



























MENU WEEK 1

Menu Week: (23/03-27/03, 13/04-17/04, 04/05-08/05, 25/05-29/05, 15/06-19/06)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Student's Favorite	Italian Meatballs with Penne pasta (131 Kcal)   Roast Carrot & Broccoli Total Fat (3.5g), Sat Fat (1.3g), Sodium(630mg), Sugar(2g), Fiber(3g), Salt (0.8g)	Pesto Chicken Pasta (145 Kcal)   with Roast Carrot & Beans Total Fat (3.5g), Sat Fat (0.8g), Sodium(170mg), Sugar (1.7g), Fiber (2.1g), Salt (0.43g)	Chicken Tikka Masala (129 Kcal)   With Steamed Rice & Ratatouille Total Fat (3.5g), Sat Fat (1.3g), Sodium(250mg), Sugar(2g), Fiber(1g), Salt (0.61g)	Spaghetti Bolognaise (157 Kcal)   with Roast Zucchini & Broccoli Total Fat (3.5g), Sat Fat (1.5g), Sodium(250mg), Sugar(2g), Added Sugar (1g), Fiber(2g), Salt (0.62g)
	Sweet & Sour Chicken (112 Kcal) with Fried Rice, Roast Carrot & Broccoli Total Fat (3.2g), Sat Fat (1.5g), Sodium(380mg), Sugar(1g), Fiber(1g), Salt (0.8g)	Cajun Fish Bites (109 Kcal)   with Baked potato & Roast Carrot & Beans Total Fat (3.5g), Sat Fat (0.7g), Sodium(344mg), Sugar(1g), Added Sugar (0g), Fiber (0.61g), Salt (0.8g)	Pulled BBQ Beef Creamy Mash (129 Kcal)  with Ratatouille Total Fat (3.5g), Sat Fat (1.2g), Sodium(181mg), Sugar(2g), Fiber (1.9g), Salt (0.45g)	Thai Chicken Red Curry (157 Kcal)  with Jasmin Rice, Roast Zucchini & Broccoli Total Fat (3.5g), Sat Fat (1.5g), Sodium(231mg), Sugar(1g), Added Sugar (0g), Fiber (0.7g), Salt (0.58g)
Vegan Option	Quinoa Vegetarian Fried Rice (111 Kcal) with Roast Carrot & Broccoli  Total Fat(2g), Sat Fat (0g), Sodium(160mg), Sugar(1g), Fiber(2g), Salt (0.41g)	Chinese Chow Mein (190 Kcal)  with Roast Carrots & Beans Total Fat (3.5g), Sat Fat (1.5g), Sodium(330mg), Sugar(2g), Fiber(2g), Salt (0.8g)	Lebanese Vegan Mujadara (119 Kcal) With Ratatouille Total Fat (3.5g), Sat Fat (1g), Sodium(240mg), Sugar(2g), Fiber(2g), Salt (0.57g)	Vegetarian Biryani (114 Kcal) with Roast Zucchini & Broccoli Total Fat (3.5g), Sat Fat (0g), Sodium(95mg), Sugar(1g), Added Sugar (0g), Fiber(1g), Salt (0.24g)
	Vanilla Cheesecake (215 Kcal)    Total Fat(14g), Sat Fat (8g), Sodium(170mg), Sugar(13g), Added Sugar (10g), Fiber (0.5g), Salt (0.43g)	Orange Custard Cake (210 Kcal)    Total Fat(6g), Sat Fat (2.8g), Sodium(85mg), Sugar (18.5g), Added Sugar (8g), Fiber (1.9g), Salt (0.21g)	Grandma Apple Cake (205 Kcal)    Total Fat(7g), Sat Fat (2.6g), Sodium(160mg), Sugar(17g), Added Sugar (10g), Fiber (2.1g), Salt (0.40g)	Red Velvet Slice (220 Kcal)    Total Fat(11g), Sat Fat (4g), Sodium(190mg), Sugar(20g), Added Sugar (16g), Fiber (0.8g), Salt (0.48g)

