

ISD Cafeteria Service

April 2025 (EYP & PYP)



International
School
Dhaka

MEAL PLAN

Sunday 6th

Snacks:

Mini Hot Dog	266 Kcal
Mixed Cookies	120 Kcal
Hot Chocolate	151 Kcal
3 types of seasonal fruits	

Monday 7th

Snacks:

Egg and Corn Sandwich	112 Kcal
Mini Chocolate Donut	163 Kcal
Fresh Fruit Juice	138 Kcal
3 types of seasonal fruits	

Tuesday 8th

Snacks:

English Breakfast (bread, boiled egg, banana, sausage, jam/ butter)	356 Kcal
Malted Milk	60 Kcal
3 types of seasonal fruits	

Wednesday 9th

Snacks:

Oven-Baked Chicken Roll	213 Kcal
English Muffin (no white sugar)	203 Kcal
Papaya Juice	143 Kcal
3 types of seasonal fruits	

Thursday 10th

Snacks:

Chicken Schnitzels	198 Kcal
Oats & Choco Chips Bar	132 Kcal
Mint Mojito	112 Kcal
3 types of seasonal fruits	

Sunday 13th

Snacks:

Chicken Salami Sandwich	147 Kcal
Mixed Oats Cookies	102 Kcal
Chocolate Milk Shake	135 Kcal
3 types of seasonal fruits	

Tuesday 15th

Snacks:

Corn & Cheese Toast	208 Kcal
Mixed Fruit Cake (no white sugar)	292 Kcal
Fruit Juice	151 Kcal
3 types of seasonal fruits	

Wednesday 16th

Snacks:

Baked Sausage Rolls	220 Kcal
Mixed Cookies	120 Kcal
Watermelon and Mint Mojito	60 Kcal
3 types of seasonal fruits	

Thursday 17th

Snacks:

Tandoori Chicken Sandwich	197 Kcal
Malted Milk	112 Kcal
3 types of seasonal fruits	

Sunday 20th

Snacks:

Apple/ Mango Muffin	195 Kcal
Fruit juice	135 Kcal
3 types of seasonal fruits	

Monday 21th

Snacks:

Chicken & Cheese Pie	225 Kcal
Mixed Cookies	120 Kcal
Strawberry Milk Shake	135 Kcal
3 types of seasonal fruits	

Tuesday 22th

Snacks:

Sausage Roll	220 Kcal
French Toast (no white sugar)	150 Kcal
Sweet Lassi	65 Kcal
3 types of seasonal fruits	

Wednesday 23th

Snacks:

Custard Cream tart	285 Kcal
Fresh Fruit Juice	138 Kcal
3 types of seasonal fruits	

Thursday 24th

Snacks:

English Breakfast (bread, boiled egg, banana, sausage, jam/ butter)	356 Kcal
Papaya/Mango Milk Shake	135 Kcal
3 types of seasonal fruits	

Sunday 27th

Snacks:

Mini Hot Dog	166 Kcal
Milk Shake	135 Kcal
3 types of seasonal fruits	

Monday 28th

Snacks:

Chicken Spring Roll	183 Kcal
Coconut & Honey Cake	192 Kcal
Hot Chocolate	151 Kcal
3 types of seasonal fruits	

Tuesday 29th

Snacks:

Jamaican Chicken Patty	235 Kcal
Mixed Cookies	120 Kcal
Vanilla Milk Shake	140 Kcal
3 types of seasonal fruits	

Wednesday 30th

Snacks:

Plain pancake (no white sugar)	184 Kcal
Fresh Juice	138 Kcal
3 types of seasonal fruits	



ISD Cafeteria Service

April 2025 (MYP)



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MEAL PLAN

Sunday 6th

Snacks:

Mini Hot Dog	266 Kcal
Mixed Cookies	120 Kcal
Hot Chocolate	151 Kcal
Fresh Seasonal Fruit Basket	

Lunch:

Cream of Cauliflower Soup	120 Kcal
Cheese & Broccoli Bread	176 Kcal
Crispy Chicken Burger (multigrain bread)	295 Kcal
OR	
Vegetable Patty Burger (multigrain bread)	235 Kcal
Baked French Fries	154 Kcal
Coleslaw	96 Kcal
Cone Ice-cream	137 Kcal

Monday 7th

Snacks:

Chicken Vol-au-vent	112 Kcal
Mini Chocolate Donut	163 Kcal
Fresh Fruit Juice	138 Kcal
Fresh Seasonal Fruit Basket	

Lunch:

Cream of Mixed Veg Soup	93 Kcal
Soft Rolls (Brown Bread)	125 Kcal
Baked Chicken Breast with Rosemary Sauce	283 Kcal
OR	
Vegetable Baked Pasta (V)(All)	180 Kcal
Butterd Parsley Potato (V)	246 Kcal
Mexican Salad	87 Kcal
Classic Tiramisu	267 Kcal

