



VHP LUNCH MENU



Dates: 06.01.25-10.01.25

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

AM SNACKS	Plain Croissant (V) (E) & Juice	Banana Chocolate Chip Muffin & Full Fat Milk(V)	Mixed Fruit Pot(V)(VG)(GF)(DF) & Juice	Rice Crisps Cereals (V) & Full Fat Milk	
NON - VEGETARIAN OPTION	Breaded Dory (F) in Lemon Sauce with Baby Potatoes	Yemeni Chicken Mandi With Arabic Rice and Tomato Salsa	Sausage & Mash with Onion Gravy	Beef Slider (E)	Cheese Twist (V) & Juice
VEGETARIAN OPTION	Vegetable Pie (V)(VG) (DF)(GF)	Mixed Vegetable Mandi w/ Arabic Rice and Tomato Salsa (V)	Vegetarian Sausage & Mash with Onion Gravy (V)	Roasted Tomato & Sweetcorn Couscous (V)	Cheese Twist (V) & Juice
VEGETABLES	Sweetcorn & Carrots (V) (VG)(DF) (GF)	Steamed Green Peas (V) (VG) (GF) (DF)	Sauteed Broccoli (V) (VG) (DF) (GF)	Baked Chips (V)(VG) (DF) (GF)	
SALAD OF THE DAY	Salad of the day (V) (VG) (GF) (DF)/ Bread Roll	Salad of the day (V) (VG) (GF) (DF)/ Bread Roll	Salad of the day (V) (VG) (GF) (DF)/ Bread Roll	Salad of the day (V) (VG) (GF) (DF)/ Bread Roll	
DESSERT	Fruit Salad Or Dessert of the Day or Yoghurt	Fruit Salad Or Dessert of the Day or Yoghurt	Fruit Salad Or Dessert of the Day or Yoghurt	Fruit Salad Or Dessert of the Day or Yoghurt	

Average calories per a day: 580-650 calories

(V) – Vegetarian / (VG) – Vegan / (GF) – Gluten free / (DF) – Dairy free / (F) – Fish / (S) - Contains soya



VHP LUNCH MENU

Dates: 13.01.25-17.01.25



MONDAY

TUESDAY

WEDNESDAY

**INDONESIA
THURSDAY**



FRIDAY

AM SNACKS	Cheese Croissant (V) (E) & Juice	Apple Pot (V)(VG)(DF)(GF) & Juice	Corn Flakes Cereals & Full Fat Milk	Banana Pot (V)(VG)(DF)(GF)	
NON - VEGETARIAN OPTION	Steamed Dory in Sweet & Sour Sauce (F)(E)(DF) W/ Noodles	Beef Lasagna (E)	Chicken Shawarma with Baked Potato Chips	Beef Rendeng, Nasi Goreng Rice	Chicken Sandwich & Juice
VEGETARIAN OPTION	Vegetable Noodles w/ Sweet & Sour Sauce (V)(E)(DF)	Vegetarian Lasagna (V)	Falafel Wrap with Baked Potato Chips (V)	Vegetarian Rendeng with Tofu & Potatoes	Cheese Sandwich & Juice
VEGETABLES	Wok Tossed Vegetables (V) (VG) (GF) (DF)	Broccoli & Carrots (V)(VG)(GF)(DF)	Grilled BBQ Corn on the Cob (V) (VG) (GF) (DF)	Steamed Green Beans (V) (VG) (GF) (DF)	
SALAD OF THE DAY	Salad of the day (V) (VG) (GF) (DF)/ Bread Roll	Salad of the day (V) (VG) (GF) (DF)/ Bread Roll	Salad of the day (V) (VG) (GF) (DF)/ Bread Roll	Salad of the day (V) (VG) (GF) (DF)/ Bread Roll	
DESSERT	Fruit Salad Or Dessert of the Day or Yoghurt	Fruit Salad Or Dessert of the Day or Yoghurt	Fruit Salad Or Dessert of the Day or Yoghurt	Fruit Salad Or Dessert of the Day or Yoghurt	

