



# VHP CANTEEN MENU - LUNCH WITH AM SNACKS

**Dates: 07.04.25 - 11.04.25**



**TURKISH THURSDAY**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**FRIDAY**

	MONDAY	TUESDAY	WEDNESDAY	TURKISH THURSDAY	FRIDAY
AM SNACKS	Pain Croissant & Juice (v)	Banana Bread & Full Fat Milk (v)	Mixed Melon Pot & Juice (V)(VG)(GF)(DF)	Rice Crisps Cereals & Full Fat Milk ( V )	
NON -VEGETARIAN OPTION	Breaded Dory (F) in Lemon sauce with baby potatoes	Chicken Chasseur with polenta	Beef Slider	Lamb Kofta With Sumac Onions & Bulgar Pilaf, Yoghurt Sauce	Cheese Twist & juice (V)
VEGETARIAN OPTION	Vegetable pie	Mushroom Chasseur with Polenta (V)	Halloumi & Mushroom Slider With Tomato Chutney (V)	Kuru Fusullye ( Stew White Beans), yoghurt sauce (V)	Cheese Twist & Juice (V)
VEGETABLES	Sweet Corn & Carrots (V)(VG)(DF)GF)	Green Beans (V) (VG) (GF) (DF)	Baked chips (V)(VG)(DF)(GF)	Grilled Vegetables (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	Fresh Banana (V)(VG)(GF) (DF)	Apple pot (v)(VG)(GF)(DF)	Fruit Yogurt (V)	Sutlac (Turkish rice Pudding) (V)	

**Average calories per day: 580-720 calories**

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



# VHP CANTEEN MENU - LUNCH WITH AM SNACKS

**Dates:14.04.25-18.04.25**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>AM SNACKS</b>	Cheese Croissant (V)(E) & Full Fat Milk	Apple Pot (V)(VG)(GF) & Yoghurt	Corn Flakes Cereal and full Fat Milk (V)	Plain Croissant (V) (VG) (GF) & Juice	
<b>NON -VEGETARIAN OPTION</b>	Beef Lasagna	Sweet and sour chicken with garlic rice	Beef Stroganoff with Mashed potato	Breaded Dory (F) In Herb Couscous With Tomato Sauce	Chicken Sandwich & Juice
<b>VEGETARIAN OPTION</b>	Vegetarian Lasagna (V)	Sweet and Sour Tofu With Garlic Rice (V)	Mushroom stroganoff with Mashed Potato (V)	Mediterranean Vegetables in Herb Couscous With Tomato Sauce (V)	Cheese Sandwich & Juice (V)
<b>VEGETABLES</b>	Pan Roasted Carrots (V)(VG)(DF) (GF)	Sauteed Snow Peas (V)(VG)(DF) (GF)	Mangetout (V)(VG)(DF) (GF)	Steamed Broccoli (V)(VG)(DF) (GF)	
<b>SALAD OF THE DAY</b>	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	
<b>DESSERT</b>	Mixed Seasonal Fruit Pot (V)(VG)(GF)(DF)	Mandarin (v)(VG)(GF)(DF)	Fruit Yogurt( V)	Mixed Melon pot V)	

**Average calories per day: 580-720 calories**

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

# VHP CANTEEN MENU - LUNCH WITH AM SNACKS



**Dates: 21.04.25-25.04.25**



**MONDAY**

**TUESDAY**

**WEDNESDAY**

**MEXICAN THURSDAY**

**FRIDAY**

	MONDAY	TUESDAY	WEDNESDAY	MEXICAN THURSDAY	FRIDAY
AM SNACKS	Vanilla Muffin & Juice (V)(E)	Fruit Yoghurt & Juice (V)(E)	Cheerios Cereals & Full Fat Milk (V)	Mixed Fruit Pot & Juice (V)(VG)(GF)(DF)	
NON-VEGETARIAN OPTION	Emirati Chicken Salona With Saffron Rice	Baked Fish Fingers (F) With Baked New Potatoes & Homemade Tartar Sauce	Beef Teriyaki With Noodles (S)	Chicken Quesadilla W/ Mexican Rice & Beans	Turkey Cheese Sandwich & Juice
VEGETARIAN OPTION	Vegetables Salona With Saffron Rice (V)(DF)	Baked Beans With Baked New Potatoes & Homemade Tartar Sauce (V)	Tofu Teriyaki with vegetables Noodles (V)	Corn Quesadilla W/ Mexican Rice & Beans (V)	Cheese Coleslaw Sandwich & Juice (V)
VEGETABLES	Steamed Broccoli (V)(VG)(DF)(GF)	Corn and Peas (V)(VG)(DF)(GF)	Stir Fry Vegetables (V)(VG)(DF)(GF)	Sauteed Capsicum W/ Sour Yoghurt, Mild MEXICAN Salsa Grilled lime (V)	
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	Fresh Banana (V)(VG)(GF)(DF)	Mixed Seasonal Fruit pot (V)(E)	Apple Pot (V)(VG)(GF)(DF)	Tres Leches Cake(V)	

