

ISM Menu Week 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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Breakfast: Everyday Bread, Toast, Butter, Jam, Honey, Peanut butter, Fresh fruits, Juice, Tea, Coffee, Chocolate, Milk, Yogurt, Oats (porridge), Weetabix and Cornflakes

Bacon, Fried Eggs, Grilled Tomatoes, White and Brown Bread, Weetabix and Cornflakes	Pancakes with Maple syrup, White and Brown Bread, Weetabix and Cornflakes, Muesli	Plain omelet with Chicken Bytes, White and Brown Bread, Weetabix and Cornflakes	Croissant, Nutella, Boiled eggs, Carrot Muffins, White and Brown Bread, Weetabix and Cornflakes, Flavored Yogurt	Spanish Omelet, Baked Beans, White and Brown bread, Weetabix and Corn Flakes, Muesli	Waffles with Cream and Nutella, White and Brown bread	Mtori, Chapati, Vitumbua, Cornflakes and Weetabix, Frosties White and Brown bread
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Snack: Every day fresh fruit Juice, milk, tea, coffee, bread

Cheese toast	Lemon cake	Samosas	Chicken Pastry	Cinnamon Twist		
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Lunch: Everyday Salad, yogurt and fresh fruit

Meat Balls in Tomato gravy Rice Cheese Veg. Koftas Macaroni Salad	Fish Tikkas Steak with Garlic Sauce and Brown sauce Mexican Potatoes Potato and leek soup with rolls Salad	Pastas Tomato and basil Pasta Chicken Tikka pasta Hakka Noodles Rice and Beans Garlic bread Tomato soup with Croutons salad	Whole wheat tortillas Coconut rice Rogan Ghosh(Lamb cooked in Indian spices) Vegetable korma. Salad	Roast chicken with pan gravy Grilled vegetables Roast Potatoes Stuffed Pepper for vegetarians Salad	Meat and veg. Pilau Salad Plaintains Macaroni with cheese Salad	Hot dogs Coleslaw Corn rolls Salad Chips
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Dinner

Spanish Rice Tortillas with guacamole Beans Fajitas with chicken Salad Jelly and custard	Sub sandwich with Beef slices, Bacon Prawn tikka, tomato, cucumber, lettuce, olives and cheese slices Fruit salad	Chips mayai & plain chips Fried chicken Broccoli Raw carrots Lemonade Ice cream bar (vanilla & chocolate ice cream with chocolate sauce, crushed oreos	Fillet Mignon with pepper steak sauce Mash Potatoes Onion rings Steamed carrots and beans Rice pudding Salad	Pizza with different Toppings Viennas, Ham, Minced Meat, Onion, Olives. Rice with Pea and Potato curry Chocolate Custard	Chicken Nuggets Potato cubes Paneer skewers Mango Juice Swiss rolls	Prawn Popcorn Sizzling Beef and Pork Cabbage and carrots Fried rice Cheese cake
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EVENING SNACK AND JUICE SERVED IN DORM

Caramel Popcorns	Potato crisps	Apples	Crackers	Rainbow cookies	Tambi(vermicelli)	Oreo and Nutella cupcakes
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