Average calories per a day: 580-650 calories

(V) – Vegetarian / (VG) – Vegan / (GF) – Gluten free / (DF) – Dairy free / (F) – Fish / (S) - Contains soya



VHP LUNCH MENU



Dates: 20.01.25-24.01.25

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACKS	Plain Croissant & Juice (V)(E)	Vanilla Muffin & Juice (V)(E)	Mixed Fruit Pot & Juice (V)(VG) (DF)(GF)	Cheerios w/ Full Fat Milk	
NON - VEGETARIAN OPTION	Baked Chicken Nuggets & Baked Chips w/ Homemade Tomato Sauce	Fish (F) Machboos with Tomato Salsa	Penne Pasta with Beef Bolognese (E)	Beef Teriyaki with Noodles (E)	Turkey Cheese Sandwich
VEGETARIAN OPTION	Mac & Cheese (V)	Vegetable Casserole (V)(VG)(DF)	Penne Pasta with Tomato Sauce (V)	Tofu Teriyaki with vegetable Noodles (V)(E)(DF)	Cheese & Coleslaw Sandwich (V)
VEGETABLES	Minted Peas (V) (VG) (GF) (DF)	Steamed Green Peas (V)(VG)(DF)(GF)	Grilled Med Veg (V)(VG)(DF)(GF)	Stir Fry Vegetables (V)(VG) (DF) (GF)	
SALAD OF THE DAY	Salad of the day (V) (VG) (GF) (DF)/ Bread Roll	Salad of the day (V) (VG) (GF) (DF)/ Bread Roll	Salad of the day (V) (VG) (GF) (DF)/ Bread Roll	Salad of the day (V) (VG) (GF) (DF)/ Bread Roll	
DESSERT	Fruit Salad Or Dessert of the Day or Yoghurt	Fruit Salad Or Dessert of the Day or Yoghurt	Fruit Salad Or Dessert of the Day or Yoghurt	Fruit Salad Or Dessert of the Day or Yoghurt	

Average calories per a day: 580 -650 calories

(V) – Vegetarian / (VG) – Vegan / (GF) – Gluten free / (DF) – Dairy free / (F) – Fish / (S) - Contains soya



VHP LUNCH MENU

Dates: 27.01.25-31.01.25



MONDAY

TUESDAY

WEDNESDAY

IRISH THURSDAY

FRIDAY

AM SNACKS	Cheese Croissant (V)(E) & Juice	Mixed Melon Pot & Juice (V) (VG)(DF)(GF)	Cornflakes Cereals (V)(E) & Full Fat Milk	Apple Pot (V) (VG) (GF) & Yoghurt	
NON - VEGETARIAN OPTION	Chicken & Mushroom in White Sauce w/ Mash Potato	Beef Chow Mein (S)	Baked Dory in Pink Sauce with Fusilli Pasta (F)	Irish Lamb Stew	Cheese Manakish & Juice (V)
VEGETARIAN OPTION	Mushroom in White Sauce w/ Mash Potato (V)	Vegetable Chow Mein (V)(S)	Fusilli Pasta in Pink Sauce (V)	Root Vegetable Stew (V)	Cheese Manakish & Juice (V)
VEGETABLES	Steamed Green Beans (V) (VG) (GF) (DF)	Broccoli with Edamame (V) (VG) (GF) (DF)	Med Veg with Nut Free Pesto (V) (VG) (GF)	Champ (V)(VG)(DF)(GF)	
SALAD OF THE DAY	Salad of the day (V) (VG) (GF) (DF)/ Bread Roll	Salad of the day (V) (VG) (GF) (DF)/ Bread Roll	Salad of the day (V) (VG) (GF) (DF)/ Bread Roll	Salad of the day (V) (VG) (GF) (DF)/ Bread Roll	
DESSERT	Fruit Salad Or Dessert of the Day or Yoghurt	Fruit Salad Or Dessert of the Day or Yoghurt	Fruit Salad Or Dessert of the Day or Yoghurt	Fruit Salad Or Dessert of the Day or Yoghurt	

Average calories per a day: 580 -650 calories

(V) – Vegetarian / (VG) – Vegan / (GF) – Gluten free / (DF) – Dairy free / (F) – Fish / (S) - Contains soya