**Average calories per day: 580 -720 calories**

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



# VHP CANTEEN MENU - LUNCH WITH AM SNACKS

**Dates:28.04.25-02.05.25**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACKS	Cheese croissant (V)(E) & Juice	Mixed Melon pot & Juice (V)(VG)(GF)	Corn Flakes Cereal & Full Fat Milk (V)	Apple Pot & Yoghurt (V) (VG) (GF)	
NON -VEGETARIAN OPTION	Sausage & Mash With Onion Gravy	Beef Picadillo with fragrant rice	Steamed Dory (F) In Sweet & Sour Sauce W/ Noodle (V)	Nut Free Chicken Korma With Jeera Coconut Rice	Cheese Manakish & Juice (V)
VEGETARIAN OPTION	Mushroom Alfredo W/ Penne Pasta (V)	Chickpea Picadillo W/ Fragrant Rice (V)	Vegetable Noodles W/ Sweet & Sour Sauce (V)	Nut free vegetable Korma With Jeera Coconut Rice (V)	Cheese Manakish & Juice (V)
VEGETABLES	Sauteed Broccoli (V)(VG)(DF) (GF)	BBQ Roasted corn (V)(VG)(DF) (GF)	Wok Tossed Vegetables (V) (GF)	Roasted Carrots (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	Garlic Toun, Pickles, Tomato(V) (VG)(DF)(GF)	
DESSERT	Mixed Melon Pot (V)(VG)(GF) (DF)	Fruit Yoghurt (V)(VG)(GF)(DF)	Mixed Seasonal Fruit Pot(V) (VG)(GF)(DF)	Grapes pot (V)	

**Average calories per day: 580 -720 calories**

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



# VHP CANTEEN MENU - LUNCH WITH AM SNACKS



**Dates: 05.05.25-09.05.25**

**SINGAPOREAN**



**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACKS	Zaatar Croissant & yoghurt (V)	Rice crisp cereals & full Fat MILK (v)	Fresh Banana Pot and Yoghurt (V)	Mixed Melon Pot & Full Fat Milk (V)	
NON -VEGETARIAN OPTION	Baked Dory (F) IN pink Sauce With Fusilli Pasta	Chicken Chow Mein	Beef Bourguignon With Rustic Mashed Potato	Chic ken Char Kway Teow	Turkey Cheese Stuffed Croissant & Juice (V)
VEGETARIAN OPTION	Fusilli Pasta in pink Sauce (V)	Vegetable Chow Mein (V)	Mushroom Bourguignon With Rustic Mashed Potato (V)	Baby corn Char Kway Teow	Cheese Stuffed Croissant & Juice (V)
VEGETABLES	Mediterranean Vegetable With nut Free Pesto (V)(VG) (DF)(GF)	Stir Fry Vegetables (V)(VG) (DF)(GF)	French Beans (V)(VG)(DF)(GF)	kai Lan W/ Oyster Sauce (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	Fresh banana (V)	Apple Pot (V)(VG)(GF)(DF)	Fruit yoghurt (v)	Mango Pudding	

**Average calories per a day: 580 -720 calories**

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# VHPS CANTEEN MENU - LUNCH WITH AM & SNACKS

