

ISD Cafeteria Service

December 2024



International
School
Dhaka

MEAL PLAN

Sunday 1st

Snacks:

Chicken & Corn Donut	354 Kcal
Chocolate Muffin	271 Kcal
Hot Chocolate	151 Kcal
Fresh Seasonal Fruit Basket	

Lunch:

Vegetable Tom Yum	85 Kcal
Garlic Herb Toast	132 Kcal
Chicken Piccata	285 Kcal
OR	
Vegetable Tempura	205 Kcal
Creamy Baked Penne with Cheese	298 Kcal
Fresh Pears Salad	56 Kcal
Chocolate Mousse Cake	257 Kcal

Monday 2nd

Snacks:

Chicken Spring roll	183 Kcal
Choco Chips Brownie	266 Kcal
Watermelon and Mint Mojito	150 Kcal
Fresh Seasonal Fruit Basket	

Lunch:

Cream of Cauliflower	120 Kcal
Toasted Brown Bread with Butter	150 Kcal
Meat Lovers Pizza	386 Kcal
OR	
Vegetable Pizza	286 Kcal
German Potato Salad	220 Kcal
Lava Cake	234 Kcal

Tuesday 3rd

Snacks:

Jamaican Beef Patty	195 Kcal
Oats & Dates Bar	132 Kcal
Milk Shake	140 Kcal
Fresh Seasonal Fruit Basket	

Lunch:

Cream of Asparagus	116 Kcal
Garlic Bread with Cheese	176 Kcal
Herb Marinated Roast Beef Slice with Brown Onion Sauce	306 Kcal
OR	
Vegetable Gratin	157 Kcal
Mashed Potato	194 Kcal
Apple & Orange Salad	56 Kcal
Cranberry Mousse cake	257 Kcal

Wednesday 4th

Snacks:

English Breakfast (Baked Beans, Scrambled Eggs, Brown Toast)	150 Kcal
Fresh Orange Juice	167 Kcal
Fresh Seasonal Fruit Basket	

Lunch:

Cream of Potato Soup	98 Kcal
Herb Cheese Sticks	167 Kcal
Crispy Fish Tempura with Baked Potato Wedges	350 Kcal
OR	
Vegetable Pattie	180 Kcal
Tartar sauce	50 Kcal
Coleslaw	96 Kcal
Chocolate Layered Cake	256 Kcal

Thursday 5th

Snacks:

Fruit Pizza	206 Kcal
Chicken spring roll	183 Kcal
Chocolate Milk Shake	133 Kcal
Fresh Seasonal Fruit Basket	

Lunch:

Cream of Carrot and Orange Soup	128 Kcal
Lemon Grass and Herbs Bread	80 Kcal
Mixed Herbs-BBQ Grilled Chicken Thighs	360 Kcal
OR	
Baked Macaronni	175 Kcal
Potato Cheese Gratin	262 Kcal
Caesars Salad	39 Kcal
Fruit Trifle	171 Kcal

Sunday 6th

Snacks:

Chicken Cutlet	233 Kcal
Strawberry Multigrain Donut	138 Kcal
Hot Chocolate	151 Kcal
Fresh Seasonal Fruit Basket	

Lunch:

Chicken & Egg Drop Soup	131 Kcal
Spicy Cheese Sticks	167 Kcal
Crispy Chicken Burger	195 Kcal
OR	
Vegetable Burger	230 Kcal
French Fries	154 Kcal
Chocolate Mud Cake with Ice Cream	212 Kcal

Monday 7th

Snacks:

Chicken & Cheese Bun	240 Kcal
Mixed Cookies	180 Kcal
Salted Caramel Milk Shake	151 Kcal
Fresh Seasonal Fruit Basket	

Lunch:

Cream of Tomato	53 Kcal
Toasted Garlic (Brown Bread)	150 Kcal
Chicken Lasagna	317 Kcal
OR	
Vegetable Lasagna	276 Kcal
German Potato Salad	220 Kcal
White Forest Layer Cake	187 Kcal

Tuesday 8th

Snacks:

Grilled Chicken Hot Dog	362 Kcal
Blueberry Egless scones	390 Kcal
Mocha Milk	135 Kcal
Seasonal Fresh Fruit Basket	

Lunch:

Cream of Chicken Soup	113 Kcal
Soft Rolls (Brown bread)	125 Kcal
Jamaican Jerk Chicken with Peri Peri sauce	235 Kcal
OR	
Vegetable Pad Thai (V)	200 Kcal
Baked Potato Wedges	160 Kcal
Butter Mixed Vegetable	139 Kcal
Greek Salad	128 Kcal
Chocolate Brownie	266 Kcal

Wednesday 9th

Marry Christmas!!!

Snacks:

Cranberry Turkey Pie	360 Kcal
Cream Berliner, Christmas Cookies	285 Kcal
Christmas Special Hot Drink	161 Kcal
Seasonal Fresh Fruit Basket	

Lunch:

Santa's Festive Soup (Carrot & Orange)	128 Kcal
Stollen Bread	125 Kcal
Apple and Dry Fruit Stuffed Chicken Roulade with Apple Cider Sauce	246 Kcal
English Shepherds Pie	438 Kcal
OR	
Veg Pie	160 Kcal
Fusilli Salad	85 Kcal
Garlic Butter Vegetable	139 Kcal
Yule Log	283 Kcal
Black Forest Gateau	170 Kcal
Christmas Pudding	130 Kcal

Thursday 10th

Snacks:

Chicken & Cheese Bun	284 Kcal
Mixed Cookies	327 Kcal
Salted Caramel Milk Shape	118 Kcal
Fresh Seasonal Fruit Basket	