NUTRITIONAL VALUES ARE PER 100 g




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MENU WEEK 2

Menu Week:(30/03-03/04, 20/04-24/04, 11/05-15/05, 01/06-05/06,22/06-26/06)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Student's Favorite	Breadless Chicken Parmigiana (184 Kcal)   With Baked potato & Garden Greens Total Fat (3.5g), Sat Fat (1.5g), Sodium(210mg), Sugar(2g), Added Sugar (0g), Fiber(1g), Salt (0.78g)	Beef Lasagna (206 Kcal)   with Green Beans, Garlic Bread Total Fat (3.5g), Sat Fat (1.5g), Sodium(mg), Sugar(2g), Added Sugar (1.5g), Fiber (1.5g), Salt (0.49g)	Butter Chicken (107 Kcal)  With Basmati Rice & Sautéed Vegetables Total Fat (3.5g), Sat Fat (1.5g), Sodium(45mg), Sugar(2g), Added Sugar (0g), Fiber (1.2g), Salt (0.11g)	Spaghetti Bolognese (157 Kcal)   Herb & Tomato Zucchini Total Fat (3.5g), Sat Fat (1.5g), Sodium(250mg), Sugar(2g), Added Sugar (0g), Fiber(2g), Salt (0.62g)
	Hungarian Beef Goulash (116 Kcal)   With Steamed Rice, Garden Greens Total Fat (3.3g), Sat Fat (1.4g), Sodium(159mg), Sugar(2g), Added Sugar (0g), Fiber (1.3g), Salt (0.4g)	Grilled Zaatar Chicken (110 Kcal) with Sumac Potato, Green Beans Total Fat (3.5g), Sat Fat (1g), Sodium(410mg), Sugar(0g), Added Sugar (0g), Fiber(1g), Salt (0.8g)	Shepard's Pie (104 Kcal)   With Sauttee Vegetables Total Fat (3.5g), Sat Fat (1.5g), Sodium(125mg), Sugar(2g), Added Sugar (0g), Fiber(3g), Salt (0.31g)	Sticky Honey & Chicken Bites (250 Kcal)    With Fried Rice, Herb & Tomato Zucchini Total Fat (3.5g), Sat Fat (1g), Sodium(210mg), Sugar(2g), Added Sugar (0g), Fiber(1g), Salt (0.52g)
Vegan Option	Penne Pasta with Napoli sauce (167 Kcal)  And Garden Greens Total Fat(3g), Sat Fat (0.5g), Sodium(39mg), Sugar(2g), Added Sugar (0g), Fiber(2g), Salt (0.08g)	Stir Fry Vegetables (96 Kcal)    with Fried Rice, Green Beans Total Fat (2.5g), Sat Fat (0g), Sodium(730mg), Sugar(2g), Added Sugar (0g), Fiber(2g), Salt (0.8g)	Pasta Primavera (201 Kcal)  With Sauttee Vegetables Total Fat (3.5g), Sat Fat (1g), Sodium(260mg), Sugar(2g), Added Sugar (0g), Fiber(2g), Salt (0.65g)	Sweet Potato & Lentil Stew (115 Kcal) with Basmati Rice & Herb & Tomato Zucchini Total Fat (3.5g), Sat Fat (0g), Sodium(300mg), Sugar(2g), Added Sugar (0g), Fiber(3g), Salt (0.31g)
	Sticky Toffee Pudding (210 Kcal)     Total Fat (6.8g), Sat Fat (3.2g), Sodium(95mg), Sugar(22g), Added Sugar (18g), Fiber (1.2g), Salt (0.24g)	Buttery Wild berry Cake (215 Kcal)    Total Fat(14g), Sat Fat (8g), Sodium(170mg), Sugar(13g), Added Sugar (10g), Fiber (0.5g), Salt (0.43g)	Banana Bread (205 Kcal)    Total Fat(7g), Sat Fat (2.6g), Sodium(160mg), Sugar(17g), Added Sugar (10g), Fiber (2.1g), Salt (0.40g)	Tiramisu (215 Kcal)    Total Fat (9.5g), Sat Fat (5.5g), Sodium(85mg), Sugar(18g), Added Sugar (12g), Fiber (0.8g), Salt (0.21g)