**Dates: 12.05.25 - 16.05.25**

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACKS	Fresh Melon Pot (V)(E) & Full Fat Milk	Banana Bread & Juice (V)	Cherrios Cereals & Full Fat Milk (V)	Grapes Pot & Yoghurt (V)(VG)(GF)(DF)	
NON -VEGETARIAN OPTION	Penne pasta With Beef bolognese	Fish (F) machboos with tomato sauce (V)	Baked Chicken Nuggets & Baked chips W/ Homemade Tomato sauce	Beef Chow Mein	Turkey Ham Sandwich & Juice
VEGETARIAN OPTION	penne pasta With Tomato sauce (V)	Vegetable casserole (V)	Mac & Cheese (V)	Vegetable Chow mein (V)	Cheese Sandwich & Juice (V)
VEGETABLES	Grilled Mediterranean vegetables (V) (VG) (GF) (DF)	Steamed Green peas (V) (VG) (GF) (DF)	Minted peas (V) (VG) (GF) (DF)	Broccoli With Edamame (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	Mixed Seasonal Fruit Pot (V)(VG)(GF)(DF)	Fresh Banana (V)(VG)(GF)(DF)	Grapes pot (V)(VG)(GF)(DF)	Mixed Melon pot (V)(VG)(DF)	

**Average calories per day: 580 -720 calories**

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



# VHP CANTEEN MENU - LUNCH

**Dates: 07.04.25-11.04.25**

**TURKISH THURSDAY**



**FRIDAY**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

	MONDAY	TUESDAY	WEDNESDAY	TURKISH THURSDAY	FRIDAY
NON -VEGETARIAN OPTION	Breaded Dory (F) in Lemon sauce with baby potatoes	Chicken Chasseur with polenta	Beef Slider	Lamb Kofta With Sumac Onions & Bulgar Pilaf, Yoghurt Sauce	Cheese twist & juice (V)
VEGETARIAN OPTION	Vegetable pie	Mushroom Chasseur with Polenta (V)	Halloumi & Mushroom Slider With Tomato Chutney (V)	Kuru Fusullye ( Stew White Beans), yoghurt sauce (V)	Cheese Twist & Juice (V)
VEGETABLES	Sweet Corn & Carrots (V)(VG)(DF)GF)	Green Beans (V) (VG) (GF) (DF)	Baked chips (V)(VG)(DF)(GF)	Grilled Vegetables (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	Fresh Banana (V)(VG)(GF) (DF)	Apple pot (v)(VG)(GF)(DF)	Fruit Yogurt (V)	Sutlac (Turkish rice Pudding) (V)	

**Average calories per day: 580-720 calories**

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



# VHP CANTEEN MENU - LUNCH

**Dates: 14.04.25-18.04.25**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NON -VEGETARIAN OPTION	Beef Lasagna	Sweet and sour chicken with garlic rice	Beef Stroganoff with Mashed potato	Breaded Dory (F) In Herb Couscous With Tomato Sauce	Chicken Sandwich & Juice
VEGETARIAN OPTION	Vegetarian Lasagna (V)	Sweet and Sour Tofu With Garlic Rice (V)	Mushroom stroganoff with Mashed Potato (V)	Mediterranean Vegetables in Herb Couscous With Tomato Sauce (V)	Cheese Sandwich & Juice (V)
VEGETABLES	Pan Roasted Carrots (V)(VG)(DF) (GF)	Sauteed Snow Peas (V)(VG)(DF) (GF)	Mangetout (V)(VG)(DF) (GF)	Steamed Broccoli (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	Mixed Seasonal Fruit Pot (V)(VG)(GF)(DF)	Mandarin (v)(VG)(GF)(DF)	Fruit Yogurt(V)	Mixed Melon pot V)	

**Average calories per day: 580-720 calories**


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





# VHP CANTEEN MENU LUNCH

**Dates: 21.04.25-25.04.25**

	MONDAY	TUESDAY	WEDNESDAY	MEXICAN THURSDAY 	FRIDAY
NON -VEGETARIAN OPTION	Emirati Chicken Salona With Saffron Rice	Baked Fish Fingers( F) with Baked New Potatoes & Homemade Tartar Sauce	Beef Teriyaki With Noodles (S)	Chicken Quesadilla W/ Mexican Rice & Beans	Turkey Cheese Sandwich & Juice
VEGETARIAN OPTION	Vegetables Salona With Saffron Rice (V)(DF)	Baked Beans With Baked New Potatoes & Homemade tartar Sauce	Tofu Teriyaki with vegetables Noodles (V)	Corn Quesadilla W/ Mexican Rice & Beans (V)	Cheese Coleslaw Sandwich & Juice (V)
VEGETABLES	Steamed Broccoli (V)(VG)(DF)(GF)	Corn and peas (V)(VG)(DF)(GF)	Stir Fry Vegetables (V)(VG)(DF)(GF)	Sauteed Capsicum W/ Sour Yoghurt, Mild MEXICAN Salsa Grilled lime (V)	
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	Fresh Banana (V)(VG)(GF)(DF)	Mixed Seasonal Fruit pot (V)(E)	Apple Pot (V)(VG)(GF)(DF)	Tres Leches Cake(V)	

