED 20.00**

Fat - 2g, Sat. Fat - 1g, Salt - 1.1g, Sugar - 2g.

CARAMELIZED ONION & CHEDDAR

CROISSANT (200 g - 221 kCal) - AED 16.00

Fat - 2g, Sat. Fat - 0.9g, Sugar - 1.8g, Salt - 0.9g

LEMONGRASS CHICKEN BHA MHI

(220 g - 340 kCal) - **AED 16.00**

Fat - 1.3g, Sat. Fat - 0.6g, Sugar - 1.4g, Salt - 0.9g

TANDOORI CHICKEN CHAPATI

(200 g - 221 kCal) - **AED 16.00**

Fat - 2g, Sat. Fat - 0.9g, Sugar - 1.8g, Salt - 0.9g

CHICKEN KATSU BRIOCHE

(240 g - 251 kCal) - **AED 15.00**

Fat - 5.1g, Sat. Fat - 1.5g, Sugar - 3g, Salt - 1.4g

APPLE & CHEDDAR ON PRETZEL

BUN (320g - 466 kCal) - AED 15.00

Fat - 2g, Sat. Fat - 1g, Sugar - 2g, Salt - 1g

DOUBLE PATTY BURGER

(220g - 265 kCal) - **AED 10.00**

Fat - 2g, Sat. Fat - 1g, Sugar - 2g, Salt - 1g



PASTRIES & BREAD

MAC N CHESSE FRITTERS

(155 g - 393 kCal) - **AED 9.00**

Fat - 2g, Sat. Fat - 1g, Sugar - 2g, Salt - 0.4g

PIZZA PIE

(100 g - 260 kCal) - **AED 7.00**

Fat - 2g, Sat. Fat - 1g, Sugar - 2g, Salt - 1g

CINNAMON SWIRL

(70 g - 140 kCal) - **AED 8.00**

Fat - 1.12g, Sat. Fat - 0.2g, Sugar - 1.52g, Salt - 0.03g

TOMATO & CHEESE TWIST

(70 g - 140 kCal) - **AED 6.00**

Fat - 2.1g, Sat. Fat - 0.6g, Sugar - 1.2g, Salt - 0.16g

FN's BANANA BREAD

(90 g - 130 kCal) - **AED 6.00**

Fat - 2g, Sat. Fat - 0g, Sugar - 2g, Salt - 1g

MUFFIN (FRUIT)

(55 g - 190 kCal) - **AED 6.00**

Fat - 0.54g, Sat. Fat - 0.38g, Sugar - 0.92g, Salt - 0.15g

APPLE PIE BISCUIT

(80 g - 138 kCal) - **AED 6.00**

Fat - 1.3g, Sat. Fat - 1g, Sugar - 1.1g, Salt - 0.3g

BAKED CHICKEN TENDERS

(90 g - 180 kCal) - **AED 7.00**

Fat - 2.5g, Sat. Fat - 0.5g, Sugar - 0.02g, Salt - 0.36g

BAKED CHICKEN NUGGETS

(80 g - 180 kCal) - **AED 6.00**

Fat - 1.6g, Sat. Fat - 0.4g, Sugar - 1g, Salt - 0.12g

Weekly special (MON, WED, FRI) 7 AED to 10AED



SALADS

TANDOORI CHICKEN CAESAR

SALAD (350 g - 527 kCal) - AED 16.00

Fat - 2g, Sat. Fat - 1g, Sugar - 1.5g, Salt - 1g

TACO SALAD

(320 g - 517 kCal) - **AED 16.00**

Fat - 2g, Sat. Fat - 1g, Sugar - 2g, Salt - 1g

RAINBOW CHICKEN SALAD

(420 g - 517 kCal) - **AED 16.00**

Fat - 2g, Sat. Fat - 1g, Sugar - 2g, Salt - 0.6g

WATERMELON & HALLOUMI SHAKE

UP SALAD (70 g - 50 kCal) - AED 14.00

Fat - - g, Sat. Fat - - 0g, Sugar - - 0g, Salt - - 0g

FRESH FRUIT SALAD

(70 g - 50 kCal) - **AED 13.00**

Fat - - g, Sat. Fat - - 0g, Sugar - - 0g, Salt - - 0g

ARABIC MEZZE BOWL

(120 g - 112 kCal) - **AED 16.00**

Fat - 1.2g, Sat. Fat - 0.5g, Sugar - 1g, Salt - 0.6g

MANGO & VANILLA YOGHURT

GRANOLA (80 g - 169 kCal) - AED 13.00

Fat - 2g, Sat. Fat - 0.9g, Sugar - 0.2g, Salt - 2g

BERRY & LEMON GRANOLA

(80 g - 189 kCal) - **AED 14.00**

Fat - 2.5g, Sat. Fat - 0.9g, Sugar - 2g, Salt - 0.2g



FN BOWLS

RICE BOWLS (320 g) - AED 14.00

with Choice of

Butter Chicken (410 kCal)