NUTRITIONAL VALUES ARE PER 100 g



صحي SEHHI
 مركز أبوظبي للصحة العامة
 ABU DHABI PUBLIC HEALTH CENTRE

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MENU WEEK 3

Menu Week:(06/04-10/04, 29/04-01/05, 18/05-22/05, 08/06-12/06, 29/06-03/07)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Student's Favorite	Chicken Biryani (164 Kcal) with Green Beans & Carrots, Mini Yoghurt (Raita)	Fish Bites & Tartare Sauce (260 Kcal) With Baked Potato Wedges, Garden Greens	Butter Chicken (107 Kcal) With Paratha, Steamed Rice, Sauteed Corn & Peas	Spaghetti Bolognese (157 Kcal) with Herb, Tomato & Zucchini
	Total Fat (3.5g), Sat Fat (0.7g), Sodium(253mg), Sugar(2g), Added Sugar (0g), Fiber (2.1g), Salt (0.63g)	Total Fat (3.5g), Sat Fat (1.3g), Sodium(340mg), Sugar(1g), Fiber(2g), Salt (0.8g)	Total Fat (3.5g), Sat Fat (1.5g), Sodium(45mg), Sugar(2g), Added Sugar (0g), Fiber (1.2g), Salt (0.11g)	Total Fat (3.5g), Sat Fat (1.5g), Sodium(250mg), Sugar(2g), Fiber(2g), Salt (0.62g)
Option 2	Pulled BBQ Beef (149 Kcal) With Roast Potato, Green Beans & Carrot	Grilled Chicken in Mushroom Gravy (112 Kcal) With Baked Potato Wedges, Garden Greens	Fish Kebab in Tomato Sauce (130 Kcal) Basmati Rice, Sauteed Corn & Peas	Chicken & Green Olive Tagine with Cous-Cous (345 Kcal) Herb, Tomato & Zucchini
	Total Fat (3.5g), Sat Fat (1.2g), Sodium(181mg), Sugar(2g), Added Sugar (0g), Fiber (1.9g), Salt (0.45g)	Total Fat (3.2g), Sat Fat (1.5g), Sodium(328mg), Sugar(1g), Fiber(2g), Salt (0.8g)	Total Fat (3.5g), Sat Fat (1g), Sodium(270mg), Sugar(2g), Added Sugar (0g), Fiber(1g), Salt (0.68g)	Total Fat (3.5g), Sat Fat (1.2g), Sodium(420mg), Sugar(2g), Fiber (5.2g), Salt (0.45g)
Vegan Option	Basella (71Kcal) With Steamed Rice & Green Beans & Carrots	Veg Con Carne (190 Kcal), Steamed Rice & Garden Greens	Vegetarian Korma (68 Kcal) With Basmati Rice, Sauteed Corn & Peas	Cauliflower & Chickpea Tagine (345 Kcal) with Cous-Cous Herb, Tomato & Zucchini
	Total Fat (3.5g), Sat Fat (0.3g), Sodium(129mg), Sugar(304g), Fiber (1.1g), Salt (0.35g)	Total Fat (3.5g), Sat Fat (1.3g), Sodium(340mg), Sugar(1g), Fiber(2g), Salt (0.8g)	Total Fat (1.5g), Sat Fat (0g), Sodium(790mg), Sugar(2g), Added Sugar (0g), Fiber(3g), Salt (0.80g)	Total Fat (3.5g), Sat Fat (1.5g), Sodium(308mg), Sugar(2g), Fiber (1.6g), Salt (0.77g)
Desserts	Mango Passionfruit Slice (210 Kcal)	French Apple & Raisin Cake (210 Kcal)	Coconut Layer Cake (155 Kcal)	Dusted Berry Sponge Slice (190 Kcal)
	Total Fat(6g), Sat Fat (2.8g), Sodium(85mg), Sugar (18.5g), Added Sugar (8g), Fiber (1.9g), Salt (0.21g)	Total Fat (6.8g), Sat Fat (3.2g), Sodium(95mg), Sugar(22g), Added Sugar (18g), Fiber (1.2g), Salt (0.24g)	Total Fat(5g), Sat Fat (1g), Sodium(95mg), Sugar(14g), Added Sugar (10g), Fiber(2g), Salt (0.24g)	Total Fat (4.8g), Sat Fat (2.1g), Sodium(85mg), Sugar (17.5g), Added Sugar (7.5g), Fiber(2g), Salt (0.21g)