**Average calories per day: 580 -720 calories**

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



# VHP CANTEEN MENU - LUNCH

**Dates:28.04.25-02.05.25**

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

<b>NON -VEGETARIAN OPTION</b>	Sausage & Mash With Onion Gravy	Beef Picadillo with fragrant rice	Steamed Dory (F) In Sweet & Sour Sauce W/ Noodle (V)	Nut Free Chicken Korma With Jeera Coconut Rice	Cheese Manakish & Juice (V)
<b>VEGETARIAN OPTION</b>	Mushroom Alfredo W/ Penne Pasta (V)	Chickpea Picadillo W/ Fragrant Rice (V)	Vegetable Noodles W/ Sweet & Sour Sauce (V)	Nut free vegetable Korma With Jeera Coconut Rice (V)	Cheese Manakish & Juice (V)
<b>VEGETABLES</b>	Sauteed Broccoli (V)(VG)(DF) (GF)	BBQ Roasted corn (V)(VG)(DF) (GF)	Wok Tossed Vegetables (V) (GF)	Roasted Carrots (V)(VG)(DF) (GF)	
<b>SALAD OF THE DAY</b>	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	Garlic Toun, Pickles, Tomato(V) (VG)(DF)(GF)	
<b>DESSERT</b>	Mixed Melon Pot (V)(VG)(GF) (DF)	Fruit Yoghurt (V)(VG)(GF)(DF)	Mixed Seasonal Fruit Pot(V) (VG)(GF)(DF)	Grapes pot (V)	

**Average calories per day: 580 -720 calories**

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



# VHP CANTEEN MENU - LUNCH

**Dates: 05.05.25 - 09.05.25**



	MONDAY	TUESDAY	WEDNESDAY	SINGAPOREAN THURSDAY	FRIDAY
NON -VEGETARIAN OPTION	Baked Dory (F) IN pink Sauce With Fusilli Pasta	Chicken Chow Mein	Beef Bourguignon With Rustic Mashed Potato	Chic ken Char Kway Teow	Turkey Cheese Stuffed Croissant & Juice
VEGETARIAN OPTION	Fusilli Pasta in pink Sauce (V)	Vegetable Chow Mein (V)	Mushroom Bourguignon With Rustic Mashed Potato (V)	Baby corn Char Kway Teow	Cheese Stuffed Croissant & Juice (V)
VEGETABLES	Mediterranean Vegetable With nut Free Pesto (V)(VG) (DF)(GF)	Stir Fry Vegetables (V)(VG) (DF)(GF)	French Beans (V)(VG)(DF)(GF)	kai Lan W/ Oyster Sauce (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 Yoghurt (V)	Apple Pot (V)(VG)(GF)(DF)	Rock Melon pot (v)	Mango Pudding	

**Average calories per a day: 580 -720 calories**

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



# VHP CANTEEN MENU - LUNCH

**Dates: 12.05.25 - 16.05.25**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

<b>NON -VEGETARIAN OPTION</b>	Penne pasta With Beef bolognese	Fish (F) machboos with tomato sauce (V)	Baked Chicken Nuggets & Baked chips W/ Homemade Tomato sauce	Beef Chow Mein	Turkey Ham Sandwich & Juice
<b>VEGETARIAN OPTION</b>	penne pasta With Tomato sauce (V)	Vegetable casserole (V)	Mac & Cheese (V)	Vegetable Chow mein (V)	Cheese Sandwich & Juice (V)
<b>VEGETABLES</b>	Grilled Mediterranean vegetables (V) (VG) (GF) (DF)	Steamed Green peas (V) (VG) (GF) (DF)	Minted peas (V) (VG) (GF) (DF)	Broccoli With Edamame (V) (VG) (GF) (DF)	
<b>SALAD OF THE DAY</b>	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	
<b>DESSERT</b>	Fruit Salad or Dessert of the Day or Yogurt	Fruit Salad or Dessert of the Day or Yogurt	Grapes pot (V)(VG)(GF)(DF)	Mixed Melon pot (V)(VG)(DF)	

**Average calories per day: 580 -720 calories**

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