

BREAKFAST & LUNCH MENU

MBZUAI-CATERING





BREAKFAST

BREAKFAST WEEK 1

[illegible]

[illegible]

BREAKFAST WEEK 3

[illegible]

BREAKFAST WEEK 4

[illegible]

BREAKFAST WEEK 5

Breakfast MENU	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HOT	Mediterranean Broccoli & Cheese Omelette اومليت مع الجبنة و البروكلي	Egg bhurji بيض مع الطماطم و الخضار	Frittata بيض مع المشروم و الخضار و سلامي مدخن	Shakshouka شكشوكة	Oven Baked Eggs بيض مخبوز بالفرن	Omelette with mushroom اومليت بالفطر	Shakshouka شكشوكة
	Boiled eggs بيض مسلوق	Boiled eggs بيض مسلوق	Boiled eggs بيض مسلوق	Boiled eggs بيض مسلوق	Boiled eggs بيض مسلوق	Boiled eggs بيض مسلوق	Boiled eggs بيض مسلوق
	Smoked Foul Mudammas فول مدخن	Foul Modames with Tahina فول مدمس بطحينة	Foul tagine فول طاجن	Lebanese Foul Moudammas with Chickpeas الفول اللبناني مع الحمص	Red Beans فاصوليا حمراء	Foul Modames with Tahina مدمس بطحينة	Foul tagine فول طاجن
	Balalit بلاليط	Crêpe with selection of syrup جباب مع العسل	Okra Saute بامية بالزيت	Sweet Potato Roast بطاطا حلوة مشوية	Balalit بلاليط	Meat with Hummus حمص باللحم	Crêpe with selection of syrup جباب مع العسل
	Sweet Potato Roast بطاطا حلوة مشوية	Grilled Sausage with Vegetables	Hash Brown Potato هاش براون البطاطا	Grilled Sausage with Vegetable سجق مشوي مع الخضار	Keema Bazalia كيما بالبازيلاء	Hash Brown Potato هاش براون البطاطا	Grilled Sausage with Vegetable سجق مشوي مع الخضار
	Grilled Beef Bacon	Paratta bread خبز باراتا	Chicken Liver كبدة دجاج	French Toast	Mini Cheese Manakish	Paratta bread خبز باراتا	Pancake with syrup
	Assorted Mini Croissants كرواسون صغير متنوع	Assorted Mini Croissants كرواسون صغير متنوع	Assorted Mini Croissants كرواسون صغير متنوع	Assorted Mini Croissants كرواسون صغير متنوع	Assorted Mini Croissants كرواسون صغير متنوع	Assorted Mini Croissants كرواسون صغير متنوع	Assorted Mini Croissants كرواسون صغير متنوع
COLD	Cucumber / Tomato / Lettuce / Lemon Wedges / Black Olives / Mint Leaves	Cucumber / Tomato / Lettuce / Lemon Wedges / Black Olives / Mint Leaves	Cucumber / Tomato / Lettuce / Lemon Wedges / Black Olives / Mint Leaves	Cucumber / Tomato / Lettuce / Lemon Wedges / Black Olives / Mint Leaves	Cucumber / Tomato / Lettuce / Lemon Wedges / Black Olives / Mint Leaves	Cucumber / Tomato / Lettuce / Lemon Wedges / Black Olives / Mint Leaves	Cucumber / Tomato / Lettuce / Lemon Wedges / Black Olives / Mint Leaves
	Cheese Platter طبق جبنة	Cold cuts platter طبق اللحوم الباردة	Cheese Platter طبق جبنة	Cold cuts platter طبق اللحوم الباردة	Cheese Platter طبق جبنة	Cold cuts platter طبق اللحوم الباردة	Cheese Platter طبق جبنة
	Labneh with Olives	Labneh with Zaatar	Labneh with Olives	Labneh with Zaatar	Labneh with Olives	Labneh with Zaatar	Labneh with Olives
	Jam/Honey/butter portions	Jam/Honey/butter portions	Jam/Honey/butter portions	Jam/Honey/butter portions	Jam/Honey/butter portions	Jam/Honey/butter portions	Jam/Honey/butter portions
	Arabic Bread الخبز العربي	Arabic Bread الخبز العربي	Arabic Bread الخبز العربي	Arabic Bread الخبز العربي	Arabic Bread الخبز العربي	Arabic Bread الخبز العربي	Arabic Bread الخبز العربي
	White & brawn toast bread خبز توست أبيض و براون	White & brawn toast bread خبز توست أبيض و براون	White & brawn toast bread خبز توست أبيض و براون	White & brawn toast bread خبز توست أبيض و براون	White & brawn toast bread خبز توست أبيض و براون	White & brawn toast bread خبز توست أبيض و براون	White & brawn toast bread خبز توست أبيض و براون
	Paratta bread خبز باراتا	Paratta bread خبز باراتا	Paratta bread خبز باراتا	Paratta bread خبز باراتا	Paratta bread خبز باراتا	Paratta bread خبز باراتا	Paratta bread خبز باراتا
Desserts							