Tuesday 8th

Snacks:

English Scrambled Egg with Grilled Sausage on Brown toast (brown bread)	150 Kcal
Banana Cup cake (no white sugar)	257 Kcal
Malted Milk	60 Kcal

Lunch:

Lemon Grass & Chicken Broth	144 Kcal
Assorted Mixed Bread	125 Kcal
Stir Fried Oyster Beef/Chicken	302 Kcal
OR	
Chicnese Veg (V)(all)	168 Kcal
Corn & Broccoli Rice with Crispy Fried Chicken (2 pcs)	176 Kcal
Orange Compote Mousse Cake	257 Kcal

Wednesday 9th

Snacks:

Oven-Baked Chicken Roll	213 Kcal
English Muffin (no white sugar)	203 Kcal
Mixed Falooda	143 Kcal
Fresh Seasonal Fruit Basket	

Lunch:

Chicken Corn Soup	113 Kcal
Garlic & Cheese Brown Toast	176 Kcal
Tandori Butter Chicken	280 Kcal
OR	
Vegetable Rogan Josh	200 Kcal
Pilaf Rice	180 Kcal
Green Apple Salad	56 Kcal
Mixed Green Salad with Honey Lemon Dressing	86 Kcal
Jaggery Rice Pudding	358 Kcal

Thursday 10th

Snacks:

Chicken Schintzels	198 Kcal
Oats & Choco chips bar	132 Kcal
Mint Mojito	112 Kcal
Fresh Seasonal Fruit Basket	

Lunch:

Cream of Potato & leek Soup	129 Kcal
Onion & Herbs Toast	88 Kcal
Meat Lovers Pizza (thin crust, less cheese)	386 Kcal
OR	
Vegetable Pizza (V)	286 Kcal
Baked Paprica Potato Wedges	160 Kcal
Fresh Pears Salad	56 Kcal
Frozen Yogurt Fruit Bites	234 Kcal

Sunday 13th

Snacks:

Chicken Salami Brown Sandwich	147 Kcal
Mixed Oats Cookies	102 Kcal
Chocolate Milk Shake	135 Kcal
Fresh Seasonal Fruit Basket	

Lunch:

Thai Noodles Soup	85 Kcal
Lemongrass & Corriander Bread	180 Kcal
Khaeng Phet Nua (Thai Beef Red Curry)-Option for Chicken	246 Kcal
OR	
Khaeng Phet Pak (Thai Vegetable Curry)	240 Kcal
Khao Pad (thai Fried Rice)	190 Kcal
Thai Papaya Salad	80 Kcal
Mixed Green Salad with Honey Lemon Dressing	86 Kcal
Coconut & Honey Cake	192

Tuesday 15th

Snacks:

Corn & Cheese Toast	208 Kcal
Mixed fruit Cake (no white sugar)	292 Kcal
Hot Chocolate	151 Kcal
Fresh Seasonal Fruit Basket	

Lunch:

Roasted Pumpkin Soup	96 Kcal
Wholemeal Brown Bread	125 Kcal
Cheese & Spinach Stuffed Breast of Chicken with Creamy Lemongrass-Coconut Sauce	187 Kcal
OR	
Vegetable Baked Macaroni (V)	175 Kcal
Fried Rice	170 Kcal
Hot Buttered Vegetable	120 Kcal
Mixed Salad with Honey Mustard Dressing	55 Kcal
Black Forest Gateau	170 Kcal

Wednesday 16th

Snacks:

Baked Sausage Rolls	220 Kcal
Mixed Cookies	120 Kcal
Malted Milk	112 Kcal
Fresh Seasonal Fruit Basket	

Lunch:

Cream of chicken Soup	113 Kcal
Lemongrass Corriander Bread	80 Kcal
Chicken Piccata	285 Kcal
OR	
Butter and Herbs Tossed Noodles (V) (All)	132 Kcal
Mashed Potato	194 Kcal
Papaya and Carrot Salad	81 Kcal
Banana Pudding	256 Kcal

Thursday 17th

Snacks:

Tandoori Chicken Brown Sandwich	197 Kcal
Pineapple Upside Down	290 Kcal
Watermelon and Mint Mojito	60 Kcal
Fresh Seasonal Fruit Basket	

Lunch:

Thai thick soup	120 Kcal
Cheese & Broccoli Bread	176 Kcal
Mutton Dum Biryani	359 Kcal
OR	
Vegetable Rogan Josh (V)	200 Kcal
Cumin & Green Peas Rice	240 Kcal
Mixed Kachumber Salad	97 Kcal
Cream Cheese Kunafa	127 Kcal



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Sunday 20th

Snacks:

Jamaican Beef Pattie	195 Kcal
Apple/ Mango Muffin	271 Kcal
Milk Shake	135 Kcal
Fresh Seasonal Fruit Basket	