NUTRITIONAL VALUES ARE PER 100 g

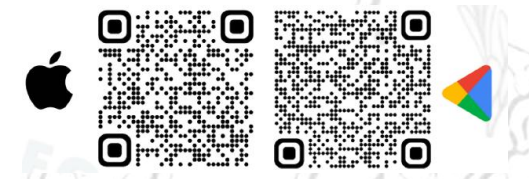


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GRAB AND GO MENU



SANDWICHES & WRAPS

CHICKEN STEAKHOUSE (150 Kcal) - 16.00
Total Fat(3.5g), Sat Fat (1.5g), Sodium(130mg), Sugar(0g), Fiber(1g), Salt (0.57g)

PANINI BOLOGNAISE (90 Kcal) - 20.00
Total Fat(2.5g), Sat Fat (0.4g), Sodium(120mg), Sugar(2g), Fiber(2.8g), Salt (0.3g)

CHICKEN PHILLY STEAK & PEPPERS BAGUETTE (220 Kcal) - 16.00
Total Fat(3.2g), Sat Fat (1.5g), Sodium(260mg), Sugar(1g), Fiber(3g), Salt (0.65g)

PULLED THAI CHICKEN CEREAL CIABATTA W/ CRISPY NOODLES (207 Kcal) - 16.00
Total Fat(3.2g), Sat Fat (1.1g), Sodium(285mg), Sugar(2.4g), Fiber(2.5g), Salt (0.71g)

GRILLED VEG WRAP W/ SUNDRIED TOMATO (161 Kcal) - 13.00
Total Fat(3.3g), Sat Fat (0.9g), Sodium(148mg), Sugar(2g), Fiber(1.8g), Salt (0.4g)

BEEF SLIDER POTATO BUN W/ AMERICAN CHEESE (298 Kcal) - 16.00
Total Fat(15g), Sat Fat (4.5g), Sodium(588mg), Sugar(4.3g), Fiber(2.0g), Salt (1.7g)

CHICKEN WRAPTOR (190 Kcal) - 16.00
Total Fat(3.5g), Sat Fat (1.5g), Sodium(410mg), Sugar(2g), Fiber(1g), Salt (0.75g)

BUTTER CHICKEN BURRITO (240 Kcal) - 16.00
Total Fat(3.5g), Sat Fat (1g), Sodium(95mg), Sugar(1.0g), Fiber(1.0g), Salt (0.24g)



SALADS

CHICKEN CAESAR SALAD (165 Kcal) - 16.00
Total Fat(3.5g), Sat Fat (1.5g), Sodium(360mg), Sugar(1.6g), Fiber(1.8g), Salt (0.8g)

TACO SALAD (134 Kcal) - 16.00
Total Fat(3.4g), Sat Fat (1.2g), Sodium(318mg), Sugar(2g), Fiber(1.9g), Salt (0.78g)

SKINNY SHAWARMA CHICKEN SALAD (136 Kcal) - 16.00
Total Fat(2.2g), Sat Fat (1.3g), Sodium(274mg), Sugar(1.6g), Fiber(2.2g), Salt (0.68g)

WATERMELON FATOUSH SALAD (63 Kcal) - 16.00
Total Fat(1.2g), Sat Fat (0.2g), Sodium(369mg), Sugar(0.1g), Fiber(1.6g), Salt (0.1g)

PREMIUM FRESH FRUIT SALAD (55 Kcal) - 13.00
Total Fat(0.50g), Sat Fat (0.0g), Sodium(7.20mg), Sugar(1.90g), Fiber(1.8g), Salt (0.02g)

MANGO & VANILA YOGHURT GRANOLA (Jar) (169 Kcal) - 13.00
Total Fat(2.5g), Sat Fat (0.9g), Sodium(0.786mg), Sugar(0.2g), Fiber(5.1g), Salt (2.0g)

BERRY & LEMON GRANOLA (Jar) (189 Kcal) - 14.00
Total Fat(2.5g), Sat Fat (0.9g), Sodium(76mg), Sugar(2g), Fiber(5.8g), Salt (0.2g)



PASTRIES AND BREAD

TOMATO PIZZA POCKET (118 Kcal) - 4.00
Total Fat(2.9g), Sat Fat (0.8g), Sodium(120mg), Sugar(2g), Fiber(3.1g), Salt (0.3g)

CINNAMON SWIRL (60g) (120 Kcal) - 6.00
Total Fat(2.6g), Sat Fat (0.6g), Sodium(95mg), Sugar(2g), Fiber(3.5g), Salt (0.24g)

