

ISD Cafeteria Service

March 2025 (EYP & PYP)



International
School
Dhaka

MEAL PLAN

Sunday 2nd

Snacks:

Chicken & Potato Donut	290 Kcal
Malted Milk Shake	160 Kcal
Fresh Seasonal Fruit Basket	

Monday 3rd

Snacks:

Creamy Chicken Cornish	180 Kcal
Oats & Dates Bar	132 Kcal
Fresh Fruit Juice	118 Kcal
Seasonal Fresh Fruit Basket	

Tuesday 4th

Snacks:

Mini Chicken Pizza	163 Kcal
Mint Mojito	112 Kcal
3 types of Fruits	

Wednesday 5th

Snacks:

Jamaican Chicken Patty	235 Kcal
Mixed Fruit Cake	292 Kcal
Yogurt	140 Kcal
Seasonal Fresh Fruit Basket	

Thursday 6th

Snacks:

Baked Sausage Roll	220 Kcal
Banana Dates Cake	184 Kcal
Fresh Fruit Juice	118 Kcal
Fresh Seasonal Fruit Basket	

Sunday 9th

Snacks:

English breakfast (bread, boiled egg, banana, butter)	356 Kcal
Malted Milk	120 Kcal
Seasonal Fresh Fruit Basket	

Monday 10th

Snacks:

Chicken & Cheese Pie	225 Kcal
Fresh Fruit Juice	118 Kcal
Fresh Seasonal Fruit Basket	

Tuesday 11th

Snacks:

Sausage Puff	311 Kcal
Chocolate Donut	147 Kcal
Chocolate Malted Milk	160 Kcal
Fresh Seasonal Fruit Basket	

Wednesday 12th

Snacks:

Jamaican Chicken Patty	197 Kcal
Banana Smoothie	118 Kcal
Fresh Seasonal Fruit Basket	

Thursday 13th

Snacks:

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

Sunday 16th

Snacks:

Banana Cup Cake	190 Kcal
Vanilla Milk Shake	140 Kcal
Fresh Seasonal Fruit Basket	

Monday 17th

Snacks:

Mini Hot Dogs	362 Kcal
Fresh Fruit Juice	118 Kcal
Seasonal Fresh Fruit Basket	

Tuesday 18th

Snacks:

Chicken Sliders	326 Kcal
Strawberry Cream Scones	390 Kcal
Seasonal Fresh Fruit Basket	

Wednesday 19th

Snacks:

Choco Chips Bar	297 Kcal
Fresh Fruit Juice	118 Kcal
Fresh Seasonal Fruit Basket	

Thursday 20th

Snacks:

Sausage Rolls	220 Kcal
Malted Milk	160 Kcal
Fresh Seasonal Fruit Basket	



ISD Cafeteria Service

March 2025 (MYP)



International
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Dhaka

MEAL PLAN

Sunday 2nd

Snacks:

Chicken & Potato Donut	290 Kcal
Chocolate Muffin	271 Kcal
Malted milk shake	160 Kcal
Fresh Seasonal Fruit Basket	

Lunch:

Chicken Tom Yum Soup	85 Kcal
Garlic Herb Toast	120 Kcal
Chicken Piccata	285 Kcal
Vegetable Tempura	205 Kcal
Creamy Baked Penny with Cheese	298 Kcal
Fresh Pear and Veg Salad	68 Kcal
Frozen Yogurt Fruit Bites	234 Kcal

Monday 3rd

Snacks:

Creamy Chicken Cornish	180 Kcal
Oats & Dates Bar	132 Kcal
Fresh Fruit Juice	118 Kcal
Seasonal Fresh Fruit Basket	

Lunch:

Cream of Asparagus Soup	116 Kcal
Garlic Bread with Cheese	176 Kcal
Beef Sirloin Steak OR Chicken Steak	267 Kcal
OR	
Greek Spanakopita (V)	150 Kcal
Mashed Potato (All)	194 Kcal
Vegetable Gratin (All)	157 Kcal
Apple & Orange Salad	56 Kcal
Blueberry Mousse cake	257 Kcal

Tuesday 4th

Snacks:

Mini Chicken Pizza	163 Kcal
Mini Chocolate Eclairs	261 Kcal
Mint Mojito	112 Kcal
Fresh Seasonal Fruit Basket	

Lunch:

Cream of Carrot & Orange Soup	118 Kcal
Mixed Herbs Bread	112 Kcal
Grilled Chicken Legs with Mixed herbs and BBQ jus	360 Kcal
OR	
Sicilian Mixed Vegetable (V)	198 Kcal
Garlic Buttered Spaghetti	120 Kcal
Vegetable tempura	160 Kcal
Caesars Salad	71 Kcal
Fruit Trifle	171 Kcal

Wednesday 5th

Snacks:

Jamaican Chicken Patty	235 Kcal
Mixed Fruit Cake	292 Kcal
Yogurt	140 Kcal
Seasonal Fresh Fruit Basket	

Lunch:

Roast Onion Soup	53 Kcal
Soft Rolls (Brown bread)	125 Kcal
Mutton Dum Biryani	359 Kcal
OR	
Vegetable Paneer Biryani(V)	204 Kcal
Cucumber Raita	79 Kcal
Condiments: Boiled-Fried Egg	100 Kcal
Jaggery Pudding	358 Kcal