Lunch:

French Onion Soup	53 Kcal
Mixed Herbs Bread sticks	112 Kcal
Beef Sirloin Steak/Chicken Steak	267 Kcal
OR	
Vegetable Cutlet	200 Kcal
Mashed Potato	194 Kcal
Mixed Veg Salad	87 Kcal
Chocolate Layered Cake	256 Kcal

Monday 21th

Snacks:

Chicken & Cheese Pie	225 Kcal
Mixed Cookies	120 Kcal
Strawberry Milk Shake	135 Kcal
Fresh Seasonal Fruit Basket	

Lunch:

Cream of Asparagus/Carrot	116 Kcal
Garlic Brown Bread with Cheese	176 Kcal
Peri Peri Chicken	235 Kcal
OR	
Sauteed Veg With Peri Peri Sauce (V)	104 Kcal
Egg Nasi Goreng	333 Kcal
Greek Salad with Cheese	100 Kcal
Lemon Mousse Cake	257 Kcal

Tuesday 22th

Snacks:

Whole grain Sausage Roll	220 Kcal
French Toast (no white sugar)	150 Kcal
Sweet Lassi	65 Kcal
Fresh Seasonal Fruit Basket	

Lunch:

Cream Of Chicken Soup	133 Kcal
Mixed Herbs toast	120 Kcal
Mutton Kofta Curry (Meatball with Gravy)	277 Kcal
OR	
Pilaf Rice	180 Kcal
Mixed Salad with Honey Mustard Dressing	55 Kcal
Buttered Broccoli and Carrot	139 Kcal
Cream Caramel	122 Kcal

Wednesday 23th

Snacks:

Chicken Curry Puff	225 Kcal
Custard Cream tart	285 Kcal
Fresh Fruit Juice	138 Kcal
Fresh Seasonal Fruit Basket	

Lunch:

Lemongrass & Chicken Broth	88 Kcal
Garlic Toast (with Lasagna)	132 Kcal
Beef / Chicken Lasagna	317 Kcal
OR	
Veg Lasagna	276 Kcal
Assorted Boiled Vegetable	98 Kcal
Chocolate Mousse Cake	257 Kcal

Thursday 24th

Snacks:

Mini Egg & Cheese Bake	289 Kcal
Dry fruits cake	184 Kcal
Papaya/Mango Milk Shake	135 Kcal
Fresh Seasonal Fruit Basket	

Lunch:

Roasted Pumpkin Soup	87 Kcal
Chicken Shawarma Sub	335 Kcal
OR	
Vegetable Shawarma Sub	230 Kcal
French Fries (baked)	154 Kcal
Pears and Orange Salad	68 Kcal
Newyork Baked Cheesecake	200 Kcal

Sunday 27th

Snacks:

Mini Hot Dog	166 Kcal
Mixed Donut	130 Kcal
Milk Shake	135 Kcal
Fresh Seasonal Fruit Basket	

Lunch:

Cream of Broccoli	120 Kcal
Jamaican Jerk Chicken Leg	235 Kcal
OR	
Mongolian Noodles (V)	200 Kcal
German Potato Salad	220 Kcal
Sweet Chili Sautéed Vegetable	104 Kcal
Lemon Meringue Tart	207 Kcal

Monday 28th

Snacks:

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

Lunch:

Chicken Tom Yum	236 Kcal
Spaghetti with Beef /Chicken Meat Balls	389 Kcal
OR	
Roast Vegetable with Italian Herbs (V)	129 Kcal
Cucumber Salad with Honey Lemon Dressing	86 Kcal
Tiramisu	267 Kcal

Tuesday 29th

Snacks:

Jamaican Chicken Patty	235 Kcal
Dates & Oats Bar	135 Kcal
Vanilla Milk Shake	140 Kcal
Fresh Seasonal Fruit Basket	

Lunch:

Cream of Asparagus Soup	116 Kcal
Soft Rolls (brown bread)	125 Kcal
Irish Mutton Stew	323 Kcal
OR	
Assorted Vegetable Pie	160 Kcal
Mixed Fried Rice	200 Kcal
Pear & Orange Salad	68 Kcal
Choco Brownie with Ice Cream	266 Kcal

Wednesday 30th

Snacks:

Mini Sausage	226 Kcal
Plain pancake (no white sugar)	184 Kcal
Fresh Juice	138 Kcal
Fresh Seasonal Fruit Basket	

Lunch:

Cream of Roasted Pumpkin Soup	96 Kcal
Beef Pattie Burger with Cheese/Chicken	330 Kcal
OR	
Vegetable Pattie Burger (V)	242 Kcal
Baked Potato Wedges with Cocktail Dip	160 Kcal
Beetroot and Orange Salad	80 Kcal
Chefs Special Deserts	287 Kcal