TOMATO & CHEESE TWIST (60g) (118 Kcal) - 4.00
Total Fat(2.9g), Sat Fat (0.9g), Sodium(120mg), Sugar(2g), Fiber(3.0g), Salt (0.30g)

FN'S BANANA BREAKFAST SLICE (118 Kcal) - 4.00
Total Fat(2.8g), Sat Fat (0.6g), Sodium(95mg), Sugar(2g), Fiber(3.2g), Salt (0.24g)

RED VELVET MUFFIN (120 Kcal) - 4.00
Total Fat(2.8g), Sat Fat (0.7g), Sodium(95mg), Sugar(2g), Fiber(3.0g), Salt (0.24g)

BAKED CHICKEN NUGGETS (250 Kcal) - 6.00
Total Fat(2.0g), Sat Fat (2.4g), Sodium(0.380mg), Sugar(1.0g), Fiber(1.5g), Salt (1.0g)

APPLE PIE BISCUIT (30g) (170 Kcal) - 4.00
Total Fat(6.0g), Sat Fat (4.3g), Sodium(0.65mg), Sugar(2.1g), Fiber(0.0g), Salt (0.1g)

PEACH BISCUIT (30g) (92 Kcal) - 4.00
Total Fat(3.2g), Sat Fat (1.4g), Sodium(45mg), Sugar(2.0g), Fiber(0.3g), Salt (0.1g)

CRISPY CHICKEN STRIPS (79 Kcal) - 7.00
Total Fat(0.5g), Sat Fat (0.1g), Sodium(85mg), Sugar(2g), Fiber(1.2g), Salt (0.21g)

MOZZARELLA STICKS (120 Kcal) - 8.00
Total Fat(3g), Sat Fat (1g), Sodium(120mg), Sugar(1.2g), Fiber(3g), Salt (0.30g)



FN BOWLS

FN RICE BOWLS (choice of Butter Chicken or Korean Gochujang sauce) (410 Kcal) 14.00
Total Fat(1.2g), Sat Fat (1g), Sodium(120mg), Sugar(2g), Fiber(0g), Salt (1g)



WEEKLY SPECIALS

BREAKFAST SLICE (MONDAY), PAIN AU CHOC (WEDNESDAY), BROWNIES (FRIDAY)



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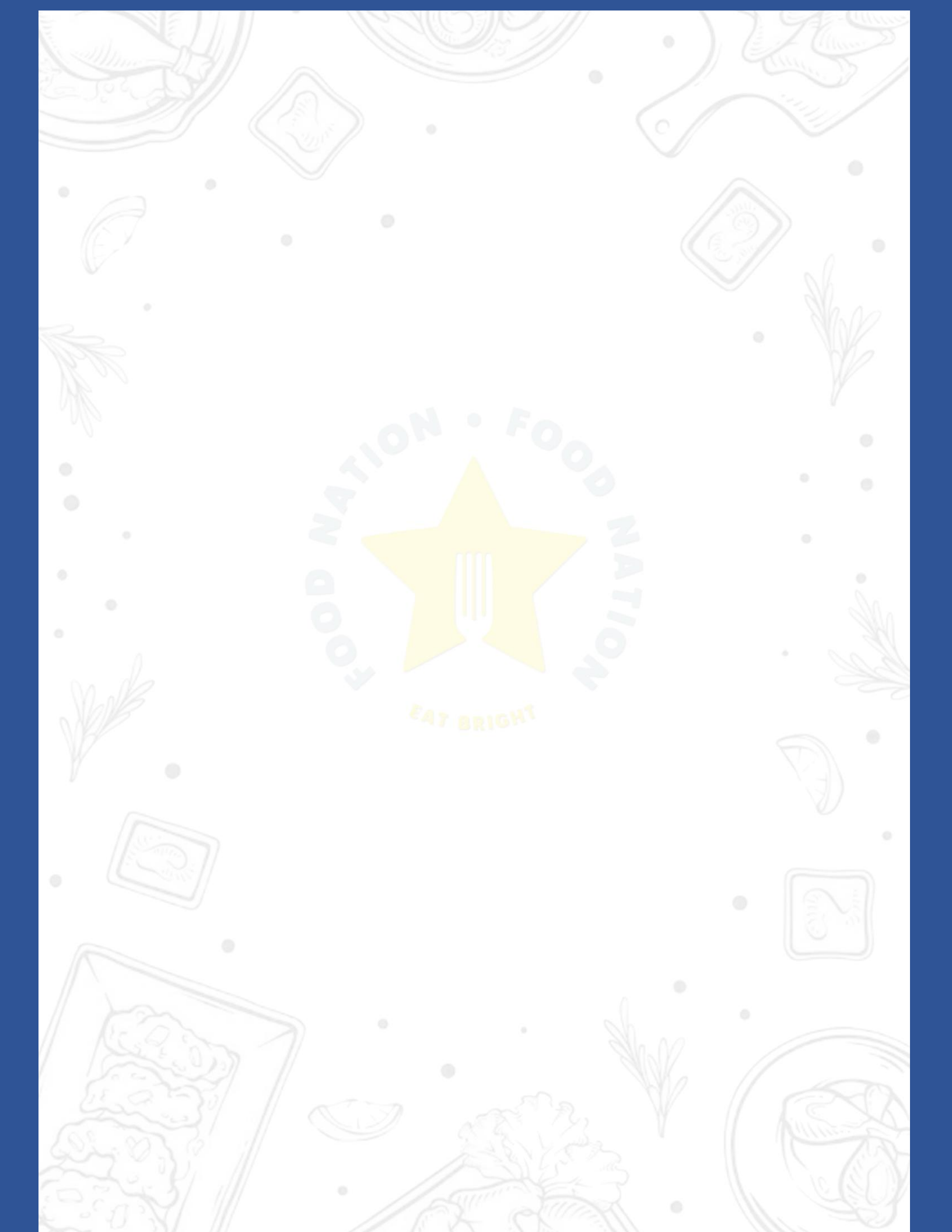


