



## Safeer Academy

### Residential Meal Menu

Meal Times	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b>	Egg Pasta Olive salads	chicken Noodles, omelette	Super salad Prawn wrap	Creamy lentil soup & veggie curry, porota	Potato grills, Egg fry and beans	Egg fried rice and keema bhuna, Ajwa, Zamzam	Chicken tehari and egg
<b>Pre lunch</b>	Banana + cake	Biscuits and juice	Seasonal fruits and meat balls	Pan cake and milk	Thai soup and bread	Bread, honey cheese	Potato chips
<b>Lunch</b>	Plain rice, fish, vegetables	Chickpeas rice and meat, salads	Chicken grills, Nan bread, creamy lentil	Malay fried rice, fish bhuna, salad	Chicken grill, nan bread, salad	Pilaw rice, Vegetable fries, fish bhuna, lentil	Garlic nan bread, chicken wings, chips
<b>Afternoon snack</b>	Biscuit, Milk Cake	Rice pudding	Rice pops, milk	Thai Vegetable soups	Haleem	Sweet corns fruits	Dry cake, milk
<b>Dinner</b>	Sesame chicken noodles	Coronation chicken, bread, Lentil soup, salad	Singapore noodles with prawns or chicken	Chinese Egg-fried rice and Mince	Chicken Biryani and Egg Bhuna	Chicken burger with Arabian Salads	Ruz Bukhari, meat and fish fry, salads