LUNCH

	LUNCH WEEK 1						
LUNCH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Soup	minestrone soup	Harira soup	Lentil soup	Seafood soup	lisan asfour soup	cream of mushroom soup	vegetable soup
Salad 1	Yoghurt	Raita	Yoghurt	Raita	Yoghurt	Yoghurt	Yoghurt
Salad 2	tabbouleh	tabbouleh	tabbouleh	tabbouleh	tabbouleh	tabbouleh	tabbouleh
Salad 3	Creamy potatoes salad	Arabic salad	muhammara	avocado salad	Tuna civeche	moroccan carrot salad	Mixed beans an green peas salad
Salad 4	Greek salad	mango, tomato, & red onion Salad	grilled halloumi and tomato salad	pepper bean salad	Hummus Beirut	moutabal	Grilled halloumi salad
Salad 5	Fried Egg Salad	Coleslaw salad	Seafood salad	orzo salad	Hummus w/ olive oil	Pear salad	Corn salad
Salad 6	beetroot & mint salad	Vine Leaves	Shirazi salad	Rocca and pomegranate seeds salad	cucumber kosambari	Chickpeas w/ tomato , cucumber and mint salad	Hummus w/ olive oil
Main Dish Poultry	Lemon Pepper Roast Chicken	korean fried chicken cubes with/ soy sauce and noodles	Marinated Chicken Barbecue	Chicken Teriyaki	Creamy chicken	Arabic Oriental Chicken	Chicken Tenders with Garlic Sauce on Side
Main Dish Fish	Pan-Seared King Fish	Baked Grilled Fish Fillet with Tahini Sauce	Grilled Kind Fish	White sauced Baked Fish	Lemon Pepper Baked Cod	Tandoori Fish	fried fish with tartar sauce
Main Dish Red Meat	Beef Broccoli Stir Fry	Okra Lamb Stew	Beef Burger with pepper mushroom Sauce	Beef Tikka	Beef stew with potato	Lamb & Vegetable stew	steak creamy sauce
Veg side dish 1	Moussaka Eggplant and Chickpeas	French Fries	Mini Pizza Slices	Chicken Tenders	Steamed veg	Herb Roasted Potato	Cut Beans Salona
Veg Side Dish 2	Marrow salona	bamia salona	Steamed veg	vegetraian salona	Fasolia Salona	Aloo Gobi	Potato Scones
Rice 1	Steamed White Rice	Steamed White Rice	Steamed White Rice	Steamed White Rice	Steamed White Rice	Steamed White Rice	Steamed White Rice
Rice 2	pilaf rice	madhbi rice	vermacilli rice	tomato rice	arabic rice	tomato rice	curry rice
Breads	Assorted international Bread	Assorted international Bread	Assorted international Bread	Assorted international Bread	Assorted international Bread	Assorted international Bread	Assorted international Bread
Desserts and sweets	Fruit salad	Fruit salad	Fruit salad	Fruit salad	Fruit salad	Fruit salad	Fruit salad
	Umm Ali	Umm ali	Umm ali	Umm ali	Umm ali	Umm ali	Umm ali
	Mahalabia	Rice pudding	Chocolate brownie	mahalabia	Rice pudding	Orintal Sweet	Cheese Konafa