Fat - 1.2g, Sat. Fat - 1g, Sugar - 1.6g, Salt - 1g

Sweet Chilli Sauce (380 kCal)

Fat - 1.3g, Sat. Fat - 0.9g, Sugar - 2g, Salt - 1g

صحي
SEHHI

مركز أبوظبي
للصحة العامة
ABU DHABI PUBLIC
HEALTH CENTRE



All our products are approved by
ADPHC program - 'SEHHI'

2,000 calories a day, is used for General nutrition advice,
but calorie needs vary.

Nutritional Value of Fat, Sat. Fat, Sugar, and Salt in 100g.



GLUTEN



EGGS



CELERY



FISH



MILK &
DAIRY



MUSTARD

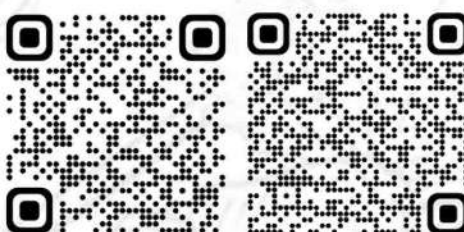


All Prices Include VAT



"Let's Beat the Crowd"

Make Your
Pre-Order
In Spare App



WRAPS

CHICKEN WRAPTOR

(200 g - 241 kCal) - **AED 16.00**

Fat - 5.4g, Sat. Fat - 1.3g, Sugar - 2.7g, Salt - 01.1g

EGGS & HASHBROWN WRAP

(160 g - 201 kCal) - **AED 13.00**

Fat - 3.1g, Sat. Fat - 0.7g, Sugar - 1.7g, Salt - 0.5g

CHICKEN SHAWARMA

(160 g - 235 kCal) - **AED 16.00**

Fat - 4.1g, Sat. Fat - 1g, Sugar - 2.3g, Salt - 1g



info@foodnationme.com



www.foodnationme.com



[foodnationme](https://www.instagram.com/foodnationme)



[foodnationcatering](https://www.facebook.com/foodnationcatering)

BREAKFAST



Brioche & Pesto Halloumi Roll	18.00
Egg Bun - American	18.00
Egg Bun - Shakshouka	16.00
Turkey & Cheese Croissant	16.00
Norwegian Spiced Apple with Maple	15.00
Lebneh & Flapjack Crumbs	
Greek Yoghurt Bowl (Compote, Blueberry, and Granola)	18.00
Passion Fruit, Bricher Muesli	15.00

SANDWICHES & WRAPS



Chilli Tomato Jam & Cheddar Sourdough	20.00
Pulled Beef French Onion & Emental Cheese	24.00
Fajita Chicken & Bean Quesadilla	18.00
Pesto Chicken Focaccia	22.00
Egg, Avocado & Spinach Grilled Cheese on Rye Bread	20.00
Breakfast Burrito with Chipotle	16.00

SALADS



Peri-Peri Chicken & Watermelon Feta Salad	24.00
Korean BBQ Chicken & Black Sushi Rice	22.00
Tabouleh & Lentil with Honey Curry Cauliflower	22.00
Watermelon & Halloumi Salad with Chilli & Lime	18.00
Premium Fresh Fruit Salad	14.00



BAKED PASTRIES



Monster Cookies	12.00
Goopy Brownie	12.00
FN Biscuits	8.00
Fresh Pastries	8.00
Lemon Drizzle	10.00
Hunter Gourmet Chips	10 / 6.00
Red Velvet Whoopie	12.00
Mozzarella Tomato Slice	14.00

BEVERAGES



Espresso	12.00
Double Espresso	14.00
Americano	12.00
Americano with Milk	14.00
Cappuccino	15.00
Spanish Latte	16.00
Café Latte	15.00
Flat White.	15.00
Caffe' Mocha	16.00
Hot Chocolate	16.00
Tea Selection (from)	12.00
Add onn's (from)	2.00
Iced(Latte / Mocha / Spanish Latte)	17.00
Iced Americano	16.00
Iced Karkade (Hibiscus)	16.00
Iced Chocolate	17.00
FN Smoothies	16.00
FN Frappes	18.00
Vitamin Well Care	15.00
Sparkling Water	5.00



www.foodnationme.com



info@foodnationme.com



[foodnationcatering](https://www.facebook.com/foodnationcatering)



[foodnationme](https://www.instagram.com/foodnationme)