Thursday 6th

Snacks:

Baked Sausage Roll	220 Kcal
Banana Dates Cake	184 Kcal
Fresh Fruit Juice	118 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
Coleslaw	96 Kcal
Cone Ice cream with 3 Flavours	266 Kcal

Sunday 9th

Snacks:

English Scrambled eggs on Toast with hashbrown potato	150 Kcal
Vanilla Swis Roll	102 Kcal
Malted Milk	160 Kcal
Seasonal Fresh Fruit Basket	

Lunch:

Lemongrass & Chicken Broth	88 Kcal
Chinese Style Fried Rice with Crispy Fried Chicken	428 Kcal
Stir Fried Oyster Beef	280 Kcal
OR	
Cantonese Mixed Veg (V)- All	198 Kcal
Banana Pudding	256 Kcal

Monday 10th

Snacks:

Chicken & Cheese Pie	225 Kcal
Apricot and Dates Cake	132 Kcal
Fresh Fruit Juice	118 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	46 Kcal
Mixed Fruit Panna cotta	188 Kcal

Tuesday 11th

Snacks:

Sausage Puff	311 Kcal
Chocolate Donut	147 Kcal
Chocolate Malted Milk	160 Kcal
Fresh Seasonal Fruit Basket	

Lunch:

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

Wednesday 12th

Snacks:

Jamaican Chicken Patty	197 Kcal
Dates & Oats Bar	285 Kcal
Banana Smoothie	118 Kcal
Fresh Seasonal Fruit Basket	

Lunch:

Multi Veg Soup	116 Kcal
Mixed herbs toast	176 Kcal
Peri Peri Chicken	306 Kcal
OR	
Vegetable Stew (V)(all)	298 Kcal
spinach & brocolli rice	176 Kcal
Mixed Salad	56 Kcal
Chocolate Mud cake	212 Kcal



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Thursday 13th

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	132 Kcal
Lemongrass Corriander Bread	122 Kcal
Beef Bhuna Khichudi Or Chicken Bhuna Khichudi	450 Kcal
OR	
Vegetable Bhuna Khichudi (V)	350 Kcal
Mixed Chutney	89 Kcal
Mixed Green Salad	56 Kcal
Chef's Choice Dessert	223 Kcal

Sunday 16th

Snacks:

Chicken Curry Puff	225 Kcal
Banana Cup Cake	190 Kcal
Vanilla Milk Shake	140 Kcal
Fresh Seasonal Fruit Basket	

Lunch:

Chicken Corn Soup	113 Kcal
Brioche Bread	112 Kcal
Chicken Teriyaki	180 Kcal
OR	
Vegetable Teriyaki	150 Kcal
Butter Fried Rice	225 Kcal
Glazed carrots	93 Kcal

Monday 17th

Snacks:

Mini Hot Dogs	362 Kcal
Plain cake	102 Kcal
Fresh Fruit Juice	118 Kcal
Seasonal Fresh Fruit Basket	

Lunch:

Cream Of Chicken Soup	113 Kcal
Mixed Herbs toast	176 Kcal
Mutton Rezala	277 Kcal
OR	
Vegetable Paneer Masala (all)	183 Kcal
Kashmiri Pilaf	180 Kcal
Spicy Papadum	100 Kcal
Baked Cheese Cake	198 Kcal
Mixed Salad	56 Kcal

Tuesday 18th

Snacks:

Chicken Sliders	326 Kcal
Strawberry Cream Scones	390 Kcal
Malted Milk	160 Kcal
Seasonal Fresh Fruit Basket	

Lunch:

Potato Leek soup	129 Kcal
Soft Rolls (Brown bread)	125 Kcal
Jamaican Jerk Chicken	235 Kcal
OR	
Vegetable Pad Thai (All)	200 Kcal
Butter Sautéed Veg (All)	146 Kcal
Greek salad	118 Kcal
Lemon Mousse Cake	257 Kcal

Wednesday 19th

Snacks:

Chicken & Cheese Pie	225 Kcal
Choco Chips Bar	297 Kcal
Fresh Fruit Juice	118 Kcal
Fresh Seasonal Fruit Basket	

Lunch:

Cream of Culiflower Soup	120 Kcal
Mixed Herbs toast	176 Kcal
Beef Tenderloin/ Sirloin Steak with Pepper gravy OR Chicken Steak	267 Kcal
OR	
Assorted Vegetable Pie	280 Kcal
Garlic & herbs Mashed Potato	194 Kcal
Sauteed Vegetable	104 Kcal
Banoffee Pie	248 Kcal

Thursday 20th

Snacks:

Sausage Rolls	220 Kcal
Apple Crumbled Pie	169 Kcal
Malted Milk	160 Kcal
Fresh Seasonal Fruit Basket	

Lunch:

Vegetable Chowder	133 Kcal
Lemongrass Corriander Bread	94 Kcal
Swiss Chicken Delight	298 Kcal
OR	
Stir Fried Vegetable (V)	68 Kcal
Mashed Potato with Garlic & herbs	194 Kcal
Mixed Green Salad	56 Kcal
Grilled Pineapple Sundae	267 Kcal

