

# ISD Cafeteria Service

## January 2025



International  
School  
Dhaka

# MEAL PLAN

### Sunday 5th

#### Snacks:

Chicken Schnitzel	198 Kcal
Oats & Choco Chips bar	132 Kcal
Mint Mojito	112 Kcal
Seasonal Fresh Fruit Basket	

#### Lunch:

Chicken & Egg Drop Soup	93 Kcal
Onion & Herbs Toast	88 Kcal
Meat Lovers Pizza	386 Kcal
OR	
Vegetable Pizza (V)	286 Kcal
German Potato Salad	220 Kcal
Frozen Yogurt Fruit Bites	234 Kcal

### Monday 6th

#### Snacks:

Chicken Caesar Wrap	
English Muffin	281 Kcal
Chicken Corn Soup	103 Kcal
Fresh Seasonal Fruit Basket	113 Kcal

#### Lunch:

Chicken Corn Soup	113 Kcal
Garlic & Cheese Brown Toast	176 Kcal
Mutton Rezala	277 Kcal
OR	
Paneer Kofta Rezala (V)	287 Kcal
Pilau Rice	220 Kcal
Mixed Green Salad with Honey	
Lemon Dressing	87 Kcal
Coconut Milk Jaggery Pudding	358 Kcal

### Tuesday 7th

#### Snacks:

Chicken Slider with Cheese	268 Kcal
Chocolate Brownie	266 Kcal
Hot Chocolate	151 Kcal
Fresh Seasonal Fruit Basket	

#### Lunch:

Cream of Asparagus	116 Kcal
Garlic Bread with Cheese	126 Kcal
Herb Marinated Roast Beef	
Slice with Brown Onion Sauce	306 Kcal
OR	
Vegetable Gratin (V)	157 Kcal
Mashed Potato	194 Kcal
Apple & Orange Salad	56 Kcal
Cranberry Mousse cake	257 Kcal

### Wednesday 8th

#### Snacks:

Smoked Chicken Salami Sandwich	147 Kcal
Banana Cup cake	190 Kcal
Cup Noodles Soup	85 Kcal
Fresh Seasonal Fruit Basket	

#### Lunch:

Thai Noodles Soup	85 Kcal
Lemongrass Coriander Bread	122 Kcal
Beef Bhuna Khichudi	450 Kcal
OR	
Vegetable Bhuna Khichudi (V)	350 Kcal
Mixed Chutney	89 Kcal
Mixed Green Salad	87 Kcal
Chef's Choice Dessert	223 Kcal

### Thursday 9th

#### Snacks:

Chicken Donut	163 Kcal
Mini Eclairs	223 Kcal
White Hot Chocolate	60 Kcal
Fresh Seasonal Fruit Basket	

#### Lunch:

Cream of Cauliflower	120 Kcal
Cheese & Broccoli Bread	176 Kcal
Crispy Chicken Burger	195 Kcal
OR	
Crispy Veg Burger (V)	242 Kcal
French Fries	154 Kcal
Coleslaw	102 Kcal
Blackberry Cheesecake Bars	288 Kcal

### Sunday 12th

#### Snacks:

Chocolate Donut	147 Kcal
Chicken & Veg Ramen	163 Kcal
Fresh Seasonal Fruit Basket	

#### Lunch:

Chicken & Veg Ramen	163 Kcal
Brioche Bread	112 Kcal
Chicken Teriyaki	180 Kcal
OR	
Vegetable Teriyaki (V)	150 Kcal
Spinach & Broccoli Rice	202 Kcal
Mixed Green Salad with Honey	
Lemon Dressing	86 Kcal
Pina Colada Lasagna	198 Kcal

### Monday 13th

#### Snacks:

Jamaican Beef Patty	195 Kcal
Dates & Oats Bar	132 Kcal
Malted Milk	60 Kcal
Fresh Seasonal Fruit Basket	

#### Lunch:

Cream Of Tomato	90 Kcal
Assorted Bread Rolls	125 Kcal
Beef Cheese Burger	330 Kcal
OR	
Veg Cheese Burger (V)	230 Kcal
Baked Herbs Wedges	160 Kcal
Fusilli & Pesto Salad	93 Kcal
Apple Crumble Pie	192 Kcal

### Tuesday 14th

#### Snacks:

Chicken & Potato Croquettes	290 Kcal
Chocolate Muffin	170 Kcal
Cream Of Vegetable	113 Kcal
Fresh Seasonal Fruit Basket	

#### Lunch:

Cream Of Vegetable	113 Kcal
Brown Soft Rolls	125 Kcal
Fish Tempura With Tartar Sauce	226 Kcal
OR	
Baked French Fries (V)	150 Kcal
Buttered Vegetable	168 Kcal
Orange & Beetroot Salad	103 Kcal
Banana Pudding	256 Kcal

### Wednesday 15th

#### Snacks:

Egg and Veg Pie	170 Kcal
Custard Cream Profiteroles	151 Kcal
Chocolate Malted Milk	60 Kcal
Fresh Seasonal Fruit Basket	

#### Lunch:

Tom Yum Gong	85 Kcal
Whole Grain Toast	132 Kcal
Stir Fried Beef with Assorted Veg	302 Kcal
OR	
Vegetable Cutlet (V)	200 Kcal
Mixed Fried Rice	303 Kcal
Chinese Vegetable	168 Kcal
Banoffee Pie	248 Kcal

### Thursday 16th

#### Snacks:

Chicken Vol-au vent	184 Kcal
White Chocolate Donut	227 Kcal
Cream of Broccoli	118 Kcal
Fresh Seasonal Fruit Basket	