LUNCH WEEK 2

LUNCH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Soup	Broccoli soup	Creamy cauliflower soup	Seafood soup	cream of mushroom soup	Gazpacho	Harira soup	mix vegetables soup
Salad 1	Yoghurt	Raita	Yoghurt	Raita	Yoghurt	Yoghurt	Yoghurt
Salad 2	tabbouleh	tabbouleh	tabbouleh	tabbouleh	tabbouleh	tabbouleh	tabbouleh
Salad 3	Rocca and pomegranate seeds salad	peanut sauce & oriental salad	Pasta vegetables salad	Fattoush	Vine Leaves	Lettuce, tomato and crotons salad	hummus with jalapino
Salad 4	shirazi salad	Ceasar salad	Quinoa salad	guacamole	Tuna and mayo salad	Watermelon and fetta salad	Babagnog
Salad 5	muhammara	Fattoush	Citrus chicken salad	Arugula w/ pomagrante molasses salad	Moutable	Muhammara	pepper bean salad
Salad 6	Greek salad	Afghan salad	Babaganoush	Cabbage and capsicum salad	Arabic salad	Potato and green beans salad	Chefs salad
Main Dish Poultry	Butter chicken	Chicken Shish Tawook	Chicken machboos	Chicken Tenders	Chicken Barbecue	Spanish Chicken	chicken with beans stew
Main Dish Fish	Baked Lemon Herb King Fish	Grilled Baracuda Fish With Harra Sauce	Grilled Shrimps with lemon Herbs	Lebanese Spicy Fish Samke Harra	Baked Fish with Tahini Sauce	Tandoori Fish	Lemon Dill Baked Fish
Main Dish Red Meat	Beef steak w/ rosemary	Lamb Salona	Beef curry w/ vegetables	Garlic Butter Beef Steak	Beef Salona	Beef Goulash	Beef Fajita
Veg Side Dish 1	Rosemary & Paprika Potatoes	Parmesan Potato Wedges	French Fries	Mini Pizza Slices	Chicken Tenders	Moussaka Eggplant and Chickpeas	Roasted potatoes w/ summaq
Veg side dish 2	Red kidney beans salona	Aloo Gabi	Mixed Vegetable Masala stew	Okra stew	Arabic Salona	Mixed Vegetable Masala stew	Okra stew
Rice 1	Steamed White Rice	Steamed White Rice	Steamed White Rice	Steamed White Rice	Steamed White Rice	Steamed White Rice	Steamed White Rice
Rice 2	Raisins rice	machboos rice	Koshari Rice	biryani rice	veg rice	arabic rice	Raisins rice
Breads	Assorted international Bread	Assorted international Bread	Assorted international Bread	Assorted international Bread	Assorted international Bread	Assorted international Bread	Assorted international Bread
Sweet and dessert	Fruit salad	Fruit salad	Fruit salad	Fruit salad	Fruit salad	Fruit salad	Fruit salad
	Umm Ali	Umm ali	Umm ali	Umm ali	Umm ali	Umm ali	Umm ali
	Mahalabia	Rice pudding	Assorted Cakes	mahalabia	Rice pudding	Orintal Sweet	Cheese Konafa

LUNCH WEEK 3

LUNCH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Soup	Tom yum soup	Frensh onion soup	Lentil soup	Gazpacho	cream of aspurgus soup	Cauliflower and potato soup	Tomato soup
Salad 1	Yoghurt	Raita	Yoghurt	Raita	Yoghurt	Yoghurt	Yoghurt
Salad 2	tabbouleh	tabbouleh	tabbouleh	tabbouleh	tabbouleh	tabbouleh	tabbouleh
Salad 3	guacamole	Vegetable Salad with Spring Onion Honey Lemon Dressing	Tuna civeche	Rocca and pomegranate seeds salad	Beetroot hummus	Zaatar Hummus	Babaganoush
Salad 4	Beetroot salad	Fried Cauliflower with Tahina	Babaganoush	Zaatar Hummus	Feta salad	moroccan carrot salad	Creamy potatoes salad
Salad 5	Arabic salad	Fattoush	Ceasar salad	Greek salad	green beans salad	Tuna and mayo salad	Arabic salad
Salad 6	Pasta vegetables salad	Grilled halloumi and rocca salad	Vine Leaves	carrot salad with raisins	Rocca and pomegranate seeds salad	Cucumber and tomato w/ tahini salad	Cabbage salad with lemon and black olives dressing
Main Dish Poultry	Adobo chicken	Chicken Francese	chicken maryland	chicken biryani	creamy chicken	Arabic Oriental Chicken	Chicken Panne
Main Dish Fish	fish steak w/ lemon butter sauce	Baked fish w/ white sauce	malbar matthi curry	fried fish with tartar sauce	Baked fish w/ white sauce	Sayadya fish	fried fish with tartar sauce
Main Dish Red Meat	lamb chops cowboy beans	Beef Stew and Okra with Tomato	Beef tajin w/ cinnamon	Beef Stroganoff	Beef stew with potato	Beef Tikka	steak creamy sauce
Veg Side Dish 1	French Fries	Aloo Gabi	Chicken Tenders	Mini Pizza Slices	French Fries	Cut Beans Salona	roasted chilli potato
Veg side dish 2	Zuccini Salona	Green peas salona	Green peas salona	bamia salona	Steamed Mixed Vegetables	Grilled Mixed Vegetables	potato scones
Rice 1	Steamed White Rice	Steamed white rice	White rice	Steamed White Rice	Steamed White Rice	Steamed White Rice	Steamed White Rice
Rice 2	saffron rice	Dill Rice	Tomato Rice	biryani rice	vegetable rice	arabic rice	Raisins rice
Breads	Assorted international Bread	Assorted international Bread	Assorted international Bread	Assorted international Bread	Assorted international Bread	Assorted international Bread	Assorted international Bread
Sweet and desserts	Fruit salad	Fruit salad	Fruit salad	Fruit salad	Fruit salad	Fruit salad	Fruit salad
	Umm Ali	Umm ali	Umm ali	Umm ali	Umm ali	NA	NA
	Mahalabia	Rice pudding	Assorted Cakes	mahalabia	Rice pudding	Orintal Sweet	Cheese Konafa

