

ISD Cafeteria Service

November 2024



MEAL PLAN

Sunday 3rd

Snacks:

Chicken Donut	185 kcal
Oats & Choco Chips bar	132 kcal
Mint Mojito	112 kcal
Seasonal Fresh Fruit Basket	

Lunch:

Chicken & Egg Drop Soup	115 kcal
Onion & herbs Toast	88 kcal
Baked Cheese Penne Al Forno	298 kcal
OR	
Crispy Fried Vegetable (V)	143 kcal
Onion & Herbs Bruschetta	145 kcal
Fresh Pears Salad	76 kcal
Chocolate Mousse Cake	257 kcal

Monday 4th

Snacks:

Chicken Curry Puff	225 kcal
Strawberry Swiss Roll	80 kcal
Vanilla Milk Shake	140 kcal
Fresh Seasonal Fruit Basket	

Lunch:

Chicken Noodles Soup	132 kcal
Brioche Bread	172 kcal
Chicken Teriyaki	180 kcal
OR	
Vegetable Teriyaki	150 kcal
Butter Fried Rice	225 kcal
Glazed carrots	93 kcal
Chocolate Brownie	266 kcal

Tuesday 5th

Snacks:

Jamaican Beef Patty	195 kcal
Oats & Dates Bar	132 kcal
Fresh Fruit Juice	120 kcal
Seasonal Fresh Fruit Basket	

Lunch:

Cream of Tomato	53 kcal
Whole Grain Toast	132 kcal
Beef Cheese Burger	330 kcal
OR	
Vegetable Burger	230 kcal
Crispy Onion Rings	80 kcal
German Potato & Egg Salad	220 kcal
Apple Crumble with Ice cream	261 kcal

Wednesday 6th

Snacks:

Chicken & Potato Croquettes	187 kcal
Banana Cupcake	257 kcal
Hot Chocolate	151 kcal
Fresh Seasonal Fruit Basket	

Lunch:

Cream of Potato Soup	98 kcal
Herb Cheese Sticks	167 kcal
English Fish & Chips-Served with Lemon Wedge	323 kcal
OR	
Vegetable Wraps	244 kcal
Green Apple Salad	56 kcal
Tartar sauce	70 kcal
Chocolate Layered Cake	256 kcal

Thursday 7th

Snacks:

Chicken Mayo Sandwich	156 kcal
Mini Chocolate Eclairs	223 kcal
Chocolate Milk Shake	133 kcal
Seasonal Fruit Basket	

Lunch:

Cream of Carrot and Orange Soup	68 kcal
Garlic & Herbs Bread	132 kcal
Thin Crust BBQ Chicken Bliss Pizza	268 kcal
OR	
Thin Crust Veg Pizza	233 kcal
Baked Potato Wedges	160 kcal
Caesars Salad	71 kcal
Chocolate Lava Cake	234 kcal

Sunday 10th

Snacks:

Tandoori Chicken Brown Sandwich	197 kcal
Mixed Macaroons	180 kcal
Sweet Lassi	65 kcal
Seasonal Fresh Fruit Basket	

Lunch:

Potato & Leek Soup	93 kcal
Onion and Cumin Bread	80 kcal
Mutton Dum Biryani	359 kcal
OR	
Vegetable Biryani	285 kcal
Cucumber Raita	79 kcal
Vegetable & Paneer Korma	149 kcal
Baked Yogurt	107 kcal

Monday 11th

Snacks:

Chicken Slider with Cheese (Oats Bun)	168 kcal
Chocolate Muffin with wholegrain Strawberry Milkshake	170 kcal
Seasonal Fresh Fruit Basket	134 kcal

Lunch:

Lemongrass & Chicken Broth	94 kcal
Whole meal Brown Bread	125 kcal
Chicken Shawarma Sub	380 kcal
OR	
Vegetable Shawarma Sub	311 kcal
Hot Buttered Vegetable	120 kcal
Mixed Salad with Honey Mustard Dressing	55 kcal
Black Forest Gateau	170 kcal

Tuesday 12th

Snacks:

Mini Chicken Hot dog	200 kcal
Apple Crumbled Pie	192 kcal
Organic Mixed Mojito	112 kcal
Seasonal Fresh Fruit Basket	

Lunch:

Vegetable Chowder	133 kcal
Lemongrass Coriander Bread	80 kcal
Swiss Chicken & Cheese Delight	298 kcal
OR	
Stir Fried Vegetable (V)	103 kcal
Mashed Potato with Garlic & herbs	194 kcal
Mixed Green Salad	60 kcal
White Forest Layer Cake	187 kcal

Wednesday 13th

Snacks:

Corn Cheese toast	178 kcal
Chocolate Donut	163 kcal
Mixed Fruit Juice	120 kcal
Seasonal Fresh Fruit Basket	

Lunch:

Cream of Chicken Soup	113 kcal
Cheese & Broccoli Bread	126 kcal
Beef Quesadilla	245 kcal
OR Vegetable Quesadilla (V)	200 kcal
Mexican Ratatouille	300 kcal
Corn-Fusilli Salad	85 kcal
Cream Brule	248 kcal

Thursday 14th

Snacks:

Chicken Salami Brown Sandwich	146 kcal
Choco Chips Brownie	117 kcal
Hot Chocolate	151 kcal
Fresh Seasonal Fruit Basket	

Lunch:

Thai Clear Soup	110 kcal
Toasted Garlic (brown bread)	105 kcal
Crispy Chicken & Cheese Burger	342 kcal
OR Vegetable Burger	242 kcal
French Fries	150 kcal
Russian Salad	59 kcal
New York Baked Cheesecake	200 kcal

Sunday 17th

Snacks:

