

UPTOWN INTERNATIONAL SCHOOL



CATERING OPTIONS

By MasterCook



SCHOOL MASTER MENU - WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Snack Celery & Carrots with Hummus	Snack Bread Sticks with Cheese Dip	Snack Mixed Fruit Yoghurt	Snack Cheese Stars	Snack Blueberry Muffin with Organic Milk
Cold Lunch Non-Veg Chicken Shawarma	Cold Lunch Non-Veg Shredded Turkey & Cheese Wrap	Cold Lunch Non-Veg Chicken Caesar Salad	Cold Lunch Non-Veg Tuna & Cucumber Sandwich	Cold Lunch Non-Veg Chicken Tikka Wrap
Vegetarian Falafel & Tahini Wrap	Vegetarian Cheese & Tomato Wrap	Vegetarian Tofu Caesar Salad	Vegetarian Cucumber & Cheese Sandwich	Vegetarian Mozzarella & Tomato Wrap
Hot Lunch Non-Veg 1 Butter Chicken	Hot Lunch Non-Veg 1 Spaghetti with Turkey Meatballs & Tomato Sauce	Hot Lunch Non-Veg 1 Turkey Burritos	Hot Lunch Non-Veg 1 BBQ Chicken Burgers with Garnishes	
Non-Veg 2 Creamy Beef Stroganoff	Non-Veg 2 Sweet & Sour Chicken	Non-Veg 2 Chicken Biryani with Raita	Non-Veg 2 Penne Bolognaise	
Vegetarian Vegetarian Korma	Vegetarian Sweet & Sour Veg	Vegetarian Veg Biryani with Raita	Vegetarian Tomato Penne	
Sides Basmati Rice *** Carrots/Broccoli	Sides Egg Fried Rice *** Arabic Bread	Sides Wedges *** Side Salad	Sides Garlic Bread *** Potato Salad	
Dessert Orange Muffin	Dessert Honey Square	Dessert Fresh Mixed Melon	Dessert Strawberry Roll	Dessert Apple Tart with Vanilla Sauce



SCHOOL MASTER MENU - WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Snack Hummus with Veg Sticks	Snack Savoury Quiche	Snack Guacamole with Veg Sticks	Snack Cheese & Pineapple Cubes with Crackers	Snack Banana Muffin with Organic Milk
Cold Lunch Non-Veg Roast Chicken Noodles	Cold Lunch Non-Veg Chicken Caesar Wrap	Cold Lunch Non-Veg Turkey Club Sandwich	Cold Lunch Non-Veg Chicken, Tomato & Mozzarella Penne Pasta	Cold Lunch Non-Veg Beef Tacos
Vegetarian Noodles & Vegetables	Vegetarian Veg Caesar Wrap	Vegetarian Veg Club Sandwich	Vegetarian Mozzarella Penne Pasta	Vegetarian Veg Tacos
Hot Lunch Non-Veg 1 Turkey Macaroni & Cheese	Hot Lunch Non-Veg 1 Beef Lasagne	Hot Lunch Non-Veg 1 Mild Chicken Curry	Hot Lunch Non-Veg 1 Beef Burgers with Cheese & Garnishes	
Non-Veg 2 Chicken Stir Fry with Vegetables	Non-Veg 2 BBQ Chicken Pizza	Non-Veg 2 Turkey Singapore Noodles	Non-Veg 2 Chicken Carbonara	
Vegetarian Macaroni Cheese	Vegetarian Vegetable Lasagne	Vegetarian Veg Singapore Noodles	Vegetarian Veggie Burgers with Garnishes	
Sides Sautéed Veg *** Steamed Peas	Sides Garlic Bread *** Roasted Potatoes	Sides Pilau Rice *** Arabic Bread	Sides Broccoli *** Garlic Bread	
Dessert Sticky Toffee Pudding	Dessert Lemon Pudding	Dessert Fresh Fruit Salad	Dessert Strawberry & Apple Blondie	Dessert Banana Pudding



SCHOOL COFFEE SHOP MENU 1

Sandwiches

Egg Mayonnaise & Rocket	15
Cheddar Cheese & Tomato (v)	15
Tuna Mayonnaise & Sweet Corn	15
Poached Chicken & Lemon Mayo	15
Chicken & Honey Mustard Sandwich	15

Wraps

Crispy Baked Cauliflower & Curried Mayo (v)	18
Grilled Vegetables with Harissa (vg)	18
Beef Burrito	20
Chicken Shawarma with Pickles	20
Cajun Chicken	20
Chicken Caesar Wrap	20

Toasted Paninis

Cheese & Tomato (v)	18
Grilled Portuguese Chicken & Pesto	20
Pulled BBQ Chicken & Cheese	20
Cuban Beef Melt	20
Tuna & Cheese	20
Turkey Club	20

Bagels

Feta & Avocado (v)	15
Chicken Mayo	18
Smoked Salmon & Cream Cheese	18

Salads

Greek Salad	15
Chicken Caesar Salad	15
Tuna Niçoise Salad	15
Non-Vegetarian/Vegetarian Salads of the Week	15

Packed Meals*

Italian Dish of the Week	20
Indian Dish of the Week	20
Asian Dish of the Week	20

**All Prices are Including V.A.T*

LAVAZZA
ITALY'S FAVOURITE COFFEE



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SCHOOL COFFEE SHOP MENU 2

Healthy Snacks

Cucumber & Carrot Sticks with Homemade Hummus (v)	8
Fruit Salad (v)	10
Mixed Berry Granola & Yoghurt (v)	10
Steamed Dumplings Served with Soy Dipping Sauce	12
Vietnamese Spring Rolls with Sweet Chilli (v)	12
Pitted Olives with Low Fat Feta Cheese (v)	15

Breakfast Items

Plain Croissant with Butter & Jam	8
Open Cheese Croissant	12
Spanish Omelette (v)	12
Grilled Chicken, Cheese & Egg Muffin	15
Open Turkey & Cheese Croissant	15
Breakfast Wrap	18
Acai Bowl with Granola & Berries (v)	20

Sweet Pastries

Blueberry Buckle Cake (vg)	5
Flapjack	5
Banana/Blueberry/ Apple & Cinnamon Muffin	5
Oatmeal & Raisin Cookie	5
Banana Cake	8
Lemon & Blueberry Blondie	8
Baked Strawberry Cheesecake	8

Savoury Pastries

Plain Scone with Clotted Cream & Strawberry Jam	8
Cheese Twist	8
Cheese & Tomato Twist	8
Zaatar Twist	8

Coffee/Tea (*Double Shot)

Flavored Shots	5
Teas – English Breakfast, Black, Green & Herbal	8
Hot Chocolate	10
Espresso	10/13*
Americano	12/15*
Flat White/Latte/Cappuccino/Mocha	15/18*

*All Prices are Including V.A.T

LIVE STATION WEEKLY SPECIALS MENU



**UPTOWN
INTERNATIONAL**
School

Monday

Live Penne Pasta!

(Served with Garlic Bread & Choice of Sauce)

AED 15/-

Tomato Sauce & Chicken
White Sauce & Chicken
Tomato & Veg (v)

Tuesday

Live Noodles!

(Served with Soy Sauce)

AED 15/-

Chicken
Chicken & Vegetable
Vegetable

Wednesday

Live Rice!

(Served with Soy Sauce)

AED 15/-

Chicken
Chicken & Vegetable
Vegetable

Thursday

Live Macaroni Pasta!

(Served with Garlic Bread & White Sauce)

AED 15/-



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