VHP LUNCH MENU



Dates: 03.02.25-07.02.25

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

AM SNACKS	Zataar Croissant & Yoghurt (V)	Rice Crisps & Full Fat Milk (V)	Fresh Banana Pot & Yoghurt (V)(VG)(GF)(DF)	Mixed Melon Pot & Full Fat Milk (VO)	
NON - VEGETARIAN OPTION	Breaded Fish & Chips with Baked Beans	Grilled Chicken in Tomato Sauce with Fusilli Pasta	Beef Bourguignon (GF) with Mash Potato	Chicken Nut Free Korma, Jeera Coconut Rice (GF)	Turkey Cheese Stuffed Croissant & Juice
VEGETARIAN OPTION	Med Veg Penne Pasta Baked (V)	Zucchini in Tomato Sauce with Fusilli Pasta (V)	Mushroom Bourguignon (V) (GF) with Mash Potato	Vegetable Korma with Jeera Coconut Rice (V)(GF)	Cheese Stuffed Croissant & Juice
VEGETABLES	Sauteed Green Peas (V) (VG) (GF) (DF)	Sauteed Snow Peas (V) (VG) (GF) (DF)	French Beans (V)(VG)(DF)(GF)	Roasted Carrots (V) (VG) (GF) (DF)	
SALAD OF THE DAY	Salad of the day (V) (VG) (GF) (DF)/ Bread Roll	Salad of the day (V) (VG) (GF) (DF)/ Bread Roll	Salad of the day (V) (VG) (GF) (DF)/ Bread Roll	Salad of the day (V) (VG) (GF) (DF)/ Bread Roll	
DESSERT	Fruit Salad Or Dessert of the Day or Yoghurt	Fruit Salad Or Dessert of the Day or Yoghurt	Fruit Salad Or Dessert of the Day or Yoghurt	Fruit Salad Or Dessert of the Day or Yoghurt	

Average calories per a day: 580 -650 calories

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VHP LUNCH MENU

Dates: 10.02.25-14.02.25



MONDAY

TUESDAY

WEDNESDAY

ARGENTINA THURSDAY

FRIDAY

	MONDAY	TUESDAY	WEDNESDAY	ARGENTINA THURSDAY	FRIDAY
AM SNACKS	Fresh Melon Pot (V)(VG)(GF)(DF) & Full fat milk	Banana Bread & Juice (V)	Cheerios Cereals & Full Fat Milk (V)	Apple Pot (V)(VG)(GF) & Yoghurt	
NON-VEGETARIAN OPTION	Emirati Chicken Salona with Saffron Rice	Beef Con Carne with Baked Potato and Cheese	Chicken Chow Mein	Beef Steak With Chimichurri Sauce	Turkey Ham Sandwich & Juice
VEGETARIAN OPTION	Vegetable Salona with Saffron Rice (V) (DF)	Baked Beans With Baked Potatoes & Cheese (V)	Vegetable Chow Mein (V)	Argentinian Pochero (V)	Cheese Sandwich & Juice
VEGETABLES	Steamed Broccoli (V) (VG) (GF) (DF)	Sweet Corn (V) (VG) (GF) (DF)	Stir Fry Vegetables (V)(VG)(GF)(DF)	Baked Sweet Potatoes Chips (V)(VG)(DF)(GF)	
SALAD OF THE DAY	Salad of the day (V) (VG) (GF) (DF)/ Bread Roll	Salad of the day (V) (VG) (GF) (DF)/ Bread Roll	Salad of the day (V) (VG) (GF) (DF)/ Bread Roll	Salad of the day (V) (VG) (GF) (DF)/ Bread Roll	
DESSERT	Fruit Salad Or Dessert of the Day or Yoghurt	Fruit Salad Or Dessert of the Day or Yoghurt	Fruit Salad Or Dessert of the Day or Yoghurt	Fruit Salad Or Dessert of the Day or Yoghurt	

Average calories per a day: 580 -650 calories

(V) – Vegetarian / (VG) – Vegan / (GF) – Gluten free / (DF) – Dairy free / (F) – Fish / (S) - Contains soya