Egg And Veg Puff	170 kcal
Custard Cream Profiteroles	151 kcal
Mixed Fruit Juice	120 kcal
Seasonal Fresh Fruit Basket	

Lunch:

Tom yum Gong Soup	85 kcal
Assorted Bread rolls	125 kcal
Crispy Fried Chicken	258 kcal
OR Vegetable Cutlet (V)	200 kcal
Mixed Fried Rice	200 kcal
Sweet Chili Sautéed Vegetable	104 kcal
Lemon Mousse Cake	257 kcal

Monday 18th

Snacks:

Chicken Vol-au-vent	112 kcal
White Gluten-free Chocolate Donut	183 kcal
Oreo Shake	135 kcal
Seasonal Fresh Fruit Basket	

Lunch:

Cream of Vegetable Soup	113 kcal
Soft Rolls (Brown bread)	112 kcal
Baked Chicken Breast with Rosemary Sauce	283 kcal
OR Vegetable Noodles (V)	200 kcal
Butter Parsley Potato	186 kcal
Assorted Boiled Vegetable	82 kcal
Mexican Salad	44 kcal
Classic Tiramisu	267 kcal

Tuesday 19th

Snacks:

English Scrambled Eggs with Hashbrown Potato	150 kcal
Dates & Oats Bar	132 kcal
Banana Smoothie	156 kcal
Seasonal Fresh Fruit Basket	

Lunch:

Lemongrass & Chicken Broth	94 kcal
Dry Apple Bread	116 kcal
Classic Irish Lamb Stew	323 kcal
OR Vegetable Stew (V)	298 kcal
Corn & Broccoli Rice	176 kcal
Mixed Beans Salad	90 kcal
Sticky toffee Pudding	234 kcal



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International
School
Dhaka

MEAL PLAN

Wednesday 20th

Snacks:

Chicken & Cheese Pie	185 kcal
Strawberry Multigrain Donut	153 kcal
Chocolate Milk Shake	133 kcal
Seasonal Fresh Fruit Basket	

Lunch:

Roasted Pumpkin Soup	87 kcal
Multigrain Garlic Bread with Cheese	113 kcal
Meat Heaven Pizza	386 kcal
OR Vegetable Pizza (V)	286 kcal
Baked Potato Wedges	160 kcal
Mixed Garden salad	46 kcal
Mixed Fruit Panna cotta	188 kcal

Thursday 21st

Snacks:

Chicken Curry Puff	195 kcal
Mini Gluten-free Chocolate Eclairs	161 kcal
Lime & Mint Mojito	112 kcal
Seasonal Fresh Fruit Basket	

Lunch:

Thai Thick Soup	120 kcal
Mixed Herbs Bread Sticks	112 kcal
Crumb Fried Fish with Tartar Sauce	226 kcal
OR Mongolian Noodles (V)	200 kcal
German Potato Salad	220 kcal
Hot butter Sautéed Vegetable	139 kcal
Lemon Meringue Tart	207 kcal

Sunday 24th

Snacks:

Chicken Spring Roll	183 kcal
Coconut & Honey Cake	192 kcal
Hot Chocolate	151 kcal
Seasonal Fresh Fruit Basket	

Lunch:

French Onion Soup	53 kcal
Cheese toast	116 kcal
Chicken Piccata with Lemon Caper Sauce	285 kcal
OR Roast Vegetable with Italian Herbs (V)	219 kcal
Penne Alfredo	258 kcal
Cucumber Salad with Honey Lemon Dressing	69 kcal
Choco Brownie with ice cream	266 kcal

Monday 25th

Snacks:

Jamaican Chicken Pie	195 kcal
Choco Chips Bar	197 kcal
Vanilla Milk Shake	110 kcal
Seasonal Fresh Fruit Basket	

Lunch:

Cream of Cauliflower Soup	93 kcal
Mixed Herbs toast	120 kcal
Beef Tenderloin/ Sirloin Steak with Pepper gravy	267 kcal
OR Assorted Vegetable Pie	280 kcal
Garlic & herbs Mashed Potato	194 kcal
Sautéed Vegetable	104 kcal
Baked Cheesecake	198 kcal

Tuesday 26th

Snacks:

Mini Sausage Pizza	197 kcal
Banana Loaf Cake	165 kcal
Mixed Mojito	124 kcal
Fresh Seasonal Fruit Basket	

Lunch:

Scotch Broth Soup	76 kcal
Cumin & Rye Bread	80 kcal
German Hot Dog	346 kcal
OR Vegetable Sub Sandwich	245 kcal
Baked Potato Wedges with Cocktail Dip	160 kcal
Beetroot and Orange Salad	80 kcal
Black Forest Cake	78 kcal

Wednesday 27th

Snacks:

Croissant Chicken Sandwich	199 kcal
Choco Granola Bar	128 kcal
Fresh Fruit Juice	118 kcal
Fresh Seasonal Fruit Basket	

Lunch:

Beef & Veg Chowder	152 kcal
Toasted Garlic Bread	110 kcal
Baked Chicken Pasta	289 kcal
OR Vegetable Pasta (V)	229 kcal
Iceberg Salad with Mustard Sauce	53 kcal
Honey Glazed Vegetable	93 kcal
Orange Mousse	257 kcal

Thursday 28th

Snacks:

Baked Potato Croquettes	196 kcal
French Fruit Tartlet	178 kcal
Chocolate Milk Shake	133 kcal
Fresh Seasonal Fruit Basket	

Lunch:

Cream of Veg Soup	93 kcal
Lemongrass & herbs Toast	80 kcal
Chicken Schintzels	398 kcal
OR Vegetable Schintzels	289 kcal
Garlic vegetables stir fry	73 kcal
Coleslaw	97 kcal
Chocolate Mud cake with ice cream	212 kcal