#### Lunch:

Cream of Broccoli	120 Kcal
Mixed Herbs Bread Sticks	112 Kcal
Baked Chicken Breast with Rosemary Sauce	283 Kcal
OR	
Vegetable Noodles (V)	280 Kcal
Buttered Spaghetti	263 Kcal
Assorted Stir fried Vegetable	125 Kcal
Mexican Salad	44 Kcal
Grilled Pineapple Sundae	267 Kcal

### Sunday 19th

#### Snacks:

English Scrambled Egg with Grilled Sausage and Brown Toast	278 Kcal
Lemon grass & Chicken Broth	144 Kcal
Seasonal Fresh Fruit Basket	

#### Lunch:

Lemon grass & Chicken Broth	144 Kcal
Assorted Bread rolls	125 Kcal
Classic Irish Lamb Stew	323 Kcal
OR	
Vegetable Stew (V)	298 Kcal
Corn and Broccoli Rice	176 Kcal
Mixed Beans Salad	89 Kcal
Lemon Blueberry Cheesecake Bars	234 Kcal



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### Monday 20th

#### 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	93 Kcal
Soft Rolls (Brown bread)	125 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 21st

#### Snacks:

Jamaican Chicken Patty	268 Kcal
Dates and Oats	266 Kcal
Banana Smoothie	151 Kcal
Fresh Seasonal Fruit Basket	

#### Lunch:

Mixed Vegetable Soup	116 Kcal
Mixed herbs toast	176 Kcal
Peri Peri Chicken	306 Kcal
OR	
Vegetable Stew (V)	157 Kcal
Spinach & Broccoli rice	194 Kcal
Mixed Salad	56 Kcal
Chocolate cake	257 Kcal

### Wednesday 22nd

#### Snacks:

Chicken & Cheese Pie	268 Kcal
Red Velvet Cake	266 Kcal
Chocolate Milk Shake	151 Kcal
Fresh Seasonal Fruit Basket	

#### Lunch:

Roasted Pumpkin Soup	96 Kcal
Garlic Bread with Cheese	176 Kcal
Meat Heaven Pizza	386 Kcal
OR	
Vegetable Pizza (V)	286 Kcal
Baked Potato Wedges	160 Kcal
Mixed Garden Salad	87 Kcal
Mixed Fruit Panna Cotta	188 Kcal

### Thursday 23rd

#### Snacks:

Chicken Curry Puff	225 Kcal
Mini Gluten-free Chocolate Eclairs	161 Kcal
Thai Clear Soup	110 Kcal
Fresh Seasonal 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 (All)	200 Kcal
German Potato Salad	167 Kcal
Hot butter Sautéed Vegetable	139 Kcal
Lemon Meringue Tart	207 Kcal

### Sunday 26th

#### Snacks:

Egg & Onion Pie	289 Kcal
Chocolate Swiss Roll	102 Kcal
Cream of Carrot	96 Kcal
Fresh Seasonal Fruit Basket	

#### Lunch:

Cream of Carrot	96 Kcal
Toasted Garlic Brown Bread	87 Kcal
Chicken Satay	160 Kcal
OR	
Vegetable Cutlet (V)	133 Kcal
Egg Nasi Goreng	333 Kcal
Sweet Chili Sautéed Vegetable	146 Kcal
Lemon Mousse Cake	257 Kcal

### Monday 27th

#### Snacks:

Chicken Salami Brown Sandwich	147 Kcal
Chocolate Pyramid Cake	250 Kcal
Cream Of Chicken Soup	113 Kcal
Fresh Seasonal Fruit Basket	

#### Lunch:

Cream Of Chicken Soup	113 Kcal
Mixed Herbs toast	120 Kcal
Cheese & Spinach Stuffed	
Chicken with Creamy	
Lemongrass-Coconut Sauce	246 Kcal
OR	
Vegetable Creamy Alfredo (V)	210 Kcal
Mashed Potato	194 Kcal
Buttered Broccoli and Carrot	139 Kcal
Chocolate Cuties	207 Kcal

### Tuesday 28th

#### Snacks:

Corn Cheese toast	178 Kcal
Banana Dry Fruits Cake	163 Kcal
Hot Chocolate	151 Kcal
Fresh Seasonal Fruit Basket	

#### Lunch:

Roasted Pumpkin Soup	96 Kcal
Garden Veg Corn Bread	160 Kcal
Grilled Chicken Sausage	256 Kcal
OR	
Vegetable Schnitzels (V)	220 Kcal
German Potato & Egg Salad	99 Kcal
Sauté Mixed Vegetable	198 Kcal
New York Baked Cheesecake	200 Kcal

### Wednesday 29th

#### Snacks:

French Fruit Tartlet	206 Kcal
Lemony Chicken Asparagus Filo Puff	200 Kcal
Cup Noodles Soup	132 Kcal
Seasonal Fresh Fruit Basket	

#### Lunch:

Thai Noodles Soup	85 Kcal
Cheese & Broccoli Bread	176 Kcal
Beef /Chicken Lasagna	317 Kcal
OR	
Vegetable Lasagna (V)	276 Kcal
Garlic Butter Vegetable	139 Kcal
Roast Pumpkin & Cauliflower	
Salad with Feta Cheese	100 Kcal
Classic Tiramisu	267 Kcal

### Thursday 30th

#### Snacks:

Chicken Vol-au-vent	112 Kcal
White Chocolate Donut	228 Kcal
Cream of Asparagus Soup	116 Kcal
Seasonal Fresh Fruit Basket	

#### Lunch:

Cream of Asparagus Soup	116 Kcal
Soft Rolls (Brown bread)	125 Kcal
Chicken Piccata	285 Kcal
OR	
Butter Noodles (V)	119 Kcal
Butter Parsley Potato	186 Kcal
Assorted Boiled Vegetable	82 Kcal
Broccoli Salad	78 Kcal
Espresso Martini Fudge	187 Kcal