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MENU



BREAKFAST



Brioche & Pesto Halloumi Roll	18.00
Egg Bun – American	18.00
Fig Chutney Truffle Scrambled Egg	
Croissant	18.00
Turkey & Cheese Croissant	16.00
Berry Chia Pudding	14.00
(Strawberry, Blueberry, Raspberry)	
Tropical Yoghurt Bowl	18.00
(Mango, Pineapple, Kiwi, Toasted Coconut Chips & Granola)	
Tiramizu Overnight Oats Pot	14.00

SANDWICHES



Pulled Beef French Onion & Emmental Cheese Panini Bread	24.00
Grilled Peri-Peri Chicken In Baguette	18.00
Pesto Chicken Focaccia	22.00
Breakfast Burrito With Chipotle	16.00
Chicken Caesar Wrap	18.00

SALADS



Peruvian Chicken Salads	24.00
Skinny Shawarma Salad Bowl	22.00
Slowburner Salad	22.00
Superfood Chicken Bowl	22.00
Premium Fresh Fruit Salad	16.00

BAKED PASTRIES & SNACKS



Goey Brownie	12.00
Cookies (Choc Chip, Double Choc Chip)	8.00
Dream Cake	12.00
Fresh Pastries	8.00
Dolce & Leche Cheesecake	12.00
Hunter Chips	10.00/6.00
Passionfruit Woopie	12.00
Red Velvet Muffin With Cream Cheese	12.00
Kiwi Strawberry Pomegranate Shaker (150 g)	12.00
Grandmas Apple Pie	12.00

ICED BEVERAGES



Latte/Spanish Latte/Mocha/Matcha	17.00
Iced Americano	16.00
Iced Chocolate	17.00
Iced Karkade (Hibiscus Tea)	16.00
Iced Smoothies	16.00
Iced Frappes	18.00

HOT BEVERAGES



Espresso	12.00
Double Espresso	14.00
Americano	12.00
Americano with Milk	14.00
Cappuccino	15.00
Caffe Latte	15.00
Spanish Latte	16.00
Flat White	15.00
Caffe Mocha	16.00
Hot Chocolate	16.00
Matcha Latte	17.00
Tea Selection (From)	12.00/14.00

ADD ON



Oat's Milk	4.00
Coconut Milk	4.00
Soya Milk	3.00
Syrup's (Vanilla/Caramel)	2.00

BEVERAGES



Vitamin Well	15.00
Sparkling Water	5.00
Still Water	3.00