LUNCH WEEK 4

LUNCH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Soup	sweet potato soup	Creamy Mushroom soup	Harira soup	chicken sweetcorn soup	Leek and potato soup	cream of mushroom soup	Harira soup
Salad 1	Yoghurt	Raita	Yoghurt	Raita	Yoghurt	Yoghurt	Yoghurt
Salad 2	tabbouleh	tabbouleh	tabbouleh	tabbouleh	tabbouleh	tabbouleh	tabbouleh
Salad 3	orzo salad	Arabic salad	Hummus Beiruti	Shirazi salad	pear salad	Muhammara	Jalapeno and Coriander Hummus
Salad 4	Raheb salad	Mixed Seafood Salad	Arugula salad with pomegranate molasses	Fried Cauliflower with Tahina	Cabbage and capsicum salad	Potato and green beans salad	Watermelon and fetta salad
Salad 5	Tuna pasta salad	guacamole	Fried Egg Salad	Tuna and mayo salad	chicken, vegetable & chilli salad	Tuna and mayo salad	mango, tomato, & red onion Salad
Salad 6	Rocca w strawberry and nuts salad	pepper bean salad	turkish tomato salad	mango, tomato, & red onion Salad	roasted vegetables salad	Cabbage salad with lemon and black olives dressing	carrot & raisins
Main Dish Poultry	Chicken ala kiev	Chicken Mandi	Chicken Cordon bleu	Chicken Steak Mushroom Sauce	Chicken stew w/ potato	Zaatar chicken	Chicken tikka
Main Dish Fish	Grilled Fish Hammour Saffron Sauce	Fish Piccata with Dressing	Fried Fish Manchurian	Grilled Fish with Garlic lemon sauce	Tikka fish	curry fish	Lebanese Spicy Fish Samke Harra
Main Dish Red Meat	Beef and Zucchini Skillet	Dawood basha	Beef steak w/ soya sauce and garlic sauce	Beef and Cauliflower Curry	Mongolian beef	Beef Goulash	Red beans lamb
Veg Side Dish 1	Green Beans Salona	Roasted potatoes w/ basil	Potato salona	Green Beans Salona	arabic salona	Spicy roasted potatoes	Roasted potatoes w/ summaq
Veg side dish 2	French Fries	Zucchini Salona	Chicken Tenders	French Fries	Chicken Tenders	Roasted potatoes w/ zaatar	baked sweet potato
Rice 1	Steamed White Rice	Steamed White Rice	Steamed White Rice	Steamed White Rice	Steamed White Rice	Steamed White Rice	Steamed White Rice
Rice 2	curry rice	kabsa rice	vermacilli rice	machboos rice	fried rice	Tomato Rice	Arabic rice
Breads	Assorted international Bread	Assorted international Bread	Assorted international Bread	Assorted international Bread	Assorted international Bread	Assorted international Bread	Assorted international Bread
Desserts and sweets	Fruit salad	Fruit salad	Fruit salad	Fruit salad	Fruit salad	Fruit salad	Fruit salad
	Umm Ali	Umm ali	Umm ali	Umm ali	Umm ali	NA	NA
	Mahalabia	Rice pudding	Assorted Cakes	malhalabia	Rice pudding	Orintal Sweet	Cheese Konafa

LUNCH WEEK 5

LUNCH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Soup	Creamy tomato soup	Pumpkin soup	Mix veg soup	Goulash Soup	Broccoli soup	Mix veg soup	Leek and potato soup
Salad 1	Yoghurt	Raita	Yoghurt	Raita	Yoghurt	Yoghurt	Yoghurt
Salad 2	tabbouleh	tabbouleh	tabbouleh	tabbouleh	tabbouleh	tabbouleh	tabbouleh
Salad 3	Grilled Steak and Papaya Salad	Fattoush	Babaganoush	Greek salad	Quinoa salad	Jalapeno and Coriander Hummus	Potato and green beans salad
Salad 4	Rocco and grilled halloumi salad	Hummus with summaq	Chickpeas w/ tomato , cucumber and mint salad	Beetroot salad	Babaganoush	Fattoush	Jalapeno and Coriander Hummus
Salad 5	Arabic salad	Watermelon and fetta salad	Healthy Marinated Veg. Salad	turkish tomato salad	Potato and green beans salad	green beans salad	Afghan salad
Salad 6	Moutabal Salad	Pear salad	choban salad	Grilled halloumi salad	turkish tomato salad	moroccan carrot salad	Cabbage salad with lemon and black olives dressing
Main Dish Poultry	roasted chicken and vegetable	Butter chicken	zaatar chicken	Chicken Panne	chicken machboos	bbq chicken	Chicken stew w/ potato
Main Dish Fish	saydya fish	fish steak w/ lemon butter sauce	Tandoori Fish	Grilled Barkoda Fish with Harra Sauce	Arabic Fish Kebab	Fried fish w/ tartar sauce	Baked Fish Florentine
Main Dish Red Meat	Beef tajin w/ cinnamon	Fried beef steak	Beef curry w/ vegetables	Beef Kebab	Beef steak w/ rosemary	Lamb & Vegetable stew	beef with sauted broccoli
Veg Side Dish 1	roasted zaatr potato	Moulokia	Mini Pizza Slices	Chicken Tenders	Roasted spicy potato	Red kidney bens	Steamed vegetables
Veg side dish 2	white beans salona	Chicken tenders	tomato and basil stew	Mixed Vegetable Masala salona	Green peas salona	French Fries	Roasted potatoes w/ basil
Rice 1	Steamed White Rice	Steamed White Rice	Steamed White Rice	Steamed White Rice	Steamed White Rice	Steamed White Rice	Steamed White Rice
Rice 2	saydya rice	Koshari Rice	ozi rice	fried rice	vermacilli rice	tomato roce	arabic rice
Breads	Assorted international Bread	Assorted international Bread	Assorted international Bread	Assorted international Bread	Assorted international Bread	Assorted international Bread	Assorted international Bread
Desserts and sweets	Fruit salad	Fruit salad	Fruit salad	Fruit salad	Fruit salad	Fruit salad	Fruit salad
	Umm Ali	Umm ali	Umm ali	Umm ali	Umm ali	NA	NA
	Mahalabia	Rice pudding	Assorted Cakes	mahalabia	Rice pudding	Orintal Sweet	Cheese Konafa



DINNER

	DINNER WEEK 2						
DINNER	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Salad 1	Afghan salad	Kisir salad	Gado Gado salad	green beans salad	Coleslaw salad	Cappresa salad	peanut sauce & oriental salad
Salad 2	Beetroot hummus	Creamy potatoes salad	Chickpeas w/ tomato , cucumber and mint salad	Pasta vegetables salad	beetroot & mint salad	orzo salad	Citrus chicken salad
Salad 3	creamy chicken	Chicken Panne	chicken machboos	chicken cubes with tomato puree	Chicken harres	Ozi chicken	chicken ala kiev
Main Dish Poultry	Beef hala (Egyptian beef)	Lamb & Vegetable stew	Beef Goulash	Dawood basha	Beef kabsa	kebab beef	tabbouleh
Main Dish Red Meat	Kadai Paneer	Stir Fry Tufo With Vegetables	Marinated Tempeh with Sesame	Sweet and Sour Tufo	Paneer Jalfreezi	Teriyaki Tempeh with Vegetables	Garlic Sesame Tofu
Veg Side Dish 1	Mix Veg Salona	Moussaka Eggplant and Chickpeas	Indian salona	Potato Salona	Okra Salona	Mixed Vegetable Masala	Chickpeas w/ tomato , cucumber and mint salad
Veg Side Dish 2	Steamed White Rice	Steamed White Rice	Steamed White Rice	Steamed White Rice	Steamed White Rice	Steamed White Rice	Steamed White Rice
Rice 1	arabic rice	pilaf rice	machboos rice	Tomato Rice	kabsa rice	ozi rice	veg rice
Rice 2	Assorted international Bread	Assorted international Bread	Assorted international Bread	Assorted international Bread	Assorted international Bread	Assorted international Bread	Assorted international Bread
Breads	Afghan salad	Kisir salad	Gado Gado salad	green beans salad	Coleslaw salad	Cappresa salad	peanut sauce & oriental salad

DINNER WEEK 4

[illegible]

DINNER WEEK 5